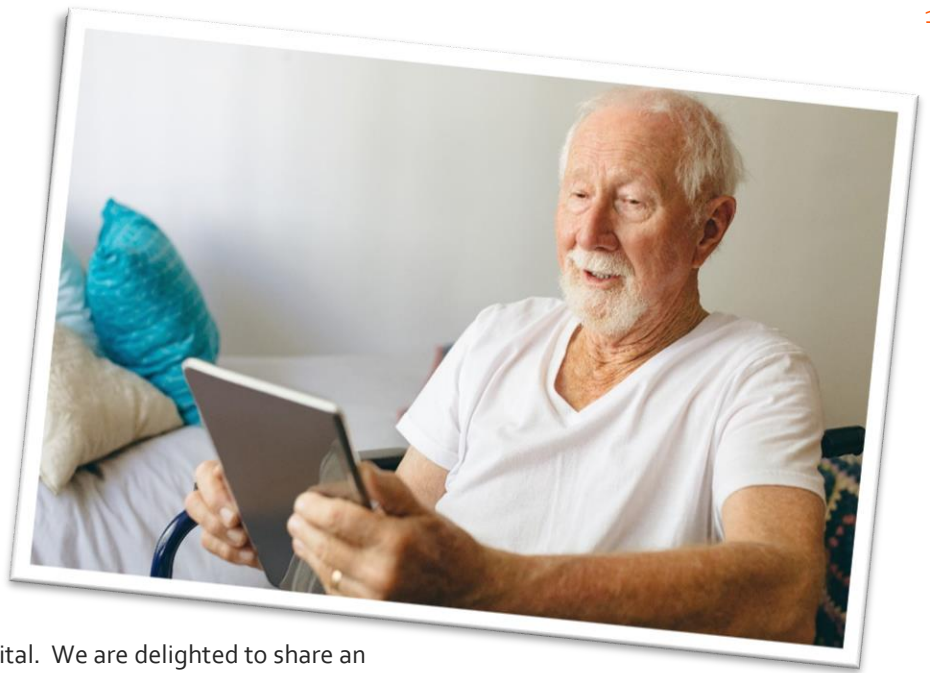


MINDART IN HOSPITAL

For older people who have difficulties with memory or understanding (cognitive impairment) the hospital environment can be particularly stressful. They are faced with unfamiliar surroundings and people, and constant activity and change. Studies have found that boredom and lack of activity is common in hospital and may contribute to poorer outcomes.

Meaningful activities help to provide pleasure, control, and reinforce a sense of identity and they can help reduce anxiety and stress in hospital environments. As a meaningful and relaxing activity MindArT may offer a very special tool in the toolbox of occupational therapists for patient with cognitive impairment during their stay in



hospital. We are delighted to share an update about the trial introduction of MinDArT to the dementia specialty older persons mental health ward at Burwood Hospital in Christchurch.

UPDATE

“ To see how MinDArT enables our people to enjoy themselves in the moment of ‘doing’, experiencing a feeling of wellbeing is simply beautiful and very moving. I am feeling very lucky being part of this.”

- KATJA SEGETH

Using MinDart on the ward

Occupational therapist Katja Segeth has been using the MinDArT applications in one-to-one sessions with clients on the ward. After each session Katja completes a structure observation form.

Katja has offered this MinDArT activity in 14 sessions for 11 different clients. These sessions last 20-50 minutes, and the convenience of the tablet has allowed sessions to take place not only in the therapy room but also in the client's room, outside, or in the lounge.

Before the session the clients were often unsettled (5/14), or in low mood or sleepy (7/14 sessions). Despite this, in every session the client was rated as showing sustained attention, as actively engaging in the activity for some to all of the time, and as showing indicators of positive pleasure. All the participants also engaged in conversation, with the activity sometimes prompting memories to share.

Dave's* story

In the early afternoon staff observed that Dave was more confused and unsettled than usual in his room on the ward. He was searching over and over for his wallet. Katja, the occupational therapist, invited Dave to come with her to the therapy room to try MinDArT.

Dave was very engaged in the MinDArT session, attending closely to the activity for 50 minutes. His enjoyment was evident in his smiles and animation. He declared that *“This is incredible. Amazing! You'll be here the whole night!”*.

After the session Dave was relaxed and smiling. A good friend who visited mentioned *“That's the best I have seen Dave”*.