

Occupational Therapy Continuous Improvement Briefing



Making Occupational Therapy Services Better for the People of Glasgow

Dear colleague,

On behalf of the Workstream, Implementation and Steering Groups, we would like to thank all the Occupational Therapy (OT) staff, managers and professional leads who have led, contributed to and participated in all the work underway and in development in Occupational Therapy in Glasgow City.

Karen Lockhart, Head of Older People & Primary Care Services, North West Locality and Samantha Flower, NHSGGC Occupational Therapy Lead for Partnerships.

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Share your stories!

Celebrating Occupational Therapy Week 2023

From 6 to 12 November, we celebrated Occupational Therapy Week 2023. Occupational Therapy Week (OT Week) is a national awareness raising campaign dedicated to celebrating the life-changing power of Occupational Therapy.

This year the theme was ‘Occupations’, looking at what occupation is, in the context of occupational therapy, and why it matters. OTs are experts in occupations and occupational science – this means the activities that we all complete in our daily lives, ranging from specific tasks such as self-care, to those life roles that we all have.

To mark the week, many of our OTs organised events and got together to celebrate and discuss the importance of Occupational Therapy in Glasgow City. Social media was flooded with posts from across the Care Groups; Mental Health and Specialist Children's services had regular posts describing their roles, interventions and the difference they are making to people's lives. OT week activities included presentations, meetings, coffee mornings, quizzes and so much more.

Our Complex Needs Service started the week with a takeover of their social media channels by their OT Team. This began with a quiz being distributed to their colleagues to test just how much they knew about the OT profession as well seminars on the importance of occupation and a chance to get together over tea and celebrate.



We also heard from the NHSGGC AHP Long Covid Service. To celebrate OT week the five Advanced Practice OT's in the AHP Team took over the online team Huddle every day to each talk about why occupations matter. A great way to share and highlight the unique and vital skills of this profession.



On 7 November, the Occupational Therapy Best Practice Day 2023, hosted by Acute Services, took place and helped many OTs within NHS Greater Glasgow and Clyde to come together, share knowledge and learn new practices. Several of our Glasgow HSCP colleagues took part in presenting. Feedback from the event was incredibly positive, with one attendee saying: "Fabulous presenters, brilliant volunteers and such great buzz in the room."

"It's really important to take time to celebrate all the fantastic work and collective achievements of our OTs. Thank you for all that you do on daily basis, we appreciate and celebrate you. Happy OT week."

-Samantha Flower, NHSGGC Occupational Therapy Lead for Partnerships

Occupational Therapy Professional Networks

Update Autumn 2023

The creation of an Occupational Therapy (OT) Professional Network across our HSCP's OT Care Groups (eg Rehabilitations, Mental Health, Local Authority, Learning Disabilities, and Specialist Children Services), has been a staff priority for some time.

In June 2023, the Professional Network was launched online, with attendance of over 120 participants from across Glasgow, who were keen that in-face events be established in each locality. This would enable development and improvement of integration, working relationships, communication and awareness of other Occupational Therapy Care groups and roles across the HSCP.

In September and October, 127 Occupational Therapists attended 3 locality network sessions hosted by a range of OT Care Groups Leads and facilitators, with representation from frontline practitioners and current students within all care groups. The format of the sessions included group discussion where OT's introduced their services, discussed effective joint working, and were provided with options to note any issues across their service that required ongoing discussion out with the network session.



On evaluation, the OT's who attended rated the value of the sessions an average 9/10. Below demonstrates the top five themes captured from the evaluation feedback.

What did attendees like about the network meeting?

- Meeting and networking with other OTs
- Hearing and understanding more about other services
 - Learning about others roles
- Meeting face to face/putting faces to names
- Building rapport and relationships

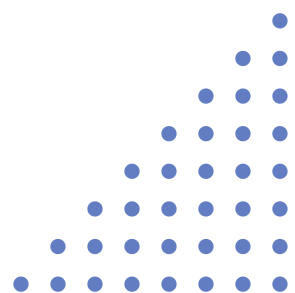
Attendees key learning or actions from the network session:

- Speak to other OTs/teams, it's a strength not a weakness
- Improved relationships/communication and networking
- It's ok to ask questions, other OTs have specialist knowledge and skills
 - Greater understanding of others roles
- Continue to attend future network events

Attendees thought future network meetings could be even better if:

- Network with whole/more of the group
- More frequent network meetings and for longer
- Greater numbers/attendance/diversity of care groups in discussion groups
 - More Training/Practical Skills sharing
- Sharing of contact details/email chain for network

Future dates have been planned for 2024 Spring and Summer events, if you are an Occupational Therapist working within Glasgow City HSCP, please see dates in the next page. We look forward to welcoming you.



Forward Planning for 2024

Winter/Spring Professional Networks dates:

North East - Wednesday 28 February, 9:30 to 11:30am, Stobhill ACH Sem room 6

North West - Friday 1 March 9:30 to 11:30am, Stobhill ACH Sem room 6

South - Wednesday 13 March 9:30 to 11:30am, QEUH Labs Building Sem room 1

Summer Professional Networks dates:

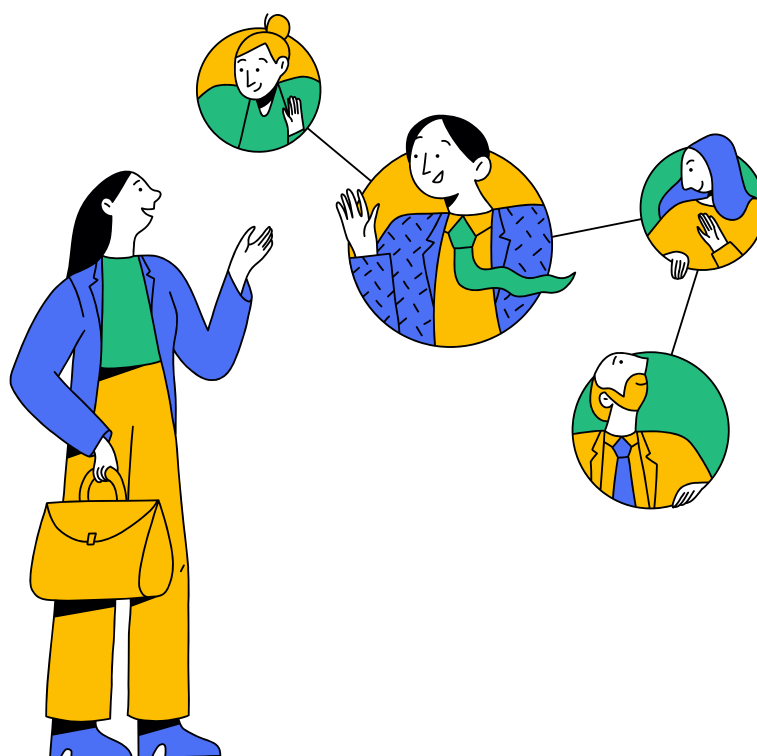
North East - Monday 13 May, 2:00 to 4:00pm, Stobhill ACH Sem room 6

North West - Tuesday 4 June 2:00 to 4:00pm, Stobhill ACH Sem room 6

South - Thursday 6 June 9:30 to 11:30am, QEUH Labs Building Sem room 1

For more info and to book your place please contact:

- North West - Kirsty Nicholson Kirsty.nicholson@glasgow.gov.uk
- North East – Frances McBride Frances.McBride@ggc.scot.nhs.uk
- South – Shona Ballentyne Shona.Ballentyne@ggc.scot.nhs.uk



Health behaviour change in physical health settings

As part of our ongoing delivery of integrated Occupational Therapy services in Glasgow City HSCP and in response to staff feedback during staff engagement events, training needs have been identified and there is ongoing work to map existing training opportunities.

In responding to specific requests from occupational therapy staff around applying Mental Health competencies we have worked with NES (NHS Education for Scotland) to specifically develop and provide a blended training programme on Health Behaviour Change in Physical Health Settings. The course aims to upskill staff to help clients to change behaviour and improve the self-management of their health condition(s).



This introduction to motivational interviewing in physical healthcare settings will involve 3 hours of self-directed learning via TURAS followed by a 2 hour coaching session for a total of approximately 150 occupational therapy staff working across our Local Authority locality teams, Reablement, HSC Connect and Health Rehabilitation Teams.

There are 8 coaching sessions running between November 2023 and February 2024 with a maximum of 20 attendees at each session. In the new year, there will be other Mental Health training available, keep an eye out for more information on dates.

Share your occupational therapy stories with us!



We need your news stories!

We're always looking for new stories about what's happening in Occupational Therapy around Glasgow.

If you have a good story for us then please contact:
kirsty.nicholson@glasgow.gov.uk

