The Optimal Handed Care (OHC) programme adopted by Adult Social Care is now aligning with the ‘Person Centred’ programme initiated by Health (Somerset Foundation Trust) as part of a system wide approach.

We have been working jointly with Wincanton Hospital colleagues as part of a ‘test and learn’ site. The Wincanton ward and Therapist team have been fantastic embracing the opportunity. Below is some feedback received from the ward so far. The names below in the case study are fictitious.

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| **Case Study 1 - Mary**  ‘Mary had pretty much given up on the ward and wanted to get home to die. The ward team managed to set up a gantry hoist, tilt in space chair on the ward whilst using WendyLett sheets so Mary could continue her recovery with her live-in carer at home.  Mary’s carer was given a demo on the ward on the WendyLetts and we completed a home visit completed to ensure everyone was happy with using the equipment.  Since Mary has been home with her one carer, she is now only being hoisted out daily and is supported to use her tilt in space chair.    A few weeks ago, the ward team received two photos from Marys’ family, one of her practicing standing again in the home and another with her sat out in her standard wheelchair ‘out and about’ in the community, which was her main joy prior to her fall.  The investment in using the OHC approach appears to have acted as a catalyst to support Mary’s recovery, as she had given up on the ward and just wanted to be taken home.  Now, in Mary’s home environment, it is set up for her to remain in her home with one carer, and she is sustaining her chosen needs.  In addition, has enabled the Community Rehabilitation Service (CRS) to offer added input as Mary now has the stamina, physically and mentally, to cope with some reabling. |

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| **Case Study 2 – June**  We have been working with another lady called June, who has complex needs and has had a series of spinal fractures due to bone density issues.  June has a huge fear of movement both because of her spinal fractures plus an unsettling history of heightened incidents/risks.  The Ward team had been supporting June’s functional and mobilising needs, such as turning her in bed, but with the support of 3 staff members to do so.  Since adopting some of the OHC techniques and using the prescribed equipment the team now confidently utilise the hoist in combination with the loop WendyLett system to turn June, but now only requiring two staff.  June has really engaged with the process and is now a willing participant stating that “I now have much more control to turn as it is better with fewer carers around me having to help”.  Working with June the Ward team have now become more and more skilled, especially at placing and using a support wedge.    Furthermore, June regularly reports a reduced feeling of anxiety and now wanting to do more for herself rather than previously relying on 3 staff.  The ward team are now working on optimising June’s moving and handling needs even further proposing only needing one team member now.  June agrees that this now could be achievable but it is still a working progress.    The Wincanton ward team have been fully engaged and enthusiastic about embracing new ideas combined with using the relevant equipment as part of the OHC programme and continually feedback what is working well and most importantly what isn’t!  The ward team have reflected on the experience so far as “a big learning curve but so beneficial for everyone involved”.  The use of the wedge and OHC is now being introduced into one of the wards in Musgrove Park Hospital as part of the programme for change. |

***January 2024***