



Walton SIG  
Hospice of the Good Shepherd –  
Wellbeing Service and roles



# Agenda

INTRODUCTION TO THE  
MDT

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LIVING WELL CENTRE

MND SUPPORT GROUP

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STRENGTH AND  
BALANCE CLASS

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WELLBEING  
PROGRAMME

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BI-MONTHLY MND MDT

HOPES FOR THE FUTURE

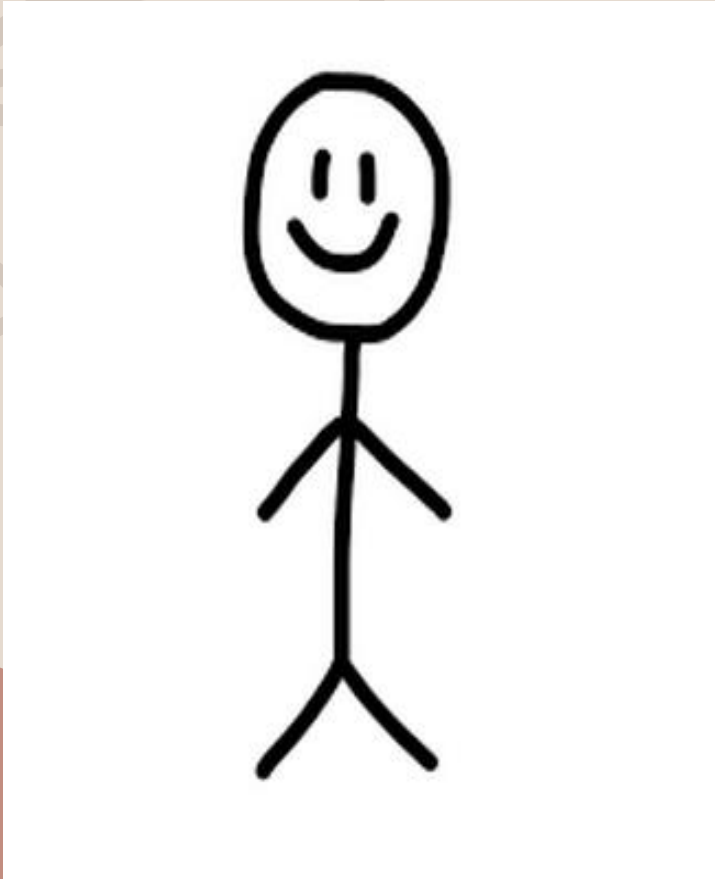
# Meet the team: Community Palliative Care Team



Emily Holland – Occupational  
Therapist



Dianne Hyatt – Physiotherapist and  
Therapy Team Leader



New Physio starting in June

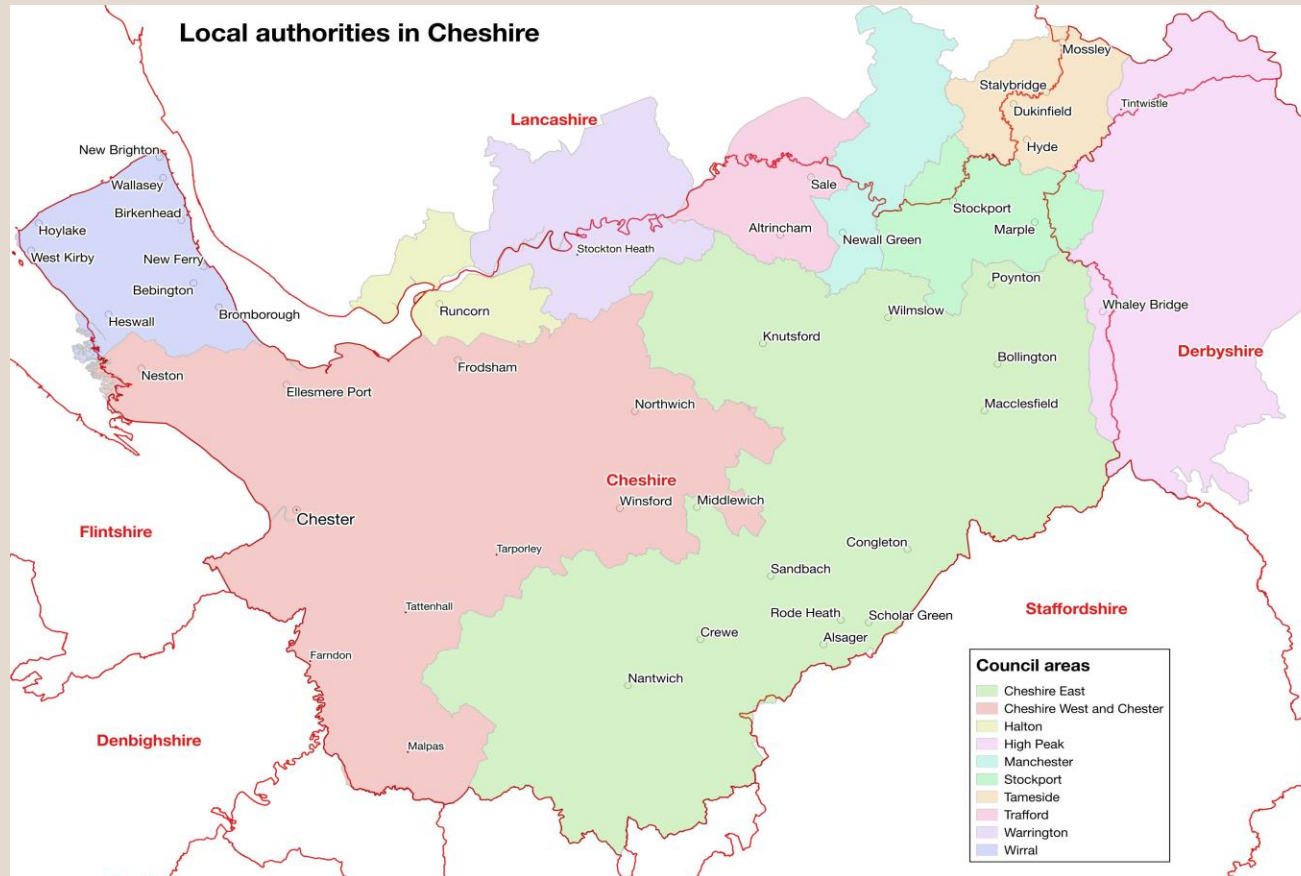


Lucy Ellis – Therapy Assistant

# Community palliative care therapy team

- Employed by CWP
- Service Level Agreement; 13hrs input to HOGS including IPU and Living Well Centre
- Clinical lead Physiotherapist
- Occupational Therapist
- B6 Physiotherapist (new starter in June)
- Therapy Assistant

# Geographical patch – Cheshire West and Chester



# Meet the team: Community SALT and Dietetics



Speech and Language Therapy Team



Dietetics and Nutrition Nurse

# Community SALT, Dietetics and Nutrition Nurse

- Employed by COCH
- SALT team - 1.3 WTE B6, 0.6 WTE B5, 0.2 WTE B3
- Home Enteral Feeding Tube Team - B6 DT and B6 Nutrition Nurse



# Living Well Centre

## Therapy input;

- Rolling Wellbeing programme
- Strength and balance class
- MND support group



## Other services;

- Complimentary therapies
- Counselling
- Coffee and chat
- Wellbeing day
- Carer support group and support worker

# MND Support Group

Fully re-instated since Covid restrictions have been lifted.

All patients with a diagnosis of MND on our caseload are invited with a carer/family member to our MND Group which is held at The Living Well Centre, Hospice of The Good Shepherd on the last Monday of the month, 1-3pm.

MDT facilitated group - OT, Physio, SALT, Dietetics and Nutrition Nurse representatives attend to allow the opportunity for holistic matters in relation to MND to be discussed and addressed. This can occur during the session or towards the end on a one to one basis.

Planned education programme; aim to run as a rolling programme, however if other relevant topics or speakers are identified or requested by the group as time progresses then these can potentially be incorporated into the programme. MNDA representative attends.

# MND Support Group- educational sessions

Educational talks on the following subjects in relation to patients with MND:

- Role of OT
- Role of Physio
- Role of SALT
- Role of Dietetics/Nutrition Nurse
- Role of Social Worker
- Role of Specialist MND Nurse/Nurse Co-ordinator
- Role of MNDA
- Services provided by The Living Well Centre



# MND Support Group-additional positive aspects

- Opportunity for patients and carers to openly share thoughts and feelings in safe and supportive environment
- Facilitates peer support between patients and carers/family-private area available is required
- Time efficient opportunity for MDT review of MND caseload/discuss any issues/request timely reviews or complete referrals

## **FUTURE PLANS:**

- Guided imagery relaxation at end of session-to be re-instated
- Gentle exercise session facilitated by physio/therapy assistant -to be re-instated when new physio is in post
- Remote access virtual group via Teams to be established in the event of Living Well Centre being temporarily closed (in light of previous Covid-19 pandemic situation)

# MND Support Group: SALT, Dietetics and Nutrition Nurse

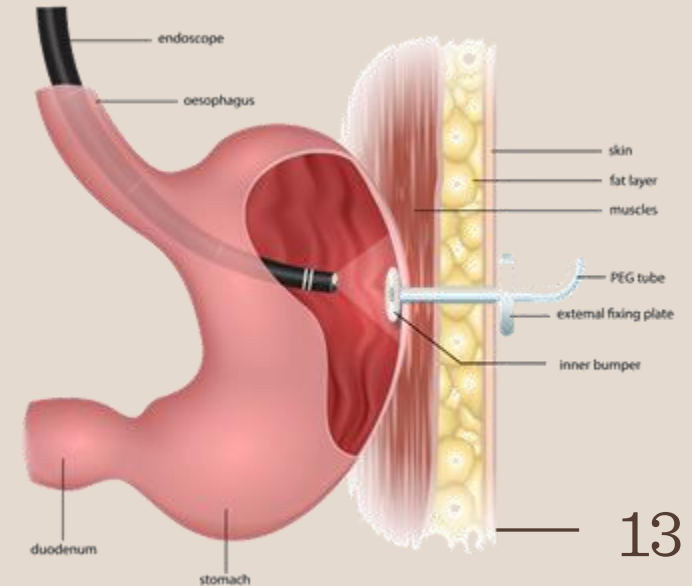
- Review patients
- Provide education
- Encourage peer support
- Allow accessible MDT working

## The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.

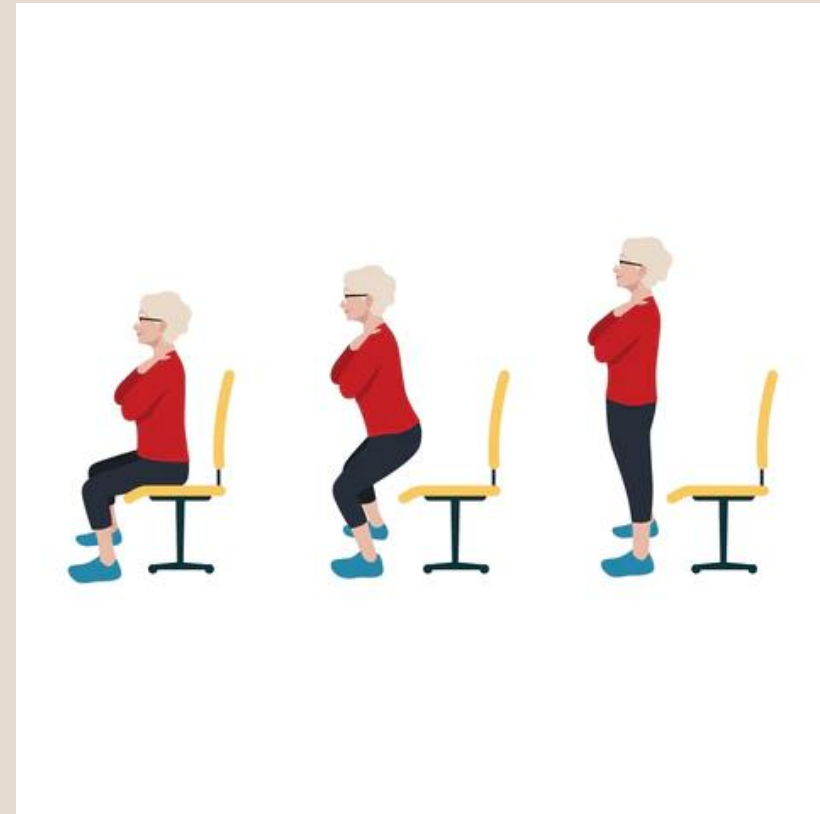


© The International Dysphagia Diet Standardisation Initiative 2019 @ <https://iddsi.org/framework/>  
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Derivative works extending beyond language translation are NOT PERMITTED.



# STRENGTH AND BALANCE CLASS

- small group
- 'circuit' class run by Physio and TA/volunteers
- seated/standing
- 2 mins per exercise, 1 min rest
- based on OTAGO exercises
- min 8-12 sessions
- onward referral to Brio if appropriate



# Wellbeing Programme- The Living Well Centre

- All patients with a palliative care diagnosis and a carer/family member are welcome to attend.
- Held on a Wednesday morning 10-11.30
- Facilitated by a health or social care professional.
- **PROGRAMME:**
  - Fatigue Management
  - Breathlessness Management
  - Anxiety Management/relaxation techniques/sleep management
  - Falls Prevention
  - Goal Setting
  - Role of Specialist therapy team
  - Finances/benefits/advanced care planning advice

# Bimonthly MND MDT

Identified need to improve communication/networking with Specialist MND services

Set up pilot meeting on Teams with our team and Karen and Angela

Extended invitation for the team to include PT, OT, SALT, Dietetics, Nutrition Nurse, MNDA representatives, Walton Specialist Nurses

Aim of meeting is to discuss any patients of concern, peer support, lessons learned, share information pertinent to MND cohort





## Hopes for the future

- Return of Respite beds for Neuro patients
- Accessible showering service





thank you

ANY QUESTIONS?