

Mental Health Services 2013

Inspection of 24-Hour Community Staffed Residences

EXECUTIVE CATCHMENT AREA/INTEGRATED SERVICE AREA	Carlow, Kilkenny, South Tipperary
HSE AREA	South
MENTAL HEALTH SERVICE	Carlow
RESIDENCE	Courtview Hostel
TOTAL NUMBER OF BEDS	8
TOTAL NUMBER OF RESIDENTS	7
NUMBER OF RESPITE BEDS (IF APPLICABLE)	0
TEAM RESPONSIBLE	Rehabilitation team
TYPE OF INSPECTION	Unannounced
DATE OF INSPECTION	17 October 2013

Summary

- Multidisciplinary care plans were used and these were signed by residents who were able or willing to do so.
- Each resident had a dynamic recreational activity plan.
- The residence was due to close on 28 October 2013.

Description

Service description

Courtview House was an old two-storey end of terrace residence in the centre of Carlow town. It consisted of four bedrooms. The house was due to close for its present purpose on 28 October 2013. The philosophy of care in the residence was to restore the residents' physical and mental capabilities and improve the quality of life to a level which was near optimal as possible to that which existed prior to illness.

Profile of residents

There were five male residents and two female residents. Age range was from 35 to 85 years. There were no Wards of Court. Three of the residents were being transferred to crisis houses, two were transferring to Beechwood House and two to Elm Park House.

Quality initiatives and improvements in 2012/2013

- The residence was due to close on 28 October 2013.

Care standards

Individual care and treatment plan

Multidisciplinary care plans were used and these were signed by residents who were able or willing to do so. Most residents signed their individual care plan and it was reported that a number of residents were actively engaged in the formulation and review of their care plans. Multidisciplinary team (MDT) meetings occurred every second Tuesday. MDT care plans were Recovery orientated. Physical health reviews were carried out by the residents' general practitioner (GP). Residents normally attended their GP's surgery. Psychiatric reviews were carried out every three to six months by the consultant psychiatrist and each resident had a physical review by their GP every six months. Residents had access to a specialist rehabilitation team. There was evidence of risk assessment in the clinical files of residents examined by the inspector. Staff presented as being positive and proactive.

Therapeutic services and programmes provided to address the needs of service users

Each resident had a dynamic therapeutic activity plan. Three residents attended the Dolmen Centre, one attended the Castle Centre, both being activation centres situated on the campus of St. Dymphna's Hospital. One resident attended cookery courses. Of the remaining two residents, one did not wish to participate in therapeutic activities and the other had recovered from a serious physical illness. Most residents also attended the O'Brien centre each Thursday which was a nearby social club that had music, dancing and food.

How are residents facilitated in being actively involved in their own community, based on individual needs

The residence was situated in an urban setting. Residents received regular visits and attended family/friend social activities. Most attended Sunday Mass in the nearby cathedral. A seven-seat vehicle was available to the residence. Residents had access to the town which had numerous shops, pubs and cafes.

Facilities

The residence was clean but it was old and not fit for purpose. It consisted of four twin bedrooms. There was no privacy except for one resident who had a room to themselves. The residence was due to close on 28 October 2013 – eleven days from the date of this inspection.

Staffing levels

STAFF DISCIPLINE	DAY WTE	NIGHT WTE
RPN	1	1
Multi-task attendant.	1	0

Clinical Nurse Manager (CNM), Registered Psychiatric Nurse (RPN), Non Consultant Hospital Doctor (NCHD).

Team input

DISCIPLINE	NUMBER	NUMBER OF SESSIONS
Consultant psychiatrist	1	Sessional
NCHD	1	Sessional
Occupational therapist	1	Sessional
Social worker	0	Access from the general adult team as required
Clinical psychologist	0	Access from the general adult team as required

Medication

The consultant psychiatrist prescribed most medication. The GP prescribed medications for physical complaints. The prescription booklets had photographic identification of the resident. The standard of prescribing medication was excellent as was the documentation of the administration of medication. No resident was on a self-medicating programme. Depot injections were administered by nursing staff of the residence.

Tenancy rights

The Health Service Executive (HSE) owned the building. Residents paid rent every week. There was a flat rate of rent charged and this was €75 per week. This charge included all food and utilities. There was no kitty or social fund. The complaint procedure was highlighted in a prominent area of the residence.

Financial arrangements

The HSE's policy on residents' personal property and possessions applied. All residents bar one had their own bank account. These residents' monies were managed in accordance with the aforementioned policy. Staff handled petty cash and all records were audited by the HSE accounts personnel on a regular basis. All records were well maintained and detailed. All residents were presumed to have capacity and there were no Wards of Court.

Service user interviews

No resident requested to speak with the inspector. All residents were greeted by the inspector during the course of the inspection.

Conclusion

Courtview community residence was located in the centre of Carlow Town. It was a two-storey residence which was due to close on 28 October 2013. Multidisciplinary care plans were used and these were signed by residents who were able or willing to do so.

Recommendations and areas for development

- 1. Ongoing risk assessment of all residents should be an integral part of care and treatment.*