RITA – Reminiscence Interactive Therapy and Activities

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RITA Pathway Project Working Group

RITA - Introduction Video

https://help.rita.systems/video/intro

RITA –Training website

RITA e-learning (https://ritatraining.talentlms.com/talentlms.com)

My Improvement Network

my IMPROVEMENT NETWORK

Bradford RITA pilot project

- £18k funding from Public Health Bradford (now Office for Health Improvement and Disparities – OHID Bradford)
- RITA care bundle each (1 Large RITA unit + 1 Tablet) + 1 extra Tablet
  - Local Authority Assessment bed facility (Valley View Court)
  - Local care home (Five Rise Nursing Home)

- One extra bundle provided / sponsored by my Improvement Network
  - Local care home provider (Greystones Nursing Home)

- Bradford District Care Trust (BDCFT) Older People's Mental Health Inpatient – RITA's funded by Better Lives Charitable Fund c/o Morrisons
  - Bracken Ward (Airedale Centre for Mental Health) - 2 bundles
  - DAU (Dementia Assessment Unit, Lynfield Mount Hospital) - 1 bundle

Bradford RITA pilot project - Aims

- Understand usefulness and acceptability of RITA in different care settings
- Evaluate impact and benefits
- Consider advantages of RITA in supporting continuity of care and seamless personalised meaningful participation care plans for individuals transitioning between participating pilot sites

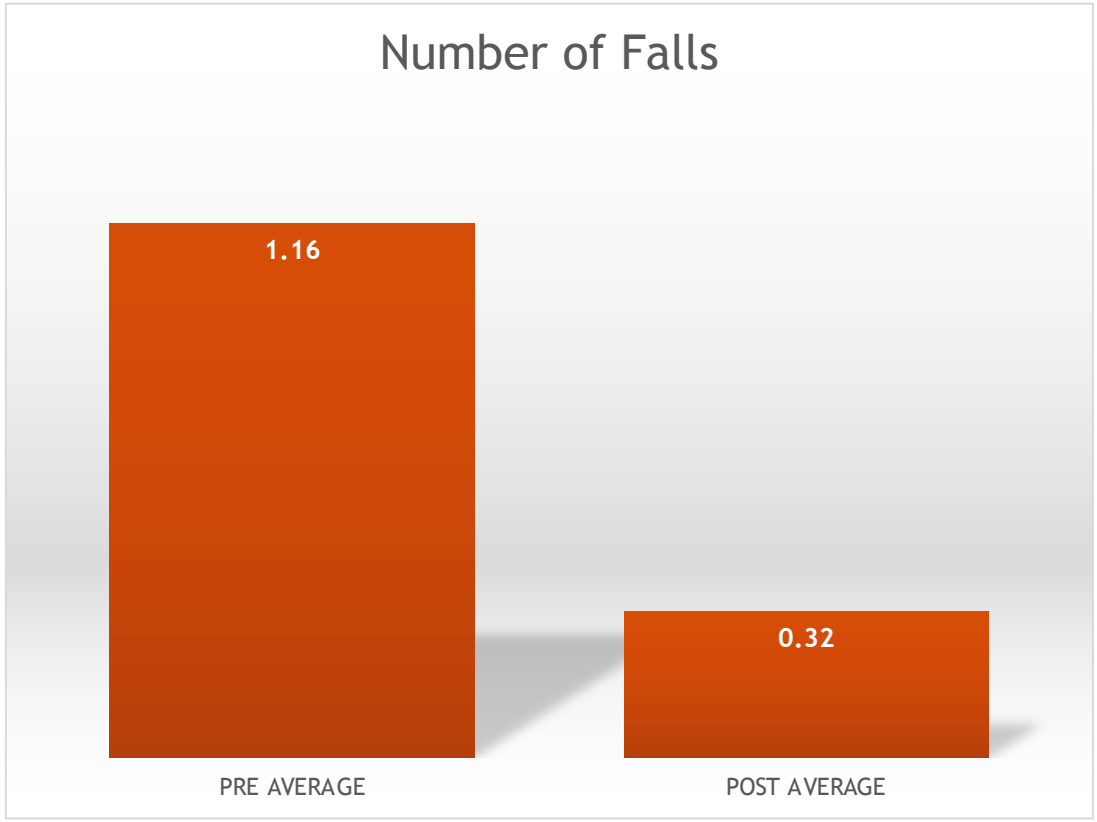
Bradford RITA pilot project - outcomes

- Understand usefulness and acceptability of RITA
  - Lots of examples of use of RITA to reduce distress, increase activities, well-being at all pilot-sites
  - Use of features like Relaxation Exercises, Games / Bingo, pshycial exercises and Movies with groups
  - Use of personal profiles
- Recognition of local use of RITA
  - Silver Award for Use of RITA in End of Life Care to Five Rise Nursing Home

Evaluation – Design

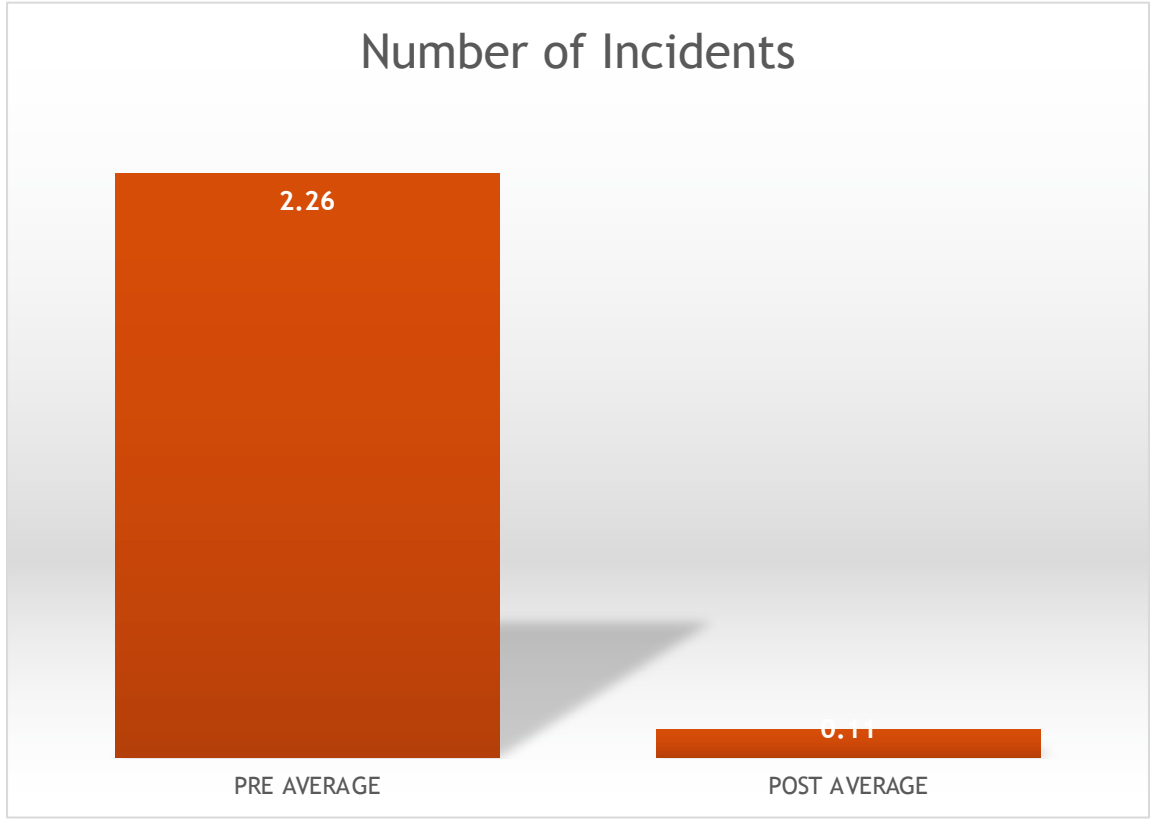
Outcomes based on one site – Five Rise Nursing Home

Evaluation – Outcomes
Significant reduction in the average number of falls



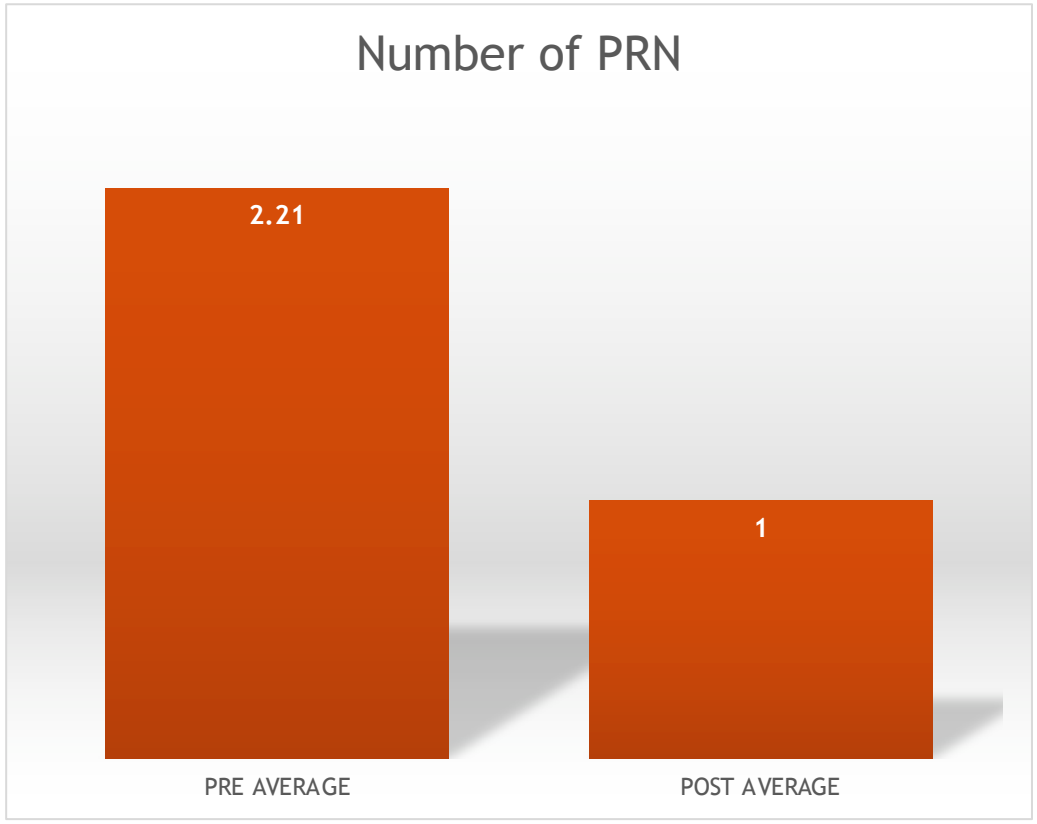
Paired T-Test = 2.6
DF = 18
P-value = 0.02

Evaluation – Outcomes
Significant reduction in the average number of incidents



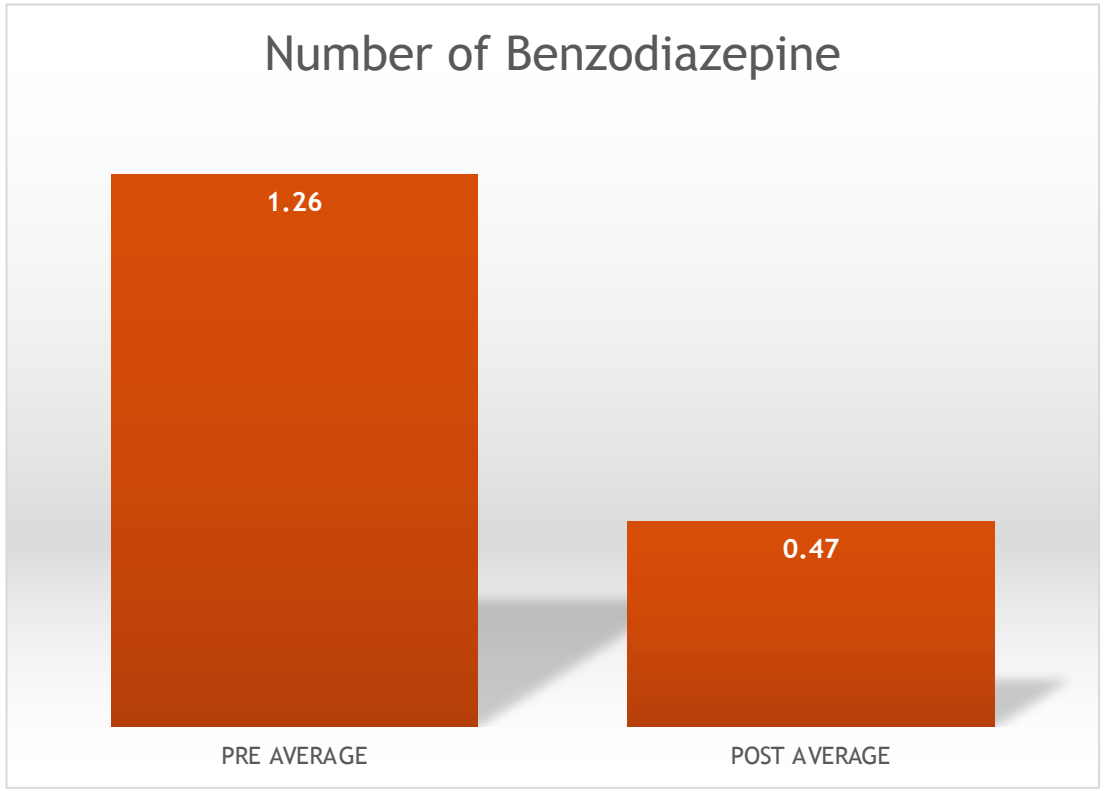
Paired T-Test = 8.2
DF = 18
P-value < 0.001

Evaluation – Outcomes
Reduction in the average number of overall PRNs (not significant!)



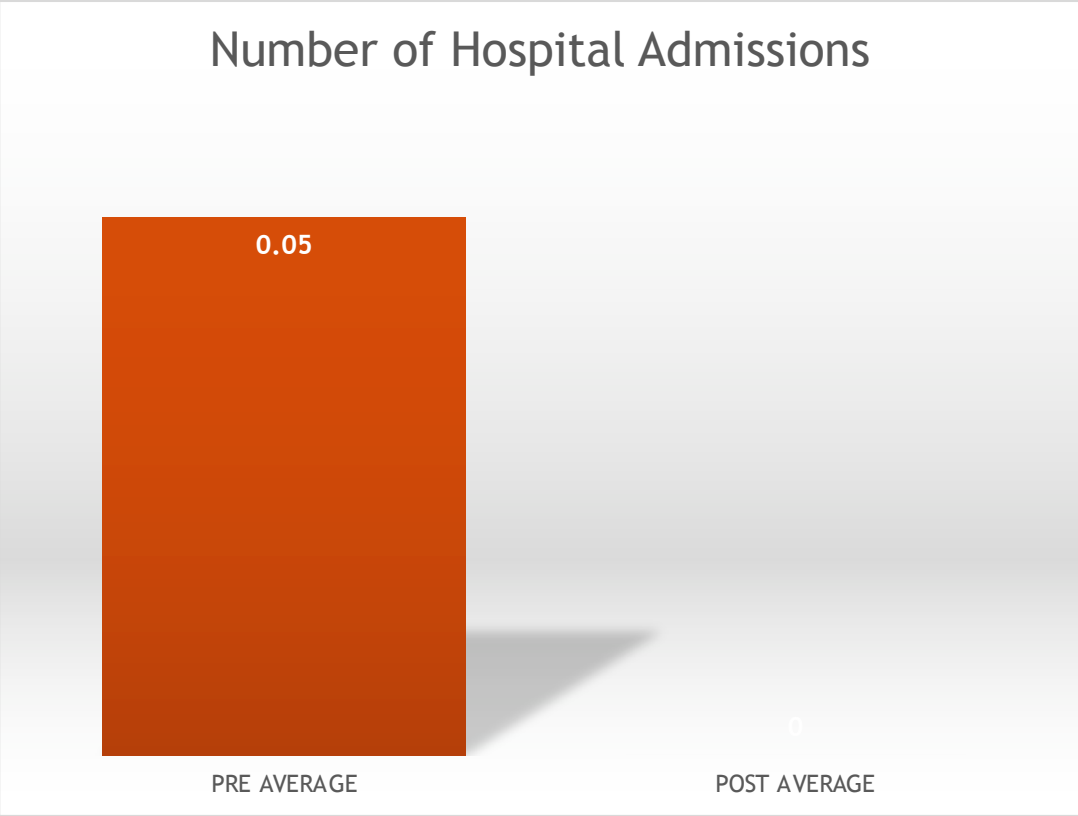
Paired T-Test = 1.8
DF = 18
P-value = 0.08

Evaluation – Outcomes
Significant reduction in the average number of Benzodiazepine use



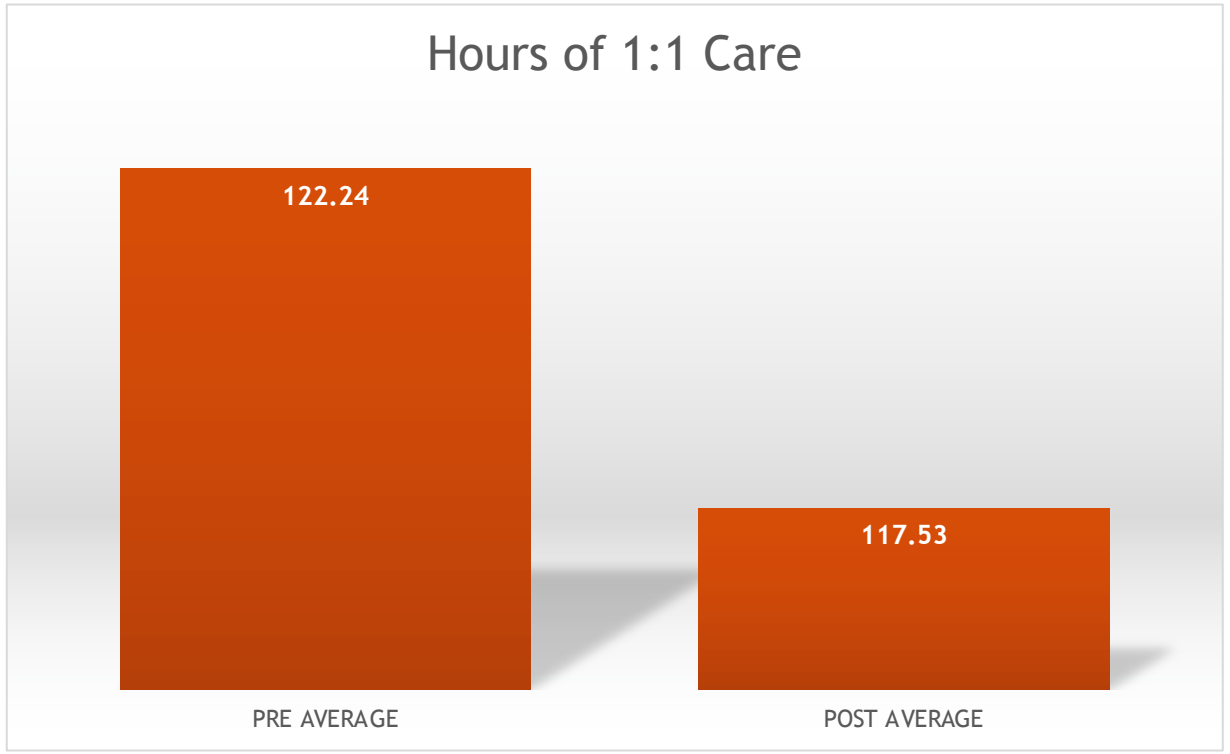
Paired T-Test = 2.2
DF = 18
P-value = 0.04

Evaluation – Outcomes
Significant reduction in the average number of Hospital admissions



Paired T-Test = 2.6
DF = 18
P-value = 0.02

Evaluation – Outcomes
Significant reduction in the average hours of additional 1:1 care



Paired T-Test = 2.7
DF = 18
P-value = 0.02

Summary

- RITA has been used and accepted in all settings
- RITA profiles could support personalised care plans (difficult as only a few pilot sites with RITA devices)
- Our data shows the following benefits:
  - Reduction in falls
  - Reductions in incidents
  - Reduction in use of Benzodiazepines
  - Reduction in number of Hospital admissions
  - Reduction in 1:1 care

Thank you!!

Project Working Group - Sarah, David, Nicola, Chris,

Bracken Ward - Beth, Nicola, Saranna, Candice, Lauren, Nazreen, Claire, Taz, Hannah, Peter

Five Rise - Tracy, Lizzy, Denise

MyImprovement Network - Sue, Danny, Debbie, Michael

Valley View - Sam, Mandy, Amanda

DAU - Safeeyah, Elsa, Jane, Carole, Javed, Karen, Sian, Joy

Greystones – Lisa, Shamreen

Evaluation - Nectar

Q&A

- Any questions?
- Any comments or suggestions?