



INNOVATION SHOWCASE IN CAREHOMES

13TH OF MAY

Cartref Greenhill Manor

SUT YDYCH CHI'N GWNEUD EICH TRIGOLION YN HAPUS?

Er mwyn gwella ansawdd y gofal diwedd oes a ddarparwn, rydym wedi gweithio mewn partneriaeth â Hosbis y Cymoedd i addysgu a chefnogi'r tîm trwy ddiwrnodau hyfforddi a chysgodi un o'n nyrsys gyda'r ymarferwyr nyrsio uwch yn yr hosbis.

SUT WNAETHOCH CHI HYNNY?

Roedd yr hyfforddiant a ddarparwyd gan dîm yr hosbis yn cynnwys:

- Cwrs deuddydd i nyrsys yn ymgorffori pob agwedd ar ofal diwedd oes.
- Cwrs undydd i gynorthwywyr gofal yn ymgorffori pob agwedd ar ofal diwedd oes.
- Cwrs 3 awr i ddeg aelod o'r tîm a gyflwynir gan Therapydd Cyflenwol Lliniarol yr Hosbis i gyflwyno Dilyniant Syml yn seiliedig ar Adlewyrcheg i'r tîm i gefnogi preswylwyr sy'n derbyn gofal diwedd oes.
- Cafodd cyflwyniad i Tai Chi ei gyflwyno gan Therapydd Cyflenwol Lliniarol yr Hosbis i ddeg aelod o'r tîm.

A OEDD COSTAU AC ADNODDAU CYSYLLTIEDIG?

Oes, roedd costau ac adnoddau cysylltiedig â'r prosiect, sy'n cynnwys y canlynol:

- **Hyfforddiant i bencampwyr:** £522
- **Mentora a goruchwyliaeth glinigol:** 1 awr bob chwarter, £35 y goruchwyliaeth.
- **Dilyniant Syml yn seiliedig ar Adlewyrcheg:** £237
- **Iechyd a Llesiant Tai Chi:** £237

Cafodd yr holl gostau eu talu gan gyllideb hyfforddi'r Cwmni.

BETH YW'R MANTEISION?

Bydd Un

Mae gwelliant wedi bod yn ansawdd y cynlluniau gofal diwedd oes sy'n cael eu cynhyrchu, sydd wedi rhoi gwybodaeth fwy manwl a phersonol i'r tîm i'w cefnogi i ddarparu gofal.

Bydd Dau

Bu ymateb cadarnhaol i ddefnyddio reflexoleg a ddangoswyd hynny mewn adroddiad a luniwyd gan ymchwilydd Preswyl Hallmark.

Bydd Tri

Mae'r adborth cadarnhaol a dderbyniwyd gan weithwyr proffesiynol allanol a theuluoedd wedi dangos bod effaith gadarnhaol wedi bod.

To develop and implement a comprehensive Complementary Therapy training programme to Social Care Professionals at Hallmark Greenhill Manor Luxury Care Home.

BACKGROUND	AIM	METHOD
<p>Complementary Therapy (CT) is commonly received by patients and caregivers within the hospice setting and the Hospice of the Valleys (HCTV) is no exception.</p> <p>Hallmark Greenhill Manor is a 120 single bedded luxury care home in Merthyr Tydfil and was chosen to pilot the training of Social Care Professionals (SCP) in a Simple Reflexology based Sequence (SRS) and Tai Chi for Health (TCH).</p> <p>The SRS is a simple foot massage using reflexology based techniques to provide a calming and therapeutic treatment.</p> <p>TCH is a sequence of movements which promotes physical & emotional health & wellbeing.</p>	<p>To deliver a comprehensive training programme for SCP with bespoke support materials.</p> <p>To enable the SCP to deliver the new skills to residents at Hallmark Greenhill Manor.</p>	<p>The SRS training involved an initial 3 hour training session with another 3 hour follow up one month later. The SCP were given the opportunity to practice the sequence and receive the treatment themselves, therefore very much a hands-on practical training experience. The TCH training was delivered over five two hour sessions. The SCP were supported to practice at home by providing easy to follow information, as well as a bespoke video for the SCP to follow.</p> <p>On completion of the training the SCP completed a short questionnaire to provide valuable feedback and outcome measures for the training.</p>
<p>RESULTS</p> <p>Analysis of the questionnaire demonstrated that the training was very relevant, the detail was about right, and their expectations were exceeded or fully met.</p> <p>The most striking feedback was the commitment from 100% of the SCP on how they intend to use the techniques with residents at Hallmark Greenhill Manor.</p>	<p>CONCLUSIONS</p> <p>A successful training programme to empower the SCP to improve the quality of care of the residents at Hallmark Greenhill Manor.</p>	<p>Everyone wants the experience! Once I get my equipment out, the residents crowd around me. I tell them they have to join a queue.</p>

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HOSBIS Y CYMOEDD
Hospice of the Valleys

HALLMARK
LUXURY CARE HOMES



Mae gweithio gyda Hosbis y Cymoedd wedi bod yn fraint ac yn brofiad cadarnhaol i'r tîm cyfan. Mae wedi cael effaith gadarnhaol ar y gofal a ddarparwn ac mae'r bartneriaeth yn datblygu ac yn tyfu drwy'r amser. Ar hyn o bryd rydym yn y broses o ddatblygu pecyn e-ddysgu a fydd yn cael ei ddefnyddio gan holl dîm Hallmark, a hefyd gan yr Hosbis.

Karen Beech, Rheolwr Cyffredinol
Catalin Neacsu, Rheolwr Cymunedol