

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

DAY HOSPITAL INSPECTED	St. Michael's Day Hospital
EXECUTIVE CATCHMENT AREA	Galway, Mayo, Roscommon
HSE AREA	West
CATCHMENT AREA	Mayo
CATCHMENT POPULATION	27,000
LOCATION	Castlebar
TOTAL NUMBER OF PLACES	30
DATE OF INSPECTION	25 February 2010

Details

Service description

St. Michael's Day Hospital was situated close to Castlebar General Hospital and was a two storey house in the grounds of Galway Mayo Institute of Technology (GMIT). It was open on weekdays during office hours. It provided a day hospital service to Sector 1 in the Mayo catchment area. The building also provided the sector headquarters, outpatient department and was the location for all sector meetings, assessments, AWARE group meetings and location for group therapies. Staff were committed to all these activities. Refurbishments were on-going to provide a downstairs reception area.

Premises

CHECKPOINT	RESPONSE
Was the premises part of a psychiatric hospital?	No
Were the premises an independent building?	Yes
Was the premises purpose built?	No
Were the premises accessible by public transport?	Yes
Were the premises the sector Headquarters located in day hospital?	Yes
How many activity rooms were there for service users?	8
How many service users were attending?	30
Was there a facility for providing hot meals?	No

Referral procedure

Service users were referred from general practitioners, outpatients, liaison psychiatry and post discharge from the acute unit. Service users were accepted from Sector 1. There was a referral form in use and each referral was discussed at the multidisciplinary team meeting. Assessments were completed by all members of the team and there was an allocation meeting.

Staffing levels

There was no Clinical Nurse Manager 2 (CNM2).

POST	NUMBER WTE	SESSIONS PER WEEK
Consultant psychiatrist	1	10
Nursing staff	5	50
NCHD	1	10
Occupational therapist	1	10
Psychologist	1	10
Social worker	1	10
Addiction therapist	1	10
Other – Art facilitator	0.6	6
Liaison nurse	1	10

Range of services provided

There were weekly multidisciplinary team meetings. There were also regular allocation meetings where each referral was allocated a key worker and therapists. Each service user had an individual care plan and therapeutic services and programmes were outlined in the individual care plan. There were regular case reviews.

There were a number of groups which offered healthy living, personal development, Wellness Recovery Action Plan (WRAP), stress and anxiety management and there were strong links with community activities also.

There was an outreach service and domiciliary visits were carried out.

Service user input

There was a suggestion box for service users. The Irish Advocacy Network representative attended once a month. A specific information leaflet for the day hospital was available.

Quality initiatives in 2010

- There was a plan of care which was signed by the service user who also received a copy.
- The renovations, when completed, would provide a downstairs reception area which would greatly enhance the facility.
- Integration of the clinical file had taken place and documentation was to be chronological from 1 May 2010.

Diagnoses (all attendees in past month)

DIAGNOSIS	NUMBER
Affective disorders	5
Psychotic illness	4
Anxiety disorders	5
Addiction disorders	1
Personality disorders	2
Other	13
Depression	
Average length of stay (number of days)	
Post discharge less than 4 weeks	4
Others 4-24 weeks	23
Enduring illness 2 years	3

Operational policies

The policies for the day hospital were service wide. There were no specific policies for the day hospital. There was no admission/discharge policy specific to the day hospital. Incidents were reported and reviewed monthly. Some nurses still had to complete their training in control and prevention of aggression and violence. All staff had completed Children First training.

Planning

Day hospital planning was part of the overall planning for the Mayo mental health service. There was no specific written plan for the day hospital. There were monthly business meetings and the service had held staff training days.

Conclusions

St. Michael's Day hospital was a well run service with 30 places, which provided sessional day hospital services for Sector 1 in Mayo. It had an excellent referral, assessment and allocation procedure and used multidisciplinary care plans. It provided a wide range of group work as well as outreach services and individual therapies. It operated under the policies of the wider service but had no day hospital specific written policies and no specific written service plan. There was a lack of senior nursing staff but otherwise the service was reasonably well provided with multidisciplinary staffing. The staff were motivated and enthusiastic.

Recommendations and areas for development

1. The day hospital should have specific policies and a specific service plan.
2. There should be a Clinical Nurse Manager 2 (CNM) 2 on the staff of the day hospital.