**Abstracts**

**P-160** SHIFTING THE NARRATIVE FROM ‘ILLNESS’ TO ‘WELLNESS’: A THERAPY PERSPECTIVE

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Background Traditionally, hospice day services have been nurse-led, and follow a medical model of support. After paus- ing services due to the pandemic, the hospice reviewed how this provision was offered. As a result, in October 2022 we developed a ‘new’ wellbeing service, led by Occupational Therapy and Physiotherapy (OT/PT); supported by the Therapeutic and Wellbeing team.

Aims To provide a wellbeing service which reflects the individual needs of patient, carers and families; using a therapy-led, multidisciplinary approach. To provide a flexible, adaptive programme that meets the needs of service users.

Method The hospice’s ‘Living Well Programme’ accepted referrals for adults with a palliative diagnosis. All patients received an initial holistic assessment carried out by an OT/PT. During this assessment, the patient was invited to talk about activities that would be most meaningful to them and sessions/services were recommended to work towards these goals. Weekly reviews were completed with the patient, and a solution-focused holistic review completed at 6–8 weeks. A range of sessions were offered, reflecting the needs of the service users.

Results To date, the Living Well Programme has supported 70 patients and their families. Service users have a single point of contact in accessing support through the programme, using a ‘one team’ approach. Patients have reported improved physical ability, reduced anxiety, and improved overall wellbeing.

“Knowing why I’m doing what I’m doing is invaluable” (Patient A).

“Being able to talk about me, as a person, reminds me that I’m more than a ‘cancer patient’” (Patient B).

Summary This work demonstrates how the use of a therapy-led holistic assessment can bring a different perspective to the provision of wellbeing services. Shifting the focus away from the condition itself, towards the impact of meaningful activities that reflect the patient’s values and priorities, has proved to be an effective way of providing flexible, individualised support.

**P-161** LIFE THROUGH A NEW LENS: IS THERE A PLACE FOR SOLUTION FOCUS IN WELLBEING?

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Background As a solution-focused practitioner, solution focus (SF) is at the heart of everything I do. So when I joined the hospice as Wellbeing Coordinator and Therapies Assistant against the backdrop of a recent service review, there was an obvious question: Could there be a place for solution-focused working in our ‘new’ wellbeing service?

Aims My best hope at the outset was that by introducing a solution-focused approach to the ‘Living Well Programme’, we might foster and promote a way of working that invited everyone in the wider team to think about service provision through a different lens – one of possibility rather than deficit.

Method SF was introduced to the Living Well Programme in a number of different ways:

- Delivering in-service training and SF coaching to colleagues.
- Co-creating a preferred future through SF conversations.
- Modelling the approach to therapists in joint sessions with patients.
- Bringing SF language into therapy conversations and offering therapists feedback about their SF interactions with patients.

Working collaboratively with the Therapeutic & Wellbeing Operational Lead, SF techniques were also used to design and deliver a Team Away Day and formulate a strategy for the service.

Results SF foundation training has been delivered to Occupational Therapy and Physiotherapy teams. Therapists have seen the power of SF as a technique for motivating patients and are starting to embrace the approach and integrate it into their practice. SF techniques are being used to formulate strategy and underpin Therapeutic & Wellbeing service development.

Summary A willingness to embrace this new way of working, coupled with confidence in the SF approach, appears to be an effective contribution to therapy-led holistic assessment in the wellbeing service. Early signs suggest that SF can work well as a complement to the shift in the narrative, away from ‘illness’ and towards ‘wellness’.

**P-162** THE HARMONY IN LIVING AND DYING APPROACH (HILDA) IN A HOSPICE WELLBEING CENTRE

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Background HILDA – Harmony in Living and Dying Approach – is a new way of exploring living, death and grief through the positive prism of harmony while engaging in practical activities.

Method In the summer of 2021, we held six HILDA workshops at the Woking Hospice Wellbeing Centre. These were part of a ten-week Wellbeing programme for a Bereaved Relatives Group. All workshops started with the group gathering and having a cup of tea. A short meditation was given, followed by a one-hour programme based on harmony principles, the five primary elements (Ether, Air, Fire, Water, Earth) and the five senses (hearing, seeing, smell, taste and touch). The programme included information and practical elements as well as things to try at home, such as exercises and food recipes. A final sixth workshop was designed to bring people together, listen to their experience of the programme and ask their views, aiming to co-design future HILDA programmes.

Results and feedback Participants greatly enjoyed coming to the sessions which improved their sense of wellbeing, as measured by the ‘feel good thermometer’. Their experience of the HILDA programme was positive. They told us they felt that the most important aspect of harmony is the feeling of interconnectedness and inter-dependence. They especially liked the practical aspects of workshops, such as: seeing and smelling the various herbs and learning about their uses, walking mindfully; being in the garden and smelling the flowers; drawing a geometrical pattern; trying at home the recipes given. People felt encouraged to speak freely and sincerely from the heart.