



CASE STUDY: SOWENNA, CAMHS INPATIENT UNIT

Every patient is achieving daily physical activity with the CardioWall!

OVERVIEW

Sowenna is a 12-bed **inpatient unit** run by Cornwall NHS Foundation Trust providing **mental health treatment** for 13 to 18 year old's. As a general admissions unit they treat a variety of patients, **providing care for all conditions**. Patients are initially assessed, before either staying or transferring to a more suitable ward.

Sowenna's aim: to ensure patients achieve the **fullest recovery**, whilst keeping their **stay as short as possible**.

INTRODUCTION

The CardioWall at Sowenna is used as **part of their rehabilitation programmes** on the inpatient mental health ward. It's used alongside various other exercises and physical activities, such as ball sports, games, and outdoor spaces.

We spoke with **Activity Coordinator, Chris Martin**, to find out how the CardioWall is crucial in helping Sowenna deliver effective care to their patients.

KEY BENEFITS

- Every patient benefits, in one way or another
- Every patient now performs daily physical activity
- Improved patient-staff rapport
- Effective anger management tool which reduces disruptions

HOW SOWENNA USE THE CARDIOWALL

Since **the CardioWall is extremely versatile**, it is uniquely appealing to all patients. It's used alongside traditional exercises in the gym and the CardioWall incorporates **fun, excitement and enjoyment** into sessions with it's bright lights, exciting sounds and score-based competitions. For those interested in exercise, staff use the CardioWall to **add challenge to a workout and motivate patients** to work hard and improve.

For patients who aren't interested in working out in the gym, staff **position the CardioWall as a game**. Its appearance draws patients in and it gets them moving and having fun without them perceiving it as exercise – **it's exercise in disguise!** This is extremely important as increasing patients physical activity levels during their stay is crucial for their rehabilitation.

During Covid-19, the team mainly used the CardioWall on a 1:1 basis. This facilitated **a more healthy patient-staff relationship, which encouraged better communication** and provided patients with a **more positive outlet**.





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“

Just get it. There's not a down side. If you've got the money then there's no better way of spending it. It's a great addition to an existing gym, or placed elsewhere as an alternative fun activity.

”

CHRIS MARTIN

Activity Coordinator, Sowenna
Inpatient Unit

Beyond Covid-19, Chris and the team now also use the CardioWall as a group exercise facilitator, which has provided a **more social environment where patients converse, share, take-turns, and work as a team**, which are fundamental skills to develop for every day life in the community.

FEEDBACK ON THE CARDIOWALL

There are several benefits of the CardioWall for Sowenna. The first and most impactful is the CardioWall's **adaptability and versatility**. Sowenna treat various conditions which can be difficult, however **the CardioWall is suitable for everyone**. So, regardless of their ability, motivation levels, or the way in which they use it, **every patient benefits in some way** when using the CardioWall, which is beneficial for their rehabilitation adherence, enjoyment and motivation.

In addition, **"it's a fantastic anger and frustration management tool"** - patients can hit the CardioWall as hard as they like without them breaking and relieve any pent up emotions. Very little equipment is as robust as the CardioWall, so this **provides a space where patients can manage their emotions**. Having this space reduces disruptions and positively impacts both the patients and staff.

Since the introduction of the CardioWall, **every patient now performs daily exercise** which is fundamental for improving mental wellbeing and progressing with their recovery. The CardioWall is helping Sowenna achieve their overall aim of keeping patients' stays as short as possible.

SUMMARY

- Sowenna provide care for **all mental health conditions**
- The CardioWall is **invaluable** for their rehabilitation programmes
- **Every patient** can play on the CardioWall due to its **versatility and adaptability**
- **All patients are performing daily physical activity** on the CardioWall which is improving their mental wellbeing and recovery

