

Star Wards

	Current Position	Traffic Light rating	Action Planned	Lead Person	Review Date
Tweaking					
Each ward has board games, TV + VCR/DVD					
Library with novels and magazines					
Individual appointments with dietician and pharmacist					
Optional exercise plan for departure					
Weekdays, 1 staff member has counselling qualification					
Patient managed recreation budget					
Patient's keep public patient info up-to-date					
Turning					
Community groups hold sessions					
Computers & Internet					
Regular Comedy evenings					
Exercise bike/or treadmill					
Walking Groups					
Gardening					
Pets as visitors & residents					

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Leaving pack of info & advice					
Personal Recovery file for each patient					
Self help books & tapes in ward library					
Protected time for staff contact with patients					
Women & men's groups					
Personal recovery workbook					
Mini & Maxi libraries of mind leaflets					
Celebration of faiths festivals					
Patients have copies of their Care Plans					
Patient diaries					
Patient involvement in running of ward					
Patients complete a self-assessment at the end of each day					
Patients extend stay to support new residents					

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Transforming					
Volunteers on ward for at least 3 hours a day					
Hospital volunteer co-ordination					
Hospital has gym, multi-sensory room, library, music room, computer room, multi faith prayer/chill out room, lecture theatre					
Community Service Visitors					
Daily exercises					
Physio or sports trainer runs exercise classes					
Visitors budget managed by patients					
5 day structure with different theme each weekday					
Day begins & ends with ward community group					
Prayer, faith & cultural meetings					
Patients run special interest sessions					

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Achieved					
Bank staff recruited for group activities skills					
Domestic staff involved with patients					
Hospital non-medical staff involved					
Artwork commissioned, borrowed, displayed					
Cooking on the ward					
Activity Co-ordinator					
Healthy eating and quit smoking advice					
Optical physical health checks					
Written information about visiting given on first day					
Family/friends links nurtured					
Private visiting room					
Magazines & games in visitors room					
Flexible visiting hours					
Information for visitors and carers					
Help with visits					
Friends, family & carers support groups					
Visitors arranged for the visitor less					
Min ¼ hour with key worker or other staff to discuss day's theme					

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Employment status recorded on admission					
Designated staff members with care planning remit 9-5 weekdays					
Benefits advice Quick-tick pre-printed forms					
Patients can choose to take lead in care planning					
Psychology assistant					
Core programme of activities					
Mini & Max libraries of mind leaflets					
Patient mutual support					
Patients encouraged to support each other after hospital					
No Queuing For Medication					
Patients write own profiles					
Ex-patients interview for new staff + recruited as staff					
Optional of at least 1 hour of therapy a day					
Full days programme of therapy groups					
Individual psychotherapy					
OT's and creative therapists					

With thanks to Ian Trodden at Tees, Esk and Wear Valleys NHS Trust for devising and sharing this resource