

## TOWARDS A NATIONAL STROKE STRATEGY - GOOD PRACTICE EXAMPLES

<p><b>Name of project / team / service:</b> Chamberlain Day Hospital - Art Therapy Service</p>	<p><b>Contact details:</b> Name <b>Diane Eagles</b> job title <b>Art Therapist/Head of Arts Therapies</b></p>
<p><b>What problems and issues did it seek to address?</b> Art Therapy at the Day Hospital provides assessment and treatment in medium to long term work within individual and group work. The work addresses issues around mental health problems related to the person referred. Strokes will often affect function, memory and mood, resulting in depression. Following stroke speech maybe affected or confidence to talk impaired. Low mood can also impede speech as the mode of communication. As a non verbal treatment method Art Therapy can address issues around the illness in a less confrontation way to verbal therapies. It also allows space and time in which patients can come to term with the illness and its effects and find ways to manage. Art Therapy can be a useful approach as difficulties can be made manifest in the work and seen, rather than denied, by the patient. Issues around loss of control and loss of skill, changes in status, and fear about further ill health and death are common themes expressed. As an unconscious communication images made can be seen and interpreted alongside and with the patient. Work can be slow but it follows the patients pace and therefore allows a degree of control to be regained. Use of art materials also allows issues around control and autonomy to be highlighted. Changes maybe seen in the work and patients often use the visual format to ‘test’ themselves, writing or drawing things with which to compare their previous self. Seeing and acknowledging the changes allows an opportunity to grieve what has been lost through the stroke. It enables the patient to mourn the loss and hopefully move on. The ability to create and change offers a hopeful potential for change.</p>	<p>organisation <b>CNWL mental Health Trust</b> address <b>Chamberlain Day Hospital, St. Charles Hospital, Exmoor Street, London W10 6DZ</b> phone number <b>02082067123</b> email address <b>diane.eagles@nhs.net</b></p>
<p><b>What obstacles and challenges did it face?</b> Art Therapy as part of a Day Hospital Multi</p>	<p><b>Has it been written up anywhere already? Please</b></p>

<p>Disciplinary approach can address patient needs from a variety of perspectives however sometimes the approaches can be conflicting and this can cause issues. In particular the need to assess patient needs put packages of care into place and discharge. Some long term psychological work doesn't fit very easily within this format.</p>	<p>include links to websites etc here <b>No</b></p>
<p><b>What were the achievements?</b> Achievements can be seen in changes in patients mental state, improvements in mood, increases in motivation and function and a gradual coming to term and adjusting to changes through support from the Art Therapist.</p>	<p><b>Are you happy for this information to be shared?</b> - In summary form on a best practice website, with contact details , with contact details <b>Y</b> - In publications (we will get back to you to agree wording) <b>Y</b> - By presenting at a conference <b>Y</b></p>
<p><b>What resources were involved?</b> The resources involved are that of a consistent and reliable Art therapist who receives consistently good supervision. The use of a dedicated space in which to carry out the work and a range of Art therapy supplies. A secure space in which to store the work is also necessary.</p>	<p><b>Is there any specific focus on inequalities issues within this work?</b> <b>N/A</b></p>
<p><b>What did success depend upon?</b> Success depends up the patients ability to change and adapt, their ability to work around problems and find new solutions and the consistent and reliable support from the Art therapist in providing a secure and confidential framework in which to carry out the work.</p>	<p><b>Likely next steps / developments for the project?</b>  <b>N/A</b></p>
<p><b>Please give a one or two sentence summary of the project here:</b></p> <p>The Art Therapy work at the Day Hospital provides a consistent and high standard of assessment and treatment for patients suffering a variety of mental health issues. Within this the treatment of patients working with the resulting depression from Stroke is a reasonably common occurrence. The supportive, consistent environment of Art Therapy can provide a frame in which patients can address their issues around the illness and be given time and space in which to see and come to terms with its effects.</p>	