

**Mental Health Services 2010**  
**Inspection of Mental Health Services**  
**in Day Hospitals**

<b>DAY HOSPITAL INSPECTED</b>	Brook House
<b>EXECUTIVE CATCHMENT AREA</b>	Waterford / Wexford
<b>HSE AREA</b>	South
<b>CATCHMENT AREA</b>	Waterford
<b>CATCHMENT POPULATION</b>	105,572
<b>LOCATION</b>	Waterford city
<b>TOTAL NUMBER OF PLACES</b>	30
<b>DATE OF INSPECTION</b>	21 April 2010

## Details

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### Service description

Brook House was a community based day hospital established in 1990 under the auspices of the Waterford Mental Health Services. The facility also housed a day centre and an outpatient clinic. The day hospital operated Monday to Thursday from 0900h to 1700h and Fridays from 0900h to 1600h. It provided a rehabilitation and recovery mental health service for service users from Waterford City, County and South Kilkenny. Brook House was located on the Cork Road near the Institute of Technology and was easily accessed via public transport.

### Premises

CHECKPOINT	RESPONSE
Is the premises part of a psychiatric hospital?	No
Is the premise an independent building?	Yes
Is the premises purpose built?	No
Is the premise accessible by public transport?	Yes
Are the premises the sector headquarter located in the day hospital?	No
How many activity rooms are there for service users?	5
How many service users are attending?	210
Is there a facility for providing hot meals?	Yes

### Referral Procedure

Brook House accepted referrals from six sector teams in the catchment and from the inpatient service. One patient had been discharged from the Department of Psychiatry, Waterford to the Day Hospital from January to April 2010. Referral was via the consultant psychiatrist and a standard referral form was used.

### Staffing levels

POST	NUMBER WTE	SESSIONS PER WEEK
Consultant psychiatrist	3	0.3
Nursing staff	4	Full-time
Non Consultant Hospital Doctor	1	Full-time
Occupational therapist	0	0

## Inspectorate of Mental Health Services

Psychologist	0	0
Social worker	0	0
Activities therapist	0	0
Other – Art appreciation		1.5 hrs
Yoga		10 hrs
Sewing and crafts		1.5 hrs
Cookery and glass etching		6 hrs
Massage therapy		6 hrs

### Range of Services Provided

Health and social care professionals did not input directly to the day hospital but referral to team based clinical psychologist, social worker and occupational therapist was organised if required. Domiciliary visits were organised at team meetings if required. Nursing care plans were used.

A wide range of therapeutic groups were provided including a socialisation programme, anxiety management group, family education and support programme, young persons group and solutions for wellness groups.

### Service user input

Service users were very actively involved in therapeutic activities on the day of Inspection. A number of service users spoke to the Inspectorate and indicated that they enjoyed attending Brook House and felt it was helpful to their recovery.

**Quality Initiatives in 2010**

- A family education and information course had been set up in April 2010. This was a joint initiative between Brook House and Mental Health Ireland.
- A young person's group had commenced.
- Waterford service user support group (SHINE) had commenced and was run on Monday evenings.

**Diagnoses (all attendees in past month)**

This information was not available on the day of Inspection.

### **Operational Policies**

Brook House had draft admission and discharge policies. There was a risk management policy including incident reporting. A significant number of policies were in draft form and should be adopted. Staff training records were kept.

Staff were not aware of the requirements of Mental Health Commission's Codes of Practice relating to Working with Persons with Intellectual Disability and Notification of Death and Incident Reporting which are applicable to all aspects of mental health services. Some of the policies required review to ensure compliance.

### **Planning**

A review of the facilities by the Assistant Director of Nursing highlighted major upgrading work of the facilities was required to weatherproof the building and reduce health and safety risks. The aluminium windows and doors required replacing to keep the rain and the cold out. The roof leaked and created a hazard when it rained. The heating system was not adequate for the size of the building. Some of the floors required replacement as they created a trip hazard. The clinic room required a wash hand basin for hygienic purposes.

## **Conclusions**

Brook House was a busy facility providing day hospital and day centre services for people from Waterford City, County and South Kilkenny. While there was a broad range of therapeutic services provided, it was difficult to separate the day hospital and day centre functions.

## **Recommendations and areas for development**

1. The service should review the function and location of the day hospital and the day centre to ensure that a range of community based facilities are provided in accordance with the needs of service users.
2. The policies that were in draft form should be adopted.
3. Policies related to the Mental Health Commission's Codes of Practice relating to Notification of Death and Incident Reporting, Admission to, Transfer and Discharge from Approved Centres, and Working with People in Mental Health Services with Intellectual Disabilities should be updated.
4. The building was in need of significant upgrading to weatherproof it and make it suitable for day attendees.
5. The front of the building was very drab and uninviting and could benefit from refurbishment.
6. The service should have access to a system that allows for information about service usage to be easily extracted.