

Mental Health Services 2013

Inspection of 24-Hour Community Staffed Residences

EXECUTIVE CATCHMENT AREA/INTEGRATED SERVICE AREA	Louth, Meath
HSE AREA	Dublin North East
MENTAL HEALTH SERVICE	Meath
RESIDENCE	Rath Na Riogh Hostel
TOTAL NUMBER OF BEDS	12
TOTAL NUMBER OF RESIDENTS	11
NUMBER OF RESPITE BEDS (IF APPLICABLE)	1
TEAM RESPONSIBLE	4 Sector Teams
TYPE OF INSPECTION	Unannounced
DATE OF INSPECTION	5 March 2013

Summary

- There was a strong Recovery ethos evident in the operation of the residence.
- Staff were positive and proactive in the running of the service.
- The 2-bed room afforded little privacy for the residents.
- All residents had individual care plans.
- Residents were involved in a variety of therapeutic programmes and community activities.

Description

Service description

Rath Na Riogh Hostel was a large two-story house situated at the back of the Mercy convent building in Navan town. It had originally been a convent residence but was operating as a community mental health residence since 1997. The house was centrally located in the town of Navan and there was a strong Recovery ethos with most of the residents involved in various activities in the community.

Profile of residents

There were 12 residents on the day of inspection, which included one respite resident. All residents were voluntary. The age of the residents ranged from 45 to 85 years. The majority of residents were over the age of 60 years and there were eight male residents and four female residents. The population of the service was relatively stable; the last admission was 6 months ago following the discharge of one resident to independent living. One resident had been with the service for 15 years. The eldest resident had limited mobility. Three residents had been identified as suitable for transfer to transitional housing and were working with the occupational therapist in preparation for this.

Quality initiatives and improvements in 2012/2013

- Residents were involved in a garden project where they grew flowers and sold them in the community.
- Some of the resident males attended the “MENS SHED ” project (Activity based programme in the community for men only) in the town.
- Residents attended the “Meath Sports Partnership” project in the local gym.
- Some of the residents attended the “Boccia League” in the community.
- Residents attended local Shine and Grow meetings on a regular basis.
- Two occupational therapists came to the centre and provided a “self help skills” programme.
- Many of the residents attended the local Day Care Centre on a regular basis where they had a full programme of activities.

Care standards

Individual care and treatment plan

A number of clinical files were inspected. All residents had an individual care plan and these were reviewed every six months by the consultant psychiatrist and the multidisciplinary team (MDT). Each resident had a named key worker. Physical reviews were carried out by a local GP practice every six months. There was a list clearly displayed in the nurse's offices indicating when each resident was due their six monthly reviews by GP, consultant psychiatrist and MDT meeting and this was fully completed and up to date.

The Louth/Meath Mental Health Services Risk Screen was completed for all residents and was regularly updated.

There was no specialist rehabilitation team available in Navan.

All staff met on day of inspection presented as positive and proactive in the running of the service.

Therapeutic services and programmes provided to address the needs of service

Each resident had an individualised therapeutic programme which matched their assessed needs. Residents were engaged in a wide variety of activities and there was a strong emphasis in the service on encouraging residents to get involved in community activities such as the Meath sports partnership in the gym, the Men's Shed project and local Boccia league. Some residents attended the local Day Care Centre and others were attending a self-help skills programme provided in the residence by the occupational therapist from local sector team. Psychology service was available from local sector teams on request.

GP reviews took place in nearby GP surgery but GP attended residence on request.

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

The residence was located in the centre of Navan town and the residents were actively involved in a variety of community activities. They attended the local church on a regular basis and many local groups such as the Senior Citizen group, Men's Shed project, Library, Boccia League and the gym.

Facilities

There were 11 single bedrooms and one 2-bed room in the residence. The bedrooms were small but had a nice homely appearance with adequate storage space and plenty of personal items such as photos on display. The 2-bed afforded little privacy. There were 3 showers and toilets for the 12 residents and these were old and in need of upgrading. There was an upstairs sitting room that was small but adequate and a good size communal room downstairs that was used for dining and house activities such as quiz sessions and meetings. The kitchen was quite large and all meals were cooked freshly on the premises. There was a pleasant garden behind the residence that was used frequently by the residents.

Staffing levels

STAFF DISCIPLINE	DAY WTE	NIGHT WTE
CNM1	1	0
RPN	1	1
Household	1	0

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

Team input

DISCIPLINE	NUMBER	NUMBER OF SESSIONS
Consultant psychiatrist	4	6 monthly, and as required
NCHD	4	As required
Occupational therapist	2	As required
Social worker	0	0
Clinical psychologist	2	As required
Other	0	0

Medication

Medications were prescribed by the consultant, non consultant hospital doctor (NCHD) or by the GP. One resident was on a self-medicating programme. Three residents were on depot injections and these were administered by the Community Mental Health Nurse (CMHN) on the multidisciplinary teams in the sector headquarters.

Tenancy rights

The residence was owned by the Health Service Executive (HSE). A rent of €120 per week was paid by each resident and this covered all expenses. The complaints procedure was clearly displayed outside the sitting room and a written record of complaints was maintained.

Financial arrangements

Each resident had a personal bank account, credit union or post office account and rent was deducted directly. Residents withdrew money as required and the more vulnerable residents were accompanied by a staff member when withdrawing money. There was a written policy on managing resident's money.

Service user interviews

There was only one resident present when the inspector called as all the other residents were taking part in various activities. This resident spoke informally to the inspector. The resident expressed concern about some of the side effects of medication but was happy with all other aspects of care.

Conclusion

Rath na Riogh was a pleasant community residence with a strong Recovery orientation. All residents had individual care plans and were involved in a wide variety of activities and therapeutic programmes, specific to their needs. There was a strong emphasis on integrating residents into the community and staff presented as positive and proactive. The individual bedrooms were small but adequate; however the 2-bed room provided little privacy for the occupants of that room. The bathroom facilities of 3 showers and 4 toilets were old and inadequate for 12 residents.

Recommendations and areas for development

- 1. The 2-bed room should be converted to a single room to provide privacy for residents.*
- 2. The shower facilities should be upgraded.*