



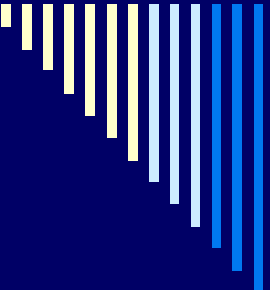
## Region Sjælland, Roskilde Psychiatric Services, Toftehus

### **Values in cooperation**

**Professional quality – Mutual respect -  
Empathy and care – Information - Cohesion**

Toftehuset's general strategy focuses on rapid treatment interventions and prevention. Outpatients and their networks may contact the wards directly and are offered assessment interviews where appropriate.

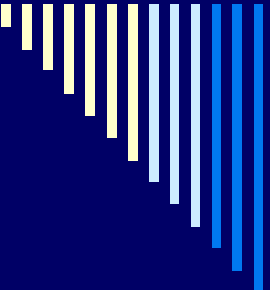
Toftehus treats patients in all diagnostic groups. There are 28 beds divided between four wards, which work closely together. The wards follow an environmental therapy approach, with the option to use screening. Inpatients receive intensive observation, care and treatment. Cooperation with family and friends and the individual patient plays a vital role in the intensive treatment process. Inpatient admissions are closely coordinated with outpatient activities, including group therapy and continuous carer contacts. Inpatient care is replaced by outpatient care as quickly as possible. The wards have a wide range of outpatient treatment options for individuals, families, networks and groups. It is important that there is continuity in professional care from the first contact, through maintenance, to the final contact.



Toftehus therefore aims to provide easy access to professional psychiatric evaluation and assessment regarding treatment within the institution throughout the entire treatment process, or externally using partners.

Close cooperation is maintained with the Roskilde Municipality Psychiatric Initiative via ongoing communication between contact people and the drop-in centres and residential units for psychiatric patients located within the district.

At Toftehus, the patient is in focus. Where possible, the patient's network is also involved.



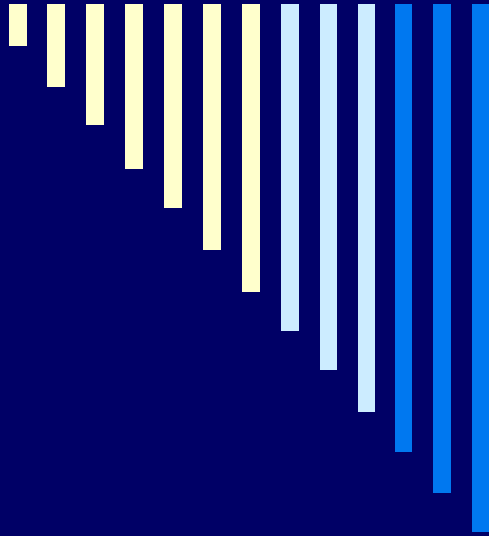
We strive to provide short, sustainable patient treatment processes in consultation with our external partners – in particular GP's, psychiatrists and psychologists, and municipal social and health departments. Toftehus plays an active role involving many home visits (external activities in the patient's home environment) and provides two types of outpatient support:

- Regular, brief contact of a supportive nature, through interdisciplinary teamwork in the wards and adjacent rooms, or during home visits
- Longer term treatment contact to provide support and gain insight into patient problems



Toftehus monitors patient's perceptions of quality and life and satisfaction with the treatment.

The working environment is monitored daily in order to ensure a good treatment environment.



# BALL BLANKETS Roskilde DISTRICT SECTION 22

Who can benefit and how?

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## **Aim: to provide a guide to using ball blankets.**

- BALL BLANKETS HAVE BEEN USED IN THE WARDS FOR SEVERAL YEARS, BUT THE METHODS AND CIRCUMSTANCES HAVE NEVER BEEN FORMALISED.
  - PATIENTS HAVE FOUND THEM BENEFICIAL, BUT THEY HAVE NOT BEEN SYSTEMATICALLY MADE AVAILABLE.
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# Who can use them?

- Blankets can be offered to anyone willing to test whether this aid might provide relief for their particular problems.
  - The earlier in an excitation process that a ball blanket intervention is started, the better its effect.
  - Don't give up too early – be creative in the way you use them.
  - The larger the balls, the greater the stimuli.
  - Stimuli can be enhanced by pressing on the blanket in consultation with the patient.
  - Some benefit from using them at night, others during the day
  - Patients with dementia should ideally start use at a time when they are motorically calm.
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# Types of blanket.

- Krøyer ball blankets
  - Large plastic balls filled with air
  - Mixture of krøyer balls and large balls
  - Each type weighs approx. 4-6 kg
  - All blankets are used with a washable protective cover
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## Does it prevent the use of restraint?

- ❑ Responding early in an excitation process reduces anxiety and insecurity.
  - ❑ Can break patterns of compulsive and self-mutilating behavior.
  - ❑ May be used together with a restraining belt in consultation with the patient.
  - ❑ Is an important aid to allow patients to take specific action when anxiety and insecurity become difficult to handle.
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# What do the users think?

- Patients are generally positive and see the blanket as a useful self-help tool.
  - Many have used the blanket throughout their admission, and have had a need to use it as a personal aid in the ensuing period.
  - Some have indicated that the blanket has relieved problems we were not previously aware the patient suffered from.
  - The patients feel the blanket is a good supplement to medication.
  - Patients reducing their dosage of benzodiazepines and fenemal have been helped by the blanket.
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# When is use of the aid indicated?

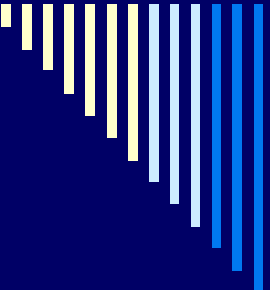
- Reduces anxiety and insecurity
    - Almost everyone needs this
  - Reduces difficulties sleeping
    - Can reduce need for sleeping medication
  - Supplement to protection
    - Used to help establish calm
  - Prevents protection fixation
  - Increases ability to sit for longer periods at a time
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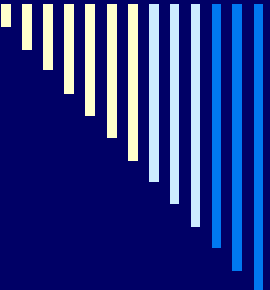
# When is use of the aid indicated?

- Curbs compulsive behaviour
    - A condition which is difficult to break out of
  - Reduces spatial disorientation
    - Even small improvements significantly increase freedom of movement.
  - Limits racing thoughts
    - A good supplement to antipsychotic medication.
  - Reduces motoric unease
    - REDUCES USAGE OF SEDATIVES AND EXCESSIVE ENERGY CONSUMPTION.
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# When is use of the aid indicated?

- Reduces self-injuring behaviour
    - Helps break the pattern and provides an alternative feeling of wellbeing.
  - Reduces sadness
    - Can be comforting to snuggle up under.
  - Improves bodily self-awareness.
    - Supports motoric system and sensory integration.
  - Alternative to sleeping medication.
    - Helps to keep use of sleeping medication to a minimum.
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# When is use of the aid indicated?

- Shifts focus from head to body
    - Many patients need to think less.
  - Limits diffuse behaviour
    - Helps re-establish boundaries.
  - Reduces loss of boundaries
    - Increases cohesion and sets boundaries.
  - Reduces nightmares
    - Some patients experience deeper and more secure sleep.
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# When is use of the aid indicated?

- An aid to self-help
    - Many patients want to be able to do something themselves.
  - Reduces night wandering
    - Can help make the bed a more secure place to be.
  - Limits wandering
    - Can help make the bed a more secure place to be.
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# Choosing a ball blanket

- Medium and large balls are used for people who need a higher degree of sensory impact.
  - Krøyer ball blankets are used for the aged and people who have trouble keeping warm.
  - Blankets containing a mix of balls and krøyer balls are warm and soundless.
  - Pillows are used for patients who have difficulty sitting down for extended periods.
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# Preparation

- ❑ Ball blankets must be in the wards, with covers on, ready for immediate use.
  - ❑ Staff must guide and motivate patients based on their specific problems.
  - ❑ Staff must be motivated to use the blanket.
  - ❑ Staff must time the intervention in relation to the patient's given state, and not give up too quickly.
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# Guide

- ❑ Encourage the patient to experiment.
  - ❑ Support experimentation by offering to apply pressure to the blanket and help arrange position/bedding.
  - ❑ Patients may start by sitting on the blanket, placing it on their back, or using it as a back support in bed.
  - ❑ Guide the patient in using the blanket in a way that you believe will prevent their specific problem, based on the list above.
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# ARRANGEMENT.

- ❑ Lie the person on their side in their normal sleeping position.
  - ❑ Carefully place the blanket over them, starting at their legs.
  - ❑ Push the blanket in towards their body, starting at the legs, up to shoulder level.
  - ❑ Explain briefly and slowly what you are doing.
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# Support for sensory integration

- Press the blanket against the body using a flat hand, starting at the legs and moving upwards.
  - Observe the reaction and boundaries.
  - If the effect is positive, maintain fixed, supportive pressure at the chest and lower back.
  - Use few words and speak calmly.
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# Temperature, noise and stimuli.

- Blankets and standard quilts can be used to regulate stimuli.
  - The further the ball blanket is from the body, the smaller the pressure effect from each ball.
  - The method is selected individually in consultation with the patient, taking into account the needs to be fulfilled.
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# Hygiene

(see the instructions from the hygiene committee on the intranet)

- ❑ The blankets are used with a washable cover and quilt cover.
  - ❑ The outer cover is washed at 80 degrees in the ward.
  - ❑ If a ball blanket becomes contaminated, it should be sent to Berendsen in a laundry net, like other laundry.
  - ❑ If a ball blanket becomes damaged, it can be repaired by Berendsen. Send in a laundry net.
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## Roskilde Amtssygehus Fjorden Hygiejneudvalget

### Retningslinier for håndtering og opbevaring af kugledyner.

#### Relevante personalegrupper

Relevant personalegruppe: Afdelingsledelse, Afsnitsledelse, Ergoterapeut, Fysioterapeut, Læge, Plejere, Portører, Rengøringsassistenter, Sikkerhedsorganisation, Social- og sundhedsassistent, Socialrådgiver, Studerende, Sundhedsfagligt personale, Sygeplejerske, Pædagoger

#### Baggrund

Kugledyner anvendes på Fjorden som pleje- og behandlingsudstyr og anvendes til den samme patient flere gange eller til flere patienter efter hinanden.

Kugledyner kan ligesom andet flergangsudstyr indeholde et stort antal potentielt patogene mikroorganismer, og der er dokumentation for, at manglende eller uhensigtsmæssig vask, håndtering og opbevaring af flergangsudstyr kan indgå som smittekilde ved sygdoms-udbrud på institutioner.

Kugledyner inkl. vaskbart overtræk skal kunne tåle vask, desinfektion og tørring jf. de metoder, der er gældende for Sundhedssektoren.

Hygiejneudvalget på Fjorden har besluttet, at alle medarbejdere, der anvender kugledyner i pleje og behandling skal følge nedenstående retningslinier for håndtering og opbevaring af kugledyner.

#### Formål

At forebygge smitteoverførsel fra forurenede kugledyner til patienter og personale.

#### Personlig hygiejne

Alle der håndterer kugledyner skal opretholde en god personlig hygiejne, hvilket betyder, at den enkelte skal :

- Udføre en omhyggelig håndhygiejne før håndtering af rene kugledyner, efter håndtering af urene kugledyner og efter brug af handsker.
- Holde fingernegle kortklippede og rene.
- Undlade at bære fingerringe, armbånd og armbåndsure.
- Undgå huddefekter ved at beskytte huden på hænder og underarme og pleje huden med hudcreme.
- Beskytte hænderne med egnede handsker og egen beklædning ved håndtering af urene kugledyner.
- Reagere på symptomer på infektioner hos sig selv og følge retningslinierne herfor.

#### Anvendelse af kugledyner

- Rene kugledyner må kun anvendes med vaskbart overtræk (Hospilon ® PU) og dynebetræk.

- Anvendes kugledyner på gulvet, må den ikke efterfølgende anvendes i seng eller stol, før der er skiftet vaskbart overtræk og dynebetræk.

#### **Opbevaring af rene kugledyner**

- Skal opbevares med rent vaskbart overtræk (Hospilon® PU) og rent dynebetræk indtil, at den skal bruges.
- Skal opbevares på ren hylde i lukket depot indtil den skal bruges.
- Hylde skal være ubeskadigede og skal kunne tåle afvaskning med vand og sæbe. De skal rengøres efter fastlagte intervaller, hvilket skal dokumenteres.
- Rene kugledyner, der fjernes fra det rene depot og, som ikke anvendes indenfor 24 timer skal have skiftet dynebetræk.

#### **Håndtering af urene kugledyner**

- Skal håndteres med egnede handsker.
- Skal håndteres forsigtigt, således at ophvirvling af mikroorganismer og kontakt med egen beklædning undgås - brug eventuelt engangsforklæde eller overtrækskittel.
- Skal placeres og opbevares i særskilt vaskenet og særskilt rum (skyllerum), indtil den sendes til vask på Institutionsvaskeriet.
- Vaskbart overtræk (Hospilon® PU) skal, når det bliver forurenet hos den enkelte patient eller skal genbruges til en anden patient vaskes, desinficeres og tørres.

#### **Vask og tørring af kugledyner og vaskbart overtræk (Hospilon® PU)**

- Kugledyner må ikke vaskes og tørres i eget afsnit.
- Skal sendes til vask på Institutionsvaskeriet.
- Skal vaskes ved  $\geq 80^\circ \text{C}$  i minimum 10 minutter eller der skal anvendes en desinfektionsmetode med anvendelse af kemisk desinfektionsmiddel og /eller forlænget vasketid, der har mindst samme effekt på *Bacillus cereus* som den termiske desinfektion.
- Skal tørres helt efter vask.

#### **Udlån af kugledyner**

- Kugledyner, der lånes ud til patienter skal være forsynet med vaskbart overtræk (Hospilon® PU).
- Når kugledyner kommer retur på afsnittet, skal det vaskbare overtræk afmonteres, vaskes, desinficeres og tørres.
- Kugledyner skal placeres og opbevares i særskilt vaskenet og særskilt rum (skyllerum), indtil den sendes til vask på Institutionsvaskeriet.

#### **Lækage på kugledyner**

Reparation af kugledyner og vaskbart overtræk sker ved, at kugledyne og /eller det vaskbare overtræk lægges i et mærket (afsnit xx, RAF) vaskenet med en reparationsseddel og sendes til Institutionsvaskeriet.

#### **Renhedsgrad**

Rene kugledyner og overtræk skal have en renhedsgrad  $\leq 5$  cfu *Bacillus cereus* pr. blodagarplade og være uden synlig forurening.



### **Kontrol af renhedsgrad**

- Efter vask skal kugledyner og overtræk være synlig rene.
- Rene kugledyner og overtræk skal kontrolleres for mikroorganismer mindst 2 gange årligt.
- Desuden skal der foretages kontrol ved mistanke om sygdomsudbrud.
- Kontrol og resultater skal dokumenteres og opbevares i 5 år.

### **Personaleuddannelse og – ansvar**

- Der skal foreligge uddannelsesplaner for anvendelse og håndtering af kugledyner, hvor det er relevant.
- Personalet der håndterer kugledyner, skal demonstrere kendskab ti ovennævnte retningslinier.

### **Ansvarlig**

Det er afdelingsledelsen, der er ansvarlig for at personalet er bekendt med retningslinier og instrukser og for korrektion ved afvigelse.

### **Relaterede retningslinier**

- Instruks for håndhygiejne.
- Instruks for desinfektion.
- Instruks for rengøring, desinfektion og opbevaring af forflytningshjælpemidler.

### **Referencer**

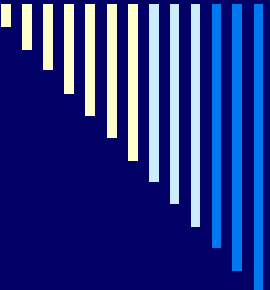
1. DS 2451-8: Styring af infektionshygiejne i sundhedssektoren Del 8: Krav til vask og håndtering af tekstiler til flergangsbrug. Dansk Standard 2001.

Udarbejdet af : Hygiejneudvalget

Dato: 07.12.06

Revisionsdato: 07.12.08

Revisionsansvarlig: Kontaktpersonen i Hygiejneudvalget



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# Phasing out or continuing use

- Extra quilts may be used during phase-out or as an alternative.
  - The patient should be allowed to get used to doing without the blanket by having it available when needed.
  - If phasing out use leads to problems, the option of providing a blanket as a home aid should be considered.
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# Purchase or rent.

- Blankets can be rented from [www.protac.dk](http://www.protac.dk). Rental costs will later be deducted from the purchase price if long-term use is desired.
  - Ball blankets can be provided as home aids via the primary municipality's aid store.
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# Aid store.

- ❑ Extra ball blankets can be obtained from the aid store and must be returned after use.
  - ❑ Ball blankets may be lent out for home use for brief periods, in connection with patient discharge or to avoid the need for admission.
  - ❑ The contact person will be responsible for returning the blanket to the aid store after the agreed loan period.
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Written instructions for patients.

**WE RECOMMEND USING  
THE BALL BLANKET AS AN  
AID TO SELF-HELP, WHEN  
YOU NEED A BREAK, SOME  
CALM, OR A GOOD NIGHT'S  
SLEEP.**

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# What you should do

- ❑ Touch the blanket and feel an individual ball.
  - ❑ When you use the blanket, each ball will help increase your perception of your body and its boundaries.
  - ❑ Experiment, and use your experiences and creativity to find the best way of using the blanket for you.
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# We recommend:

- That you lie in bed on your side.
  - We will lay the blanket over you at whatever rate you feel is comfortable.
  - We are ready to help and give you ideas for how the blanket can help you, and how you can use it yourself.
  - We can enhance the feeling of the blanket's weight by lightly pressing on it, as necessary.
  - There are no side-effects from using the blanket, and if it feels cold, we can provide additional blankets and quilts.
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# Do you need a blanket after you leave here?

- You can rent a blanket from the company that distributes them.
  - You can also buy one.
  - You can apply to be given a ball blanket as a home aid via your local municipality.
  - The staff are happy to assist you with this.
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