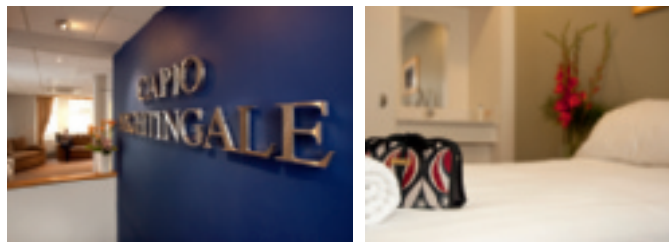


We are here...



...7 days a week.



- ✓ Accessible mental health treatment
- ✓ Seamless referrals
- ✓ Patient in safe hands
- ✓ First-class service
- ✓ Immediate patient appointments

Contact the Admissions Department
Tel: 0800 783 0594
www.nightingalehospital.co.uk
Fax: 020 7724 5976

Cario Nightingale Hospital is proud to work in association with:



Issue 9

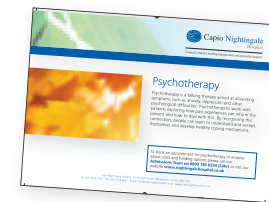
GP Newsletter

Free Information and Advice Leaflets for your Practice

We want to offer your practice some information leaflets and guidance materials on a range of mental health conditions in order to reach out and inform your patients of the help and treatments that are available to them if they have any mental health concerns.

Our patients and their families have found these leaflets extremely useful in understanding symptoms, gaining helpful tips on how to manage conditions, potential triggers and therapy and drug treatment options available to them. Understanding a mental health condition breaks down some of the barriers to recovery. Conditions include:

- Eating disorders
- Addiction
- Bipolar disorder
- Anxiety and Phobias
- Depression
- Stress
- Bereavement



Please select the most relevant information leaflets for your practice, and the quantity you require by returning the fax back sheet enclosed with this newsletter, visiting the GP section of our website **www.nightingalehospital.co.uk** or emailing us at **info@nightingalehospital.co.uk**.

A message from Jojo Band



Welcome to the next GP newsletter from Cario Nightingale Hospital. As ever, the hospital continues to focus on accessible best in class treatment for patients with the most efficient referral routes for clinicians.

On this note edition nine focuses on Day and Outpatient Therapy Services and Occupational Therapy. A key focus for Cario Nightingale is to enable patients to continue in, or return to, their home and or work environments as soon as possible.

Current referrers give extremely positive feedback to the therapy services on offer: "The Day Hospital offers a user friendly and insurance friendly medium in which to treat the acutely ill patient. This especially covers those with mood disorders where insurance would not be prepared to cover inpatient treatment because they are not suicidal. It is also a value for money alternative for self-payers." Dr Pfeffer, Consultant Psychiatrist.

Please do call our Admissions Department on **0800 783 0594** for further information or to refer a patient.

Jojo Band, GP Liaison Manager
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E-mail: jojo.band@cario.co.uk
www.nightingalehospital.co.uk

DAY THERAPY AND OUTPATIENT PROGRAMMES

Residential treatment is the best course of action for people with problems that are severe enough to necessitate inpatient stay. For people who need treatment but wish to remain at home or continue working, then a Day Therapy (Group Therapy) and/or Outpatient (Individual Therapy) programme can be the optimal choice.

The advantages of Day Therapy treatment is that patients can plan the days and hours they wish to attend to fit with other commitments. In consultation, a patient can attend for complete weeks, individual days or morning/afternoon sessions. We generally recommend full-time participation initially followed by a gradual step down in attendance days. Day Therapy concentrates on group therapy, where members can find a safe and therapeutic space to share their concerns and issues. It allows people to explore ways in which they relate to others, and by identifying similar experiences and feelings it can help to facilitate healthy change. We employ 5 treatment programmes:

- Cognitive Behavioural Therapy
- Interpersonal Therapy
- Support Strand (for patients whose emotional distress is such that it prevents them focusing on their problems)
- Addiction (Alcohol, Drugs & Gambling problems)
- Eating Disorders (Anorexia, Bulimia)

These groups cover a wide range of issues, including depression, anxiety, anger, relationships, addiction, food issues and communication skills. People often utilise a combination of these programmes. Day Therapy is a very effectual and cost-effective method of treatment.

Outpatient treatment, consisting of Individual Therapy, may be the sole choice of treatment or used in combination with Day Therapy. Many people feel that their needs will be best met by a one-to-one session with a counsellor rather than in group therapy, whereas others consider that Day Therapy and Individual Therapy combined are the ideal.

Capio Nightingale Hospital has a long established and highly successful Day Therapy and Outpatient programme that has benefited patients from all walks of life. It is constantly under review and is amended and improved in line with new research.

To refer a patient to Day Therapy or Outpatient Therapy please call the Admissions Department on 0800 783 0594.

THERAPY PROFILE

My name is Melissa Lowe and I started at Capio Nightingale Hospital at the beginning of March this year to expand and support the Therapy Services Team. I have a Psychology BSc (hons) from Bangor University, and an Occupational Therapy Postgraduate Diploma from London South Bank University.

With experience working in a variety of acute mental health settings which include psychosis, mother and baby, behavioural disorders and older adult mental health as a support member of staff, I am driven by the practical approach to maintaining and/or optimising a person's function in all aspects of self care, leisure and productivity (i.e. work, and education).

Occupational therapy is a practical, behaviourally-based discipline aimed at promoting independence in daily personal management, from home issues to employment, and study through to leisure and social activities.

People participating in OT identify personal goals to work on in specific life domains that they feel need attention. Treatment involves occupational counselling and skill-building, either within a clinic or outside it. The patient is supported through reflective and experiential learning to achieve their personal goals. OT is a flexible approach that can work with various levels of functional abilities.

Occupational therapists aim to engage individuals in meaningful and purposeful activities and promote balance between activities of self-care, leisure, and productivity to improve overall wellbeing and quality of life.

Reasons to refer a patient to occupational therapy:

- The patient has difficulties with activities of daily living (e.g. shopping, managing money/bills, using public transport and household chores).
- The patient has no daily routine and finds it difficult to structure his/her day.
- The patient is not well enough to attend CBT/IPT groups and may benefit from a 1:1 activity.
- The patient has mobility problems and has a fear of falling or reduced confidence mobilising independently.
- The patient is socially isolated.
- The patient would like to volunteer, or attend educational courses, and he/she finds it difficult to organise it him/herself.

I look forward to working with you in the near future.

Melissa Lowe
Occupational Therapist

To refer a patient please call the Admissions Department on 0800 783 0594.

OUTSIDE EDGE

In association with The Outside Edge Theatre Company, Capio Nightingale Hospital ran a drama intervention day for their addiction patients.

A performance called 'A High Price to Pay' was presented focussing on the experience of one substance mis-user who is in the early stages of recovery. Through dramatisation of the main character's story, patients witness their problems spiralling out of control. These problems lead to a negative consequence.

After the first performance the same drama ran again but the audience was encouraged to stop, comment on, discuss and change the action/outcomes of the presentation by taking part/role-playing in it themselves.

In a safe, fun and memorable way the participants were allowed to process, discover, challenge, discuss, debate and try out different possibilities which the main character could have followed in order to find a positive outcome.

A workshop session allowed participants to explore the content of the play, discuss problems faced by substance misusers in early recovery, view and discuss newspaper stories and magazine reports on issues and create new stories, which are developed into short drama presentations.

The Outside Edge Theatre Company works from the perspective of creating theatre and drama with groups affected by substance misuse. They use theatre and performing arts to give people affected by drug and alcohol addiction a voice – enabling them to reach and recognise their potential, find an identity and build skills and confidence.

To refer patients for inpatient, outpatient, day therapy or 1to1 Addiction Treatment please call the Admissions Department on 0800 783 0594.