



# Star Wards – At A Glance Guide

**'Tweaking'**  
suggestions can be done with minimum changes to current staffing arrangements and at little or no cost.

**'Turning'**  
suggestions take things further and would require some staffing changes and new resources.

**'Transforming'**  
suggestions are the ideas which probably require the biggest investment.

	Tweaking	Turning	Transforming
<b>Recreation &amp; conversation</b>	<ul style="list-style-type: none"> <li>1. Board games, a TV and VCR/DVD</li> <li>2. Volunteer(s) for at least 3 hours a day</li> <li>3. Ward &amp; hospital libraries</li> </ul>	<ul style="list-style-type: none"> <li>4. Bank staff recruited to run group activities</li> <li>5. Domestic staff are encouraged to interact with patients</li> <li>6. Hospital's non-medical staff involved</li> <li>7. Hospital volunteer co-ordinator</li> <li>8. Artwork commissioned, borrowed, displayed</li> <li>9. Cooking on the ward</li> </ul>	<ul style="list-style-type: none"> <li>10. Activity co-ordinator</li> <li>11. Community groups hold regular sessions</li> <li>12. Internet connected computers</li> <li>13. Hospital has full suite of activity rooms.</li> <li>14. Regular comedy evenings</li> <li>15. Community Service Volunteers support social activities</li> </ul>
<b>Physical health and activity</b>	<ul style="list-style-type: none"> <li>16. Exercise bike and/or treadmill</li> <li>17. Individual sessions with dietician and/or pharmacist</li> <li>18. Walking groups</li> </ul>	<ul style="list-style-type: none"> <li>19. Half an hour of exercises daily</li> <li>20. Advice on healthy eating and giving up smoking.</li> <li>21. Gardening</li> </ul>	<ul style="list-style-type: none"> <li>22. Physio or sports trainer</li> <li>23. Exercise plan</li> <li>24. Optional physical health checks</li> </ul>
<b>Visitors</b>	<ul style="list-style-type: none"> <li>25. Written info about visiting given on first day</li> <li>26. Family/friends links nurtured.</li> <li>27. Private visiting room.</li> <li>28. Mags &amp; games for visitors' room</li> </ul>	<ul style="list-style-type: none"> <li>29. Flexible visiting hours</li> <li>30. Good info for visitors &amp; carers</li> <li>31. Help with visits e.g. with phone calls</li> <li>32. Pets as visitors and residents</li> </ul>	<ul style="list-style-type: none"> <li>33. Visitors' budget, managed by patients</li> <li>34. Friends, family &amp; carers' support groups</li> <li>35. Visits arranged for the visitorless</li> </ul>
<b>Care planning</b>	<ul style="list-style-type: none"> <li>36. 5 day structure used, with different topic each weekday.</li> <li>37. Min 1/4 hour with key worker to discuss daily topic</li> <li>38. Employment status recorded on admission</li> </ul>	<ul style="list-style-type: none"> <li>39. Care planning remit</li> <li>40. Benefits advice</li> <li>41. Leaving pack of information &amp; advice</li> <li>42. Quick-ticks used rather than notes whenever possible</li> </ul>	<ul style="list-style-type: none"> <li>43. Personal Recovery File</li> <li>44. Patients can take lead in care planning</li> </ul>
<b>Talking therapies and self-management</b>	<ul style="list-style-type: none"> <li>45. Self-help books and tapes.</li> <li>46. 'Protected time' for nursing staff</li> <li>47. Women's and men's groups</li> </ul>	<ul style="list-style-type: none"> <li>48. Psychology assistant</li> <li>49. Someone on duty has counselling qualification</li> <li>50. Option of at least one hour of therapy or recovery management a day</li> </ul>	<ul style="list-style-type: none"> <li>51. Full day's programme of therapy groups.</li> <li>52. Student counsellors</li> <li>53. Individual psychotherapy</li> <li>54. OTs &amp; creative therapists</li> <li>55. Core programme of activities</li> <li>56. Personal Recovery Workbook</li> <li>57. Ward has mini-library of Mind leaflets and hospital has full range</li> </ul>
<b>Ward community</b>	<ul style="list-style-type: none"> <li>58. Ward community group meetings</li> <li>59. Prayer, faith &amp; cultural meetings</li> <li>60. 'Buddy system'</li> </ul>	<ul style="list-style-type: none"> <li>61. Patients' mutual support</li> <li>62. Faith festivals celebrated</li> </ul>	<ul style="list-style-type: none"> <li>63. Patients mutual support after hospital</li> <li>64. Recreation budget controlled by patients</li> <li>65. Patients run 'special interest' sessions in own or other wards</li> </ul>
<b>Patient responsibility</b>	<ul style="list-style-type: none"> <li>66. No more queuing for medication!</li> <li>67. Patients write own profile for staff</li> <li>68. Patients have copies of their care plans</li> <li>69. Patients keep displayed information up-to-date</li> <li>70. Patients' diaries</li> </ul>	<ul style="list-style-type: none"> <li>71. Ex-patients involved in staff recruitment and recruited as staff</li> <li>72. Patient involvement in how ward is run</li> <li>73. Patients complete a daily self-review</li> </ul>	<ul style="list-style-type: none"> <li>74. Each patient has 'recovery budget'</li> <li>75. Patients extend stay by day or 2 to support new patients</li> </ul>