



OUTCOME MEASURES

We use the EQ-5D-5L, a self-report health questionnaire that enables the individual to describe how they feel about their health on a particular day.

This provides patients with the opportunity to self-report their health across five domains of mobility, self-care, usual activities, pain/discomfort and anxiety/depression.

Additionally, it includes a Visual Analogue Scale in which the person reports their health on a scale of 0-100. We also actively seek feedback from participants through Client Forums.

The Day Therapy team provide patient Activity Reports to Clinical Nurse Specialists on a quarterly basis. We offer the opportunity to Clinical Nurse Specialists to carry out patient reviews at Mildmay.

Mildmay's Day Therapy Programme is dynamic and evolving, with patient feedback, identified goals and referral aims helping to shape it.

REFERRALS

A referral form can be obtained from Mildmay's website or from admission.mildmay@nhs.net

If the person is currently an inpatient at Mildmay, please discuss the referral with their Clinical Nurse Specialist and their Mildmay keyworker.



MILDMAY UK

TRANSFORMING LIVES

For more information about Day Therapy Services at Mildmay UK, contact us on:

T: 020 7613 6347
E: daytherapy.mildmay@nhs.net

If you would like to support the work of Mildmay, contact us on:

T 020 7613 6311
E info@mildmay.org

Make a donation now:
www.mildmay.org/donate

MILDMAY MISSION HOSPITAL

19 Tabernacle Gardens
London E2 7DZ

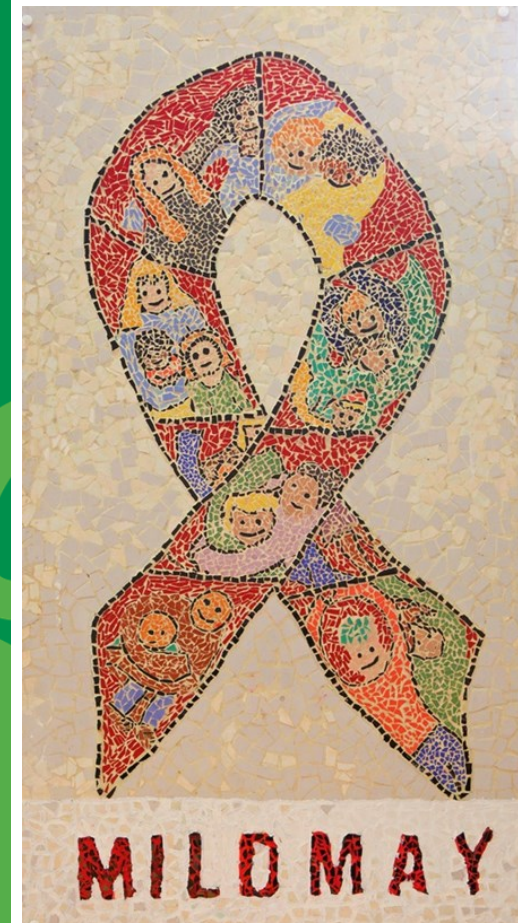
www.mildmay.org
[@MildmayUK](https://twitter.com/MildmayUK)

Registered Charity No 292058



*Life in all its fullness
for everyone
in Mildmay's care*

Day Therapy Services



DAY THERAPY SERVICES

Mildmay Mission Hospital offers a unique service in the United Kingdom. We provide programmes that aim to strengthen abilities and promote better maintenance of physical, psychological and cognitive well-being.

This can lead to improved ability to engage with services. It is likely that through regular participation in Day Therapy, patients are better able to self-manage their health.

AIMS

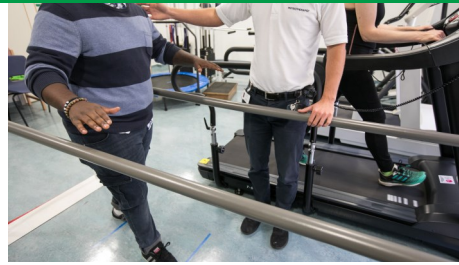
In Mildmay's purpose-built facility, we offer a structured programme through which we seek to maximise and maintain living skills and promote participation.

The Day Therapy programme aims to address the challenges that many patients tell us they experience. We involve people as expert patients, which can validate personal experience and promote health self-management. Recent topics have included memory, exercise, stress management, and resilience.

These can include cognitive, psychological and physical difficulties, which often exist concurrently with HIV diagnosis. There may be multiple comorbidities, especially as people age, such as an increased risk of diabetes and of cardiovascular disease.



“Mildmay is a place where I fit in”



PROGRAMME

By focusing on health, well-being and what the patient is able to achieve, not what they cannot, we aim to enable them to live their lives as fully as possible.

This dynamic and evolving programme is designed to offer regular intervention, observation and assessment to maintain health and well-being.

Our rehabilitation programme includes group and one-to-one sessions with specific goals.

Rehabilitation and transitional pathway

A 12-week rolling programme of rehabilitation designed to improve function.

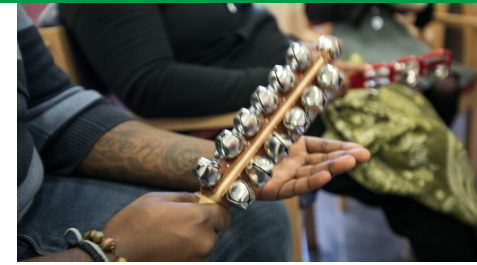
Long-term Support, Maintenance and Admission-Avoidance Pathway

This programme is designed to maintain patients, when removing support may result in deterioration.

Every twelve weeks we offer the opportunity for the Clinical Nurse Specialist to review the patients' programme.

The Day Therapy programme is designed, delivered and evaluated by a clinical team consisting of:

- Day Therapy Lead
- Occupational Therapist
- Physiotherapist
- Horticultural Therapist
- Art Therapist
- Digital Inclusion Officer
- Yoga Instructor
- Rehabilitation Assistants



Physical

People living with HIV as a chronic illness are known to experience mobility impairments, are more likely than people living with other chronic conditions to be sedentary, and to experience frailty as they age.

Psychological

A high proportion of patients living with HIV are also living with a mental health diagnosis. Approximately 50 per cent of Day Therapy participants have mental health needs.

Cognitive

HIV-associated neurocognitive disorders and cognitive difficulties associated with ageing, and other health conditions, can lead to problems in areas such as executive function, memory and insight.

Day Therapy sessions that may maintain or promote physical function such as balance, mobility, strength, and endurance, and support patients in developing healthier habits include: Physiotherapy gym sessions, Yoga, Healthy Living Group, Expert Patient Group, Horticultural Therapy

Sessions that may benefit self-management of stress, anxiety or low mood, and support patients in developing healthier habits and strategies include: Yoga, Healthy Living Group, Expert Patient Group; Horticultural Therapy; Art Therapy

Participation in Lumosity, Digital Inclusion, Healthy Living and Expert Patient Groups; Horticultural Therapy; and Art Therapy can maintain existing function, and promote the development of strategies to manage cognitive difficulties.