









where falls reduced after the introduction of a dementia-specific ward that had separate 'day rooms' and space for patients to walk around more freely (Upton *et al* 2012).

Awareness of the dementia activity room has spread across Glan Clwyd Hospital and staff from other wards have visited to see it for themselves. There is a certain level of healthy jealousy among staff, who ask if they can have a similar room for their wards. This indicates the positive way in which the room has been received, and the appreciation that staff have of the effect that the activity room can have on patients with dementia.

Although the benefits of having an activity room have been recognised, staff at Glan Clwyd Hospital are not assuming that their work is done. Indeed, they are already considering plans to maximise the value of the dementia activity room. One option being considered is to enable carers to use the room for confidential conversations with care co-ordinators, which could help the hospital to improve carer engagement.

The creation of a dementia activity room with a dedicated activity worker has provided a friendly and relaxed environment for patients and given them the opportunity to participate in a range of social activities. An evaluation of the effect of the room has shown that patient wellbeing is higher compared with being on a general ward, and suggests that it can have a positive effect on mobility and falls for patients with dementia.

### Conclusion

The case studies presented here show that the approaches adopted by the two hospital trusts are successfully enabling staff to engage with patients in a more meaningful way. This has had a profound impact of improving the overall care experience for the patients and helping staff to feel more positive and in control of their work. The benefits have been recognised and appreciated beyond the staff teams directly involved and consequently the wider implementation of both approaches is being investigated.

### Online archive

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**Conflict of interest**  
None declared

RCNi proof

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