

Outdoor hospice in-patient care - benefits to health and wellbeing

Kirsty Hamilton

The Prince and Princess of Wales Hospice



The environment in which care is provided can and does affect how patients and their families engage and benefit from the care given. When admitted to the hospice inpatient unit we encourage our patients and their families to access the wider hospice environment and services; this may include enjoying dinner in the hospice café or having a complementary therapy in the Living Well Hub.

When Covid 19 restrictions were implemented patients were unable to access the wider hospice building, had limited visitors and spent all day in their rooms. Staff worked hard to support and care for patients and their families but quickly identified something else was needed. With our drive to improve patient and family care we stepped back and looked at our model of care and questioned could this be done differently - we created an outdoor hospice model.



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of Wales Hospice

Kirsty.Hamilton@ppwh.org.uk

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The Problem ...



When Covid restrictions were implemented suddenly visiting was limited and patients spent more time in their room. This resulted in patients reporting:

- Feeling isolated
- Reduced motivation
- Loss of awareness/ connection of the outside world
- Reduced self confidence
- Lower mood
- Fear
- Patients and their families were unable to access the wider complementary hospice services



Our Solution – outdoor hospice care



Let's take care outdoors!

- Patio visits – support contact with friends and family.
- Nature discussions- fox watch, photos and videos of local wild life.
- walking groups - increase activity, support patients out of their rooms.
- Gardening- learning from each other, encourage families to work with patients.
- Connect with others



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What did our patient's say?

"I was so grateful that I could see my family and friends."

"My sister became relaxed and animated after being out in the garden with the team."

"I loved being out in the wheelchair, talking about and noticing the beauty around me, particularly when life can feel dark."

"I thought I had lost my hobby, but I have been able to continue as me health has changed."



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Conclusion

- ✓ Good care can occur in any environment
- ✓ Nature is a free resource which can have a marked impact on a persons health and well-being
- ✓ All patients involved reported an improved sense of wellbeing which their family also identified