

# 'Happy Patients, Happy Staff', & Fewer Falls: The Meaning of the Meaningful activity Team

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**Introduction**

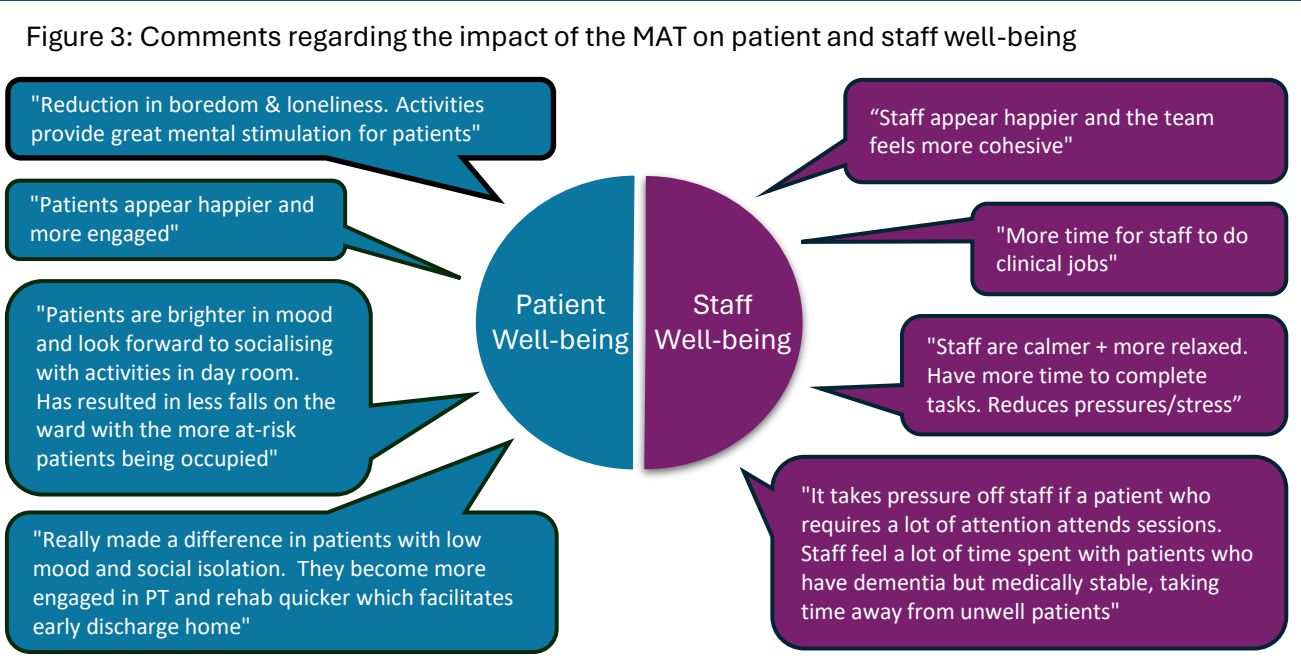
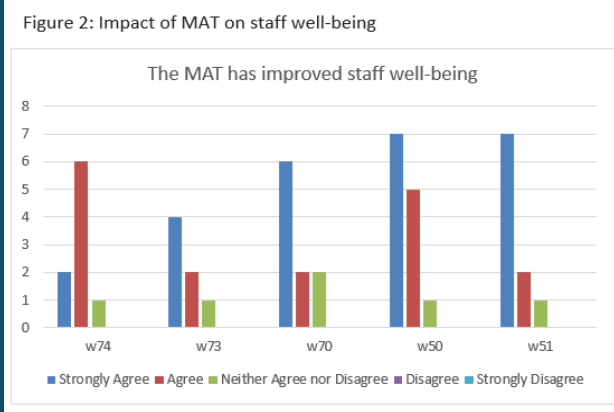
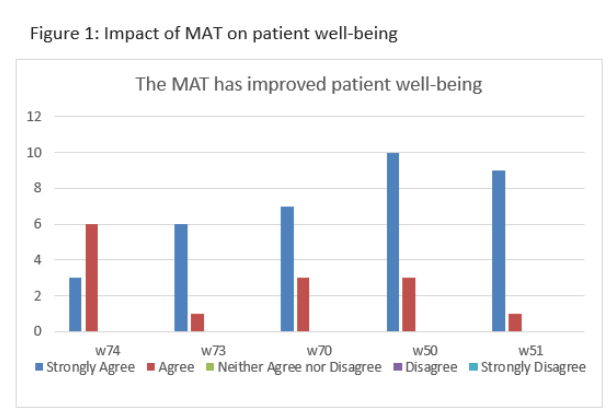
- Non-clinical stimulating activities have been found to reduce agitation, improve affect and engagement and reduce falls<sup>1,2,3</sup>.
- The Meaningful Activity Team (MAT) was fully implemented in the Western General Hospital in July 2023.

**Aim**

- To assess the impact of the MAT on patient and staff well-being as well as its impact on rate of falls across the Medicine of the Elderly (MOE) wards.

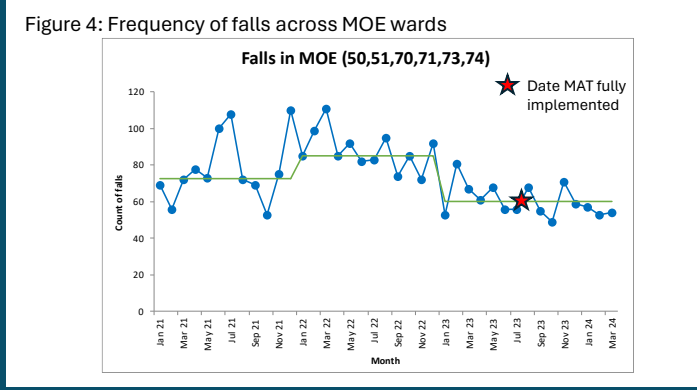
**Methods**

- Questionnaires containing likert scales (figures 1 and 2) and free text response questions (figure 3) were distributed across the MOE wards.
- Run charts measuring frequency of falls across MOE were interrogated for any significant changes (figure 4).



**Frequency of Falls**

- The reductions in frequency of falls seen across MOE wards have been sustained despite increasing numbers of patients with cognitive frailty<sup>4</sup>.



**Conclusions**

- Implementation of the MAT across the MOE wards has improved patient and staff well-being.
- With the help of the MAT, there has been a sustained reduction in frequency of falls.

References:  
 1. Brooke J, Herring S. Development of an activities care crew to support patients. *Nursing Older People*. 2016; 28(8): 20-25.  
 2. Bunn F, Handley M. Reducing agitation in care home residents with dementia. *The Lancet*. 2019; 6(4): 274-275.  
 3. Van der Ploeg ES, Eppingshall B, Camp CJ, Runci SJ, Taffe J, O'Connor DW. A randomized crossover trial to study the effect of personalized, one-to-one interaction using Montessori-based activities on agitation, affect, and engagement in nursing home residents with Dementia. *International Psychogeriatrics*. 2013; 25(4): 565-575.  
 4. Keir S. MOE WGH Quality Report. 2024.