

Changes to Older People's Inpatient Services in Sunderland and South Tyneside in preparation for the PRIDE Development

REPORT OF THE NORTHUMBERLAND, TYNE AND WEAR NHS FOUNDATION TRUST

1. Purpose of Report

- 1.1 To inform members of plans to improve the day hospital services and inpatient environment for older people in Sunderland and South Tyneside provided by Northumberland, Tyne and Wear NHS Foundation Trust.

2. Background

- 2.1 Mental Health services for older people in Sunderland and South Tyneside are provided by Northumberland, Tyne and Wear NHS Foundation Trust. These services include both inpatient and community services to support people with functional mental health conditions like depression and anxiety and organic conditions like dementia.
- 2.2 In partnership with commissioners, plans have been developed to improve the day hospital services and inpatient environment for older people, particularly those with dementia, and consolidate some services to improve quality for those people using them. This is in line with the plans for the PRIDE development (Providing improved mental health and learning disabilities environments in Sunderland and South Tyneside) which have been subject to full public consultation.

3. Description of the services affected

3.1 Day Hospitals

Sunderland currently has two day hospitals

- Grange Day Hospital on the Monkwearmouth Hospital site, and
- Poplars Day Hospital on the Cherry Knowle Hospital site.

- (a) The day hospitals in question provide services for people with mental health conditions such as dementia, depression and anxiety. The services provided from a day hospital aim to assess, treat and stabilise a persons mental health conditions, so that they can continue to live well at home. People may go to the day hospital once or twice a week for a short period of time so that they can have intensive assessment and treatment from clinical staff without needing to be admitted to hospital or as part of support to go home from hospital. This is different from 'day services' which might support someone's social care needs or provide respite care.

- (b) Day hospitals play an important part in supporting older people and we want to improve them so that they better promote independence by providing therapeutic treatments that are based on the best available evidence.
- (c) We are proposing that these two services will be combined and there will be one central day hospital site at Monkwearmouth Hospital. The same number of people will still be able to receive services from the day hospital, and transport will be provided for people who need help to get there.
- (d) Separate services will continue to be provided for people with dementia and with functional mental health problems like anxiety and depression linked to their individual needs. Many older people in Sunderland also receive support in their own homes and assessments and treatment will continue to be provided in this way through the community mental health team for older people.
- (e) This proposal is one of the first steps towards improving mental health services across the city and helps us move toward providing a centre for dementia, which will be located at Monkwearmouth Hospital.
- (f) Additional services including more complex assessments and treatments will be provided in the new day hospital by clinicians. Group and individual sessions will be available with access to therapies based on the best available evidence, including psychological, occupational and physio therapies. Service users will attend for their agreed treatment and will not normally be expected to attend for a whole day.
- (g) Services for people with suspect/confirmed dementia could include:
 - Memory assessment and diagnosis
 - Cognitive stimulation therapy
 - Memory rehabilitation
 - Health promotion including healthy living and exercise
 - Specialist psychological therapies
 - Medication reviews
- (h) Services for people with illnesses such as depressions and anxiety could include:
 - Assessment and diagnosis
 - Specialist psychological therapies
 - Health promotion including healthy living and exercise
 - Anxiety management
 - Medication reviews
- (i) Services for carers could include:
 - Information and signposting
 - Education and support groups
 - Individual assessment and treatment where appropriately identified

3.2 Inpatient Services

- (j) A further element of this proposal will see the first phase of inpatient provision from Palmer Hospital in South Tyneside moving to Monkwearmouth Hospital, Sunderland, further supporting the development of a centre for dementia in the area.
- (k) A paper was presented to the Committee in October 2010 about improvements to the environment at Monkwearmouth Hospital (Wearmouth View Ward). This involved a short term decant of Sunderland patients to Palmer Hospital in Jarrow. On completion of these works it is proposed that patients from both Sunderland and South Tyneside move back into the newly refurbished ward. An additional four beds will be commissioned in Sycamore Ward, Cherry Knowle Hospital for people from South Tyneside who require a highly specialised challenging behaviour service.

3.3 Impact on patients

- (l) The main area of concern for Sunderland patients and families will be the distance to travel to the new day hospital site. Most patients already travel to the existing service by ambulance and we have worked closely with the Ambulance service to ensure that patients will not experience longer journeys due to this change. A patient involvement exercise is underway to ensure that any concerns from patients and families is captured and addressed.
- (m) It is important to note that no one will be discharged from the service as a result of this change and no one will be denied access to the service as a result of this change.

3.4 Impact on staff

- (n) This proposal has been planned as part of the PrIDE development and as such, posts have been held for the staff affected. There will be no redundancies as a result of this proposal.

4. Recommendation

- 4.1 The Scrutiny Committee is asked to note the proposals. Members are welcome to visit the new provision prior to these changes.

Background Papers

Scrutiny Committee report 'Environmental improvements to Wearmouth View, Monkwearmouth Hospital' 13 October 2010
Scrutiny Committee report 'Pride Project Update' 8 December 2010