



## Impact Case Study

**Title:** Adaptation of Therapy for Psychosis and Mindfulness Based Interventions for Psychosis

### **User testimonial:**

*“The support has had a huge impact on our project. It has enabled us to draw up a properly evidence-based set of guiding principles for our therapy and how it is put into practice. This includes things like: Focusing more on encouraging engagement and developing rapport (to counteract motivational impairments, as well as issues stemming from paranoia); develop options for tailoring the intervention to navigate acute symptomology; limiting the duration of sessions (to allow for prevalence of difficulties with concentration and cognitive processing amongst this patient group).*

*This research will inestimably improve our ability to offer an intervention that is completely tailored and optimized for this patient group and will therefore provide maximum possible accessibility and benefit as well as minimizing the risk of harm/discomfort.”*

**Mental Health Nurse, Dorset HealthCare University NHS Foundation Trust.**

### **Challenge:**

The requester and the wider team were granted the opportunity and resourcing to pursue a one-year project in developing a mindfulness therapeutic offering for patients with psychotic disorders. This patient group generally tends to be over-looked and often under-served in terms of therapeutic offerings, so this is an important opportunity within the Trust. While they had some existing research done on the efficacy of Mindfulness-Based Programs for patients with schizophrenia and psychotic disorders, the team faced the huge challenge of finding out how best to adapt the programs that already offered for other patient groups. Their aim was total parity of care - i.e. to be able to match the offering for other patient groups for patients with schizophrenia and psychotic disorders. It was extremely important that they were able to understand the existing evidence base for how to adapt mindfulness programs and therapy generally for patients with psychosis, in order

We are **caring** **one team** **listening to understand** **open and honest** **always improving** **inclusive**

to ensure that the offering they create is maximally beneficial and minimally harmful. This challenge had direct patient impact.

**Solution:**

The KLS team undertook three literature searches in total. These all made use of several databases including CINAHL, MEDLINE, PsychInfo and Trip Medical Database.

**Immediate and future Impact:**

The literature search is being used to change service delivery and to inform guidelines and policies. The work undertaken by Knowledge and Library Services (KLS) will have a direct impact on patients.

**Success factors:**

Due to good communication between the KLS team and the requester, the searches were conducted using relevant databases and terms. The KLS Team was also happy to conduct a further search once the requester had reviewed the initial findings and was able to suggest additional search terms based on the items located in the first searches.

**Our Lessons learnt:**

The requester was previously not aware that the KLS Team could undertake a literature search on their behalf. This suggests that increased awareness of this service would be beneficial for staff at University Hospitals Dorset NHS Foundation Trust and Dorset HealthCare University NHS Foundation Trust in terms of saving time and providing an evidence base for their work.

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