

ECH / OATS

Instructor 85AL
Rebecca Sherwood
(408) 864-8633

Clinical Attendance Sheet

NURS 85AL

Psychiatric Mental Health Nursing

Student name (print): _____

Rotation (check one): InPt ____ PHP ____ OATS ____ MOMS ____

Quarter and Year: Fall ____ Winter ____ Spring ____ YEAR _____

Sequence: First 6 weeks ____ Second 6 weeks ____

Clinical Hours Log

Day of the Week	Date	Time In	Time Out	Total Daily Hours (minus lunch)
Total Clinical Hours Attended:				

Student Signature: _____ Date: _____

NOTE: First 6 weeks = 90 hours; Second 6 weeks = 75 hours

OATS Treasure Hunt: Find items below::

Introduce self as you meet various staff while orienting to the unit

Storage Closet for student items

Walker and wheelchair in storage closet

OATS sign (bring in from outside)

Nursing Station Office and Sandy Stoke's desk, also Richard's desk (manager)

Patient Charts in OATS office

List of patients in the program on the day of orientation needed each clinical day

Vital Sign book and chart rack

Station to take pt wts and vital signs and hand sanitizer

BMI chart

Key hanging on hook in OATS Office to use copy machine and unlock doors

Copy room and paper/office supplies

3 restrooms

Cart to pick up OATS snacks from PHP area and bring back to OATS (cold items go in fridge, don't leave in the cart)

Patient's lunch and juices in patient fridge and ice cube trays

Staff fridge for student lunch

Kitchen, Coffee machine tea and supplies, kitchen cabinets, cups, other supplies

Room for weekly OATS Staff Meeting

Group rooms including Art group room and Exercise Room

Doctor's office for the "med clinic"

Note location of the MOMS and ASPIRE programs opposite from OATS

RE: OATS Tips

Rebecca Sherwood

Sent: Thursday, February 27, 2014 7:03 PM

To: Rebecca Sherwood

1. On Tuesdays, pick up paperwork in BHS from Rebecca before going to staff meeting. Only one of the OATS students needs to pick it up. The other should go directly to OATS to start setting up for the day. We alternated who picked up paperwork and who set-up.
2. Leave staff meeting at 9:45am to start taking vital signs and talk to patients in the waiting room.
3. Look at day's schedule before preparing snack tray to decide how much of what to put on the tray.
4. Plan ahead and know when your patient's med clinic is so you can attend (if patient agrees it's OK).
5. Be prepared to participate in Kathy T's Healing Circle on Tuesdays.
6. The key to unlock copy room is in the main office. The key is attached to a badge that needs to be scanned on the left side of the copier in order to use it.
7. Alternate med clinic days with group therapy days with classmate, or alternate every 2-3 patients on the same day so you aren't sitting for an extended period of time.
8. Ask volunteers questions - they've been at OATS for a long time and are very helpful.
9. Make sure the patients' charts who are seeing the doctor are on the cart and ready for the doctor. Don't leave them in the doctor's office unattended. Shut and lock door if they are going to be.
10. When helping with med clinic - bring the patient out of group and have them sit in the waiting room until the doctor is ready to see them (usually they need a minute to finish writing notes in the previous patient's chart).
11. If the patient wants to go for a walk during their lunch break, be sure Terri has their cell phone information, notifies Terri, and if the student goes with the patient, make sure student has the OATS contact information should anything happen on the walk and need medical attention.

OLDER ADULT TRANSITIONS

“OATS” Program
El Camino Hospital
Behavioral Health Services
650-940-7138

A GEROPSYCHIATRIC INTENSIVE OUTPATIENT PROGRAM

For older adults with

DEPRESSION

BIPOLAR DISORDER

SEVERE ANXIETY

PSYCHOSIS

(Program not suitable for dementia/Alzheimer's patient)

Most insurances accepted

- PSYCHIATRIC DIAGNOSTIC EVALUATION and
PSYCHOPHARMACOLOGIC MANAGEMENT
by OATS Program Psychiatrist
- GOAL-ORIENTED GROUP AND INDIVIDUAL THERAPIES
with a Cognitive Behavioral Therapy Approach

Expert staff in geriatric psychiatry: Geriatric Clinical Nurse Specialist, Psychiatrist,
Occupational Therapist, Marriage Family Therapists.

Patients are seen by appointment only. Assessment appointments can usually be scheduled within two (2) weeks. Patient or family may call OATS staff for an appointment.

Address:

El Camino Hospital
Behavioral Health Services
2500 Grant Road
Mountain View, CA 94040

Street entry near South Drive, look for the red and white “OATS” sign.

Phone: 650-940-7138

EL CAMINO HOSPITAL OATS ROTATION

De Anza College Nursing Student Schedule for OATS:

TUESDAYS <i>Attend Staff meeting</i>	WEDNESDAY
1. Meet in PHP room at 8:15am	1. Meet in PHP room at 8:15am
2. Go to OATS between 9:00-9:15	2. Go to OATS between 9:00-9:15
3. Take out OATS sign	3. Take out OATS sign
4. Check with staff about med clinic and times (place the charts of patients who have appointments on the cart)	4. Check with staff about med clinic and times (place the charts of patients who have appointments on the cart)
5. Make coffee, fill water dispenser with water and cups	5. Take down tables in room with piano for exercise class and set them back up after class has finished
6. Get trays ready for morning group (water, juice, and cups)	6. Make coffee
7. Take vital signs (everyone needs vital signs taken once a week. Take vital signs of patients who have a doctor's appointment first. Do not pull out of group to take vital signs)	7. Get trays ready for morning group (water, juice and cups)
8. First group 10-10:45(offer refreshments)	8. Take vital signs (everyone needs vital signs taken once a week. Take vital signs of patients who have a doctor's appointment first. Do not pull out of group to take vital signs)
9. Art 10:45-11:45 (move drink tray)	9. Morning exercise 10-10:30
10. Lunch 11:45-12:45 (take vital signs)	10. CBT/Art group 10:30-11:30
11. Get trays ready for afternoon group	11. Lunch 11:30-12:30(This is a good time to schedule your 1 on 1 meeting)
12. CBT group 12:45-2:15	12. Get trays ready for afternoon group
13. Bring in OATS sign	13. CBT/Art group 12:30-2:00
14. Get trays ready for healing circle	14. Bring in OATS sign
15. Attend healing circle. One group meets from 2:15-3:45 and the other meets from 2:30-4:00/4:15/4:30	15. Use time to read chart or write your evaluation for the week / <i>Formulate new nsg DX for following week</i>
* 16. Clean up and go home @ 4:30	* 16. Clean up and go home @ 3:00 pm

*The 1st Thursday of the rotation students are to attend The Team Meeting 9am-10:15am in the OATS group room. *Omit*

* *your clinical hours each week should = 15 hrs (Lunch is counted as clinical because it is a working lunch on the unit.)*

The Older Adult Transitions Services (OATS) program at El Camino Hospital is an intensive outpatient program specifically designed for older adults who can benefit from psychiatric treatment in a multidisciplinary setting. The OATS program is available four days per week, up to five hours per day, and includes both group and individual therapy. Cognitive behavioral therapy is used as the primary theoretical framework of treatment. This program is not suitable for patients who are not ambulatory or who have been diagnosed with dementia.

About El Camino Hospital

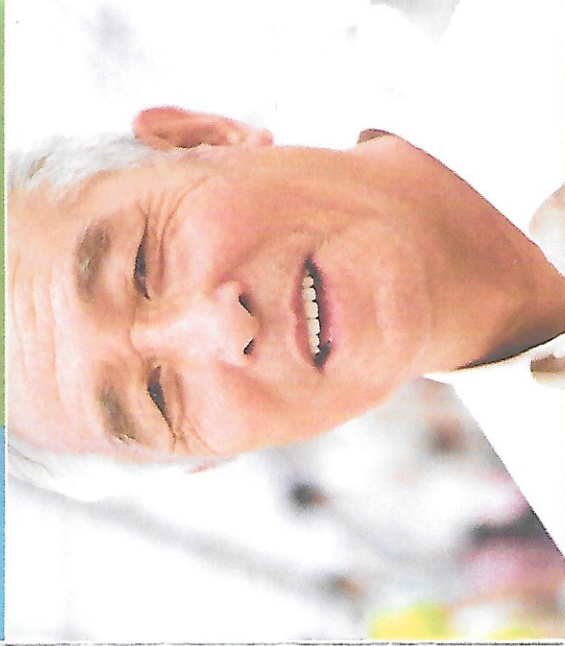
As an independent, nonprofit hospital with campuses in Mountain View and Los Gatos, we are empowered to do whatever it takes to bring you the finest quality care. Our administrative leadership helps foster a dynamic, collaborative environment. Our world-class physicians actively seek out the latest treatments and technologies to benefit our patients. And all of our nurses, staff and volunteers share our commitment to excellence. Together, we do our utmost to bring you compassionate, comprehensive medical care that is truly state-of-the-art. Our key medical specialties include cancer care, heart and vascular services, neuroscience, genomic medicine, urology, ophthalmology, orthopedic and spine surgery, and women's health.

For a more detailed look at our capabilities, please visit our Web site at www.elcaminohospital.org.

2500 Grant Road
Mountain View, CA 94040
800-216-5556
www.elcaminohospital.org

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Older Adult Transitions Services (OATS)



El Camino Hospital
THE HOSPITAL OF SILICON VALLEY



El Camino Hospital
THE HOSPITAL OF SILICON VALLEY

Our staff

Our staff consists of psychiatrist-medical directors, a geriatric clinical nurse specialist, registered nurses, marriage and family therapists, and occupational therapists. The team is experienced and empathetic, and gets to know each patient individually so as to provide treatment that is both personalized and relevant.

About our program

The OATS program addresses the special needs of older adults who suffer acute psychiatric illnesses, including depression, anxiety disorder, bipolar disorder, or panic disorders. These patients have generally not responded to traditional interventions such as office-based medication therapy, counseling, and/or support groups. Patients frequently have other medical conditions, and treatment is carefully coordinated with each patient's medical doctor.



The OATS program provides the intensive

treatment and consistent support individuals need to recover from psychiatric symptoms and develop the coping skills to get on with their lives. Because caring for these patients can be emotionally challenging for their loved ones, family counseling is also part of the program.

All patients are assigned to a professional staff member for treatment planning and authorization, individual counseling, insurance verification, discharge planning for the duration of treatment, and family intervention and education. The psychiatrist-medical director sees each patient regularly for evaluation and medication monitoring. This service is billed as an additional charge, separate from hospital charges.

A typical stay in the OATS program ranges from two to six months. Over time, the patient's schedule usually decreases in both frequency and intensity. Transportation and lunch are available during the first four weeks of treatment until the patient feels well enough to make other arrangements. Discharge planning is set up to assure continued care at discharge.

General information

The OATS program is a covered benefit by Medicare, most senior HMOs, and other insurances. An assessment interview is required prior to admission.

Sample day

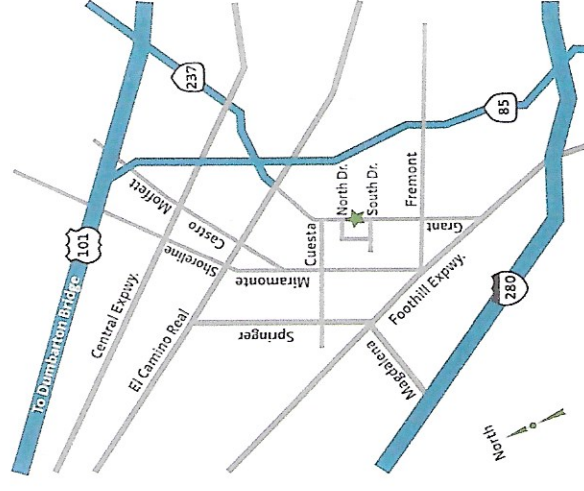
9:00–10:00 a.m. — Arrive at program via own transportation, RoadRunners, or Outreach
10:00–11:30 a.m. — Group therapy
11:30 a.m.–12:30 p.m. — Lunch break
12:30–1:15 p.m. — Cognitive therapy
1:15–2:15 p.m. — Relapse prevention

Location

El Camino Hospital Behavioral Health Services, 2660 Grant Road, Suite D, Mountain View, California.

Contact information

Call 650-940-7138 or 866-789-6089 (toll-free).



Need a psychiatrist or therapist referral?

Visit our Web site or call the

El Camino Hospital Health Line

415.938.3333

www.elcaminohospital.org

650-940-7138



El Camino Hospital

THE HOSPITAL OF SILICON VALLEY

OATS Program: Explanation of Group Therapies

Students' Perspectives

Med Group

(9:30 a.m. - noon)

One student will be assigned to Med Group every week. Time is between 9:30 to 12:00. The student will be given the list of clients who are being seen by doctor. Student is responsible for taking the V.S. (BP, P, and Wt.) and recording them next to the patients' names. Student will attend in doctor visits. **(Pay attention to any changes in meds or new order such as blood work, and Doctor patient interaction.)**

*Students no longer attend Med Group
April 2016*

RAS

Foundation Group

(Tues. & Thurs. 10:30-11:30 a.m.)

Foundation takes place on ~~Thursday~~ *Thursday in the ground floor New Hospital*. It is between 10:30 to ~~12:00~~. This activity is free and founded by ECH for clients who are graduated from OATS, and still interested in participating in a group activities. Clients meditate in the beginning and meanwhile, students massage them. Then they will talk about how their weekend went and how they solved their problems. At the end, they will participate in memory enhancing activities.

OT Exercise Group

(Wed. 10:00-10:30 a.m.)

The first session of the day on Wednesdays is OT, an exercise class. The session promotes good circulation in the body and helps building a range of motion and giving patients a fresh start to their day. The exercise is performed by both the patients and the student nurses. This group is led by an OT or an OT student.

This therapy session starts with patients and students in a sitting position and stretching arms, stomach, legs, the back, and other muscles in the body. Next, the participants stand up behind chairs to stretch their legs and build balance. Patients who can not perform certain movements are not forced to do the movements, instead they perform simpler movements.

Next, we ask clients to walk down the hallway three times while we rearrange the room for the OT Group Therapy session.

OT Group Therapy

(Wed. 10:30 - 11:30 a.m.)

The OT Group Therapy session is targeted at improving patients' creativity, social skills, and learning new things. Each session, there is a different main topic, often with an artistic activity.

One session focused on our names. We each started by creating and decorating a card with our name, using colored pens and stickers. Each person had to explain to the group about what

their name meant, who named them, the background of the name, and any stories related to the name. The session started with fun games and activities, but all the activities have specific teaching and help the patients to increase their self-esteem.

As a student nurses, we distributed the art materials, helped patients with the arts and crafts, and then we participate in activity and the following discussions.

Reminiscence Group

(Tuesdays 12:30 - 1:15 p.m.)

Conference room B

The group is mainly focus on reminiscing some incidents that happened in the past. At the beginning of all the group therapy, students are asked to provide drinks for the clients. Next, the therapist would ask the clients to remember a different event each week and then share that event with the whole group. The therapist often asked the clients to write down what their feelings are and share that feeling with the rest of the group. There is often feedback among the clients, who may share the same feeling, or from the therapist. The students often do not required to contribute unless specifically asked by the therapist.

Occupational Therapy Group

(Tuesdays 1:15 - 2:15 p.m.)

After Reminiscence Group, the OT group will begin in the same room with the same clients that were in the Reminiscence group. The group is lead by an occupational therapist and she will always have some craft projects for the group to do. The students will be asked to contribute by doing the project or help a client that has difficulty with arts and crafts. Most of the time, the crafts made are for future use by the OATS facility. For example, we were asked to make greeting cards, banners for new mom and wall mural to welcome the fall season. After the group session, the students may help the therapist with cleaning up because she has to go to another group.

Cognitive Group

(Tuesday, 10:00 – 11:30 a.m.)

The Transitions Group is one of several group therapies offered by the OATS Program, which is a part of Outpatient Services. It focuses on the clients' life changes. During the group therapy, each client shares personal experiences. They discuss their hardships, as well as their coping skills.

In the OATS Program, each student nurse is assigned one client over several weeks. This allows the student to establish a nurse-client relationship. Each week the student nurse meets with the client. The meeting helps the student determine whether or not the nursing interventions are appropriate. Then, the student does the weekly evaluation for each intervention. Having one client during the rotation allows the student to focus on an individual.

From this experience, the student will learn the importance of communication. Being a part of the OATS Team is a great opportunity to understand Behavioral Health Nursing.

Center Helps Older Adults Recover From Depression



OAT Staff: (left to right) Patty Kenny Geriatric Nurse Specialist, Kathy Taylor, RN, MFCC, Pat Fellingner Volunteer, Kim Leeds MFCC, Eva Sachen OTR, Kary Lynch BHW, Jennifer Cutright MFCCT, (missing Kim Holland, MD, Medical Director, Diane Melone MFCC, Len Levy MFCCT, Mary Lynn Shoenbeck MFCCI, Edna Skillicorn RN, Nitu Hans Volunteer, Mary Logan MFCCT)

A crowd of people are gathered together as they begin their morning group at the Older Adults Transitions program (OATS) at El Camino Hospital. People from age 60 through their 90's are chatting amongst themselves for the first time in quite a while.

Why are they here? They are here to reactivate their life. Many of these older adults have become very depressed, isolated, and alone. Some have moved from out of state to live with or near their relatives because of deteriorating health or the loss of a spouse or loved one. For many senior citizens, loss is common place. Loss of a job, due to retirement, loss of spouse, or friends due to a move, can often result in an inability to function.

→ But thanks to the older adult program, seniors have a place where they can learn to conquer the emotional stress that accompanies loss. The OATS program offers counseling and support services for seniors who are recovering from illness, death of a spouse, relocation or retirement complicated by anxiety and depression as well as other debilitating symptoms.

From 9:30 AM to 2:30 PM seven days a week, the professional staff comprised of an art therapist, an occupational therapist, a psychiatrist, as well as nurses and marriage and family counselors provide about 45 sessions to offer tools for recovery.

With an emphasis on "normalizing" patients, therapists provide group and individual counseling, relaxation and art therapy sessions, medication assessment and evaluation, physical assessment, and community adjustment and resources. The program also provides an environment in which seniors begin to reclaim strength and independence. Special issues addressed in groups include: dealing with diabetes, deteriorating eyesight, etc. related to depression.

"It's not the actual program that helps them get well, it's their willingness to let us in their commitment to getting well," Kathleen Taylor, RN, MFCC of the Older Adult program, explained. "They only have so much time left and they're well aware of that." Experts in psychiatry state that older patients are more responsive to treatment and interventions than any other age group.

After "graduation" from the program, the therapists don't forget their patients. The center's Aftercare group offers seniors a program with emphasis on independence and reducing the need for psychological care. "We have to prepare people to leave, for endings, new beginnings and how to get from one to another," Taylor said.

For more information about the program, phone Older Adult Transitions Rehab.

Six Stages of Adult Development
George Vaillant
“Aging Well”
2002

1. Identity-Sustained separation from social, residential, economic, and ideological dependence upon family of origin.
2. Intimacy-The task of living with another person in an inter-dependent reciprocal, committed and contented fashion for a decade or more.
3. Career consolidation-Involves expanding one’s personal identity to assume a social identity at work.
4. Generativity-Demonstrates a clear capacity to unselfishly guide the next generation.
5. Keeper of the meaning-The role of wise judge; conservation and preservation of culture and its institutions.
6. Integrity- Maintains and learns to convey an integrity of experience in spite of the decline of bodily and mental function.

DISTORTED THINKING*

1. **All-or-nothing thinking:** You look at things in absolute, black-and-white categories.
2. **Overgeneralization:** You view a negative event as a never-ending pattern of defeat.
3. **Mental filter:** You dwell on the negatives and ignore the positives.
4. **Discounting the positives:** You insist that your accomplishments or positive qualities don't count.
5. **Jumping to conclusions:** You conclude things are bad without any definite evidence.
 - (a) **Mind reading:** You assume that people are reacting negatively to you.
 - (b) **Fortune-telling:** You predict that things will turn out badly.
6. **Magnification or minimization:** You blow things way out of proportion or you shrink their importance.
7. **Emotional reasoning:** You reason from how you feel: "I feel like an idiot, so I must be one."
8. **"Should" statements:** You criticize yourself or other people with "shoulds," "shouldn'ts," "musts," "oughts," and "have-tos."
9. **Labeling:** Instead of saying, "I made a mistake," you tell yourself, "I'm a jerk" or "a loser."
10. **Blame:** You blame yourself for something you weren't entirely responsible for, or you blame other people and overlook ways that you contributed to a problem.

*Copyright © 1980 by David D. Burns, M.D. Adapted from *Feeling Good: The New Mood Therapy* (New York: William Morrow & Company, 1980; Avon, 1992).

your Negative Thoughts. I want you to get into the habit *now* of doing this exercise with pen and paper.

Okay, here's my analysis of Tyrone's first thought, "I'm a born loser."

- All-or-nothing thinking: He's looking at himself in black-and-white categories, because he sees himself as a *total* loser.
- Overgeneralization: He lost his job, but he's generalizing to his entire self.
- Mental filter: He's dwelling on this bad event and letting it discolor his entire view of life, much like the drop of ink that discolors a beaker of water.
- Discounting the positives: He's overlooking his many good qualities.
- Magnification or minimization: He's blowing this negative event out of proportion.
- Emotional reasoning: Tyrone reasons from how he feels. He *feels* like "a born loser," so he believes he really *is* one!

TEN WAYS TO UNTWIST YOUR THINKING*

1. **Identify the Distortion.** Write down your negative thoughts so you can see which of the ten cognitive distortions you're involved in. This will make it easier to think about the problem in a more positive and realistic way.
2. **Examine the Evidence.** Instead of assuming that your negative thought is true, examine the actual evidence for it. For example, if you feel that you never do anything right, you could list several things you have done successfully.
3. **The Double-Standard Method:** Instead of putting yourself down in a harsh, condemning way, talk to yourself in the same compassionate way you would talk to a friend with a similar problem.
4. **THE EXPERIMENTAL TECHNIQUE.** Do an experiment to test the validity of your negative thought. For example, if, during an episode of panic, you become terrified that you're about to die of a heart attack, you could jog or run up and down several flights of stairs. This will prove that your heart is healthy and strong.
5. **Thinking In Shades of Gray.** Although this method might sound drab, the effects can be illuminating. Instead of thinking about your problems in all-or-nothing extremes, evaluate things on a range from 0 to 100. When things don't work out as well as you hoped, think about the experience as a partial success rather than a complete failure. See what you can learn from the situation.
6. **The Survey Method.** Ask people questions to find out if your thoughts and attitudes are realistic. For example, if you believe that public speaking anxiety is abnormal and shameful, ask several friends if they ever felt nervous before they gave a talk.
7. **Define Terms.** When you label yourself "inferior" or "a fool" or "a loser," ask, "What is the definition of 'a fool'?" You will feel better when you see that there is no such thing as "a fool" or "a loser".
8. **The Semantic Method.** Simply substitute language that is less colorful and emotionally loaded. This method is helpful for "should statements". Instead of telling yourself "I *shouldn't* have made that mistake," you can say, "It would be better if I hadn't made that mistake".
9. **Re-attribution.** Instead of automatically assuming that you are "bad" and blaming yourself entirely for a problem, think about the many factors that may have contributed to it. Focus on solving the problem instead of using up all your energy blaming yourself and feeling guilty.
10. **Cost-Benefit Analysis.** List the advantages and disadvantages of a feeling (like getting angry when your plane is late), a negative thought (like "No matter how hard I try, I always screw up"), or a behavior pattern (like overeating and lying around in bed when you're depressed). You can also use the Cost-Benefit Analysis to modify a self-defeating belief such as, "I must always try to be perfect."

11. Self-affirmation, positive self-statements

