

Forest Bathing reduces anxiety, stress levels and blood pressure with improved mental and mood co-ordination.

**P-170 THE FLOURISHING FOREST – A THERAPEUTIC ART PROJECT**

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**Introduction** The flourishing forest was a therapeutic art project that provided a range of art therapy sessions which culminated in an art exhibition.

**Aim** The aim of this project was to positively impact the wellbeing of those accessing the palliative dementia care service (CARIAD) by reducing social isolation, providing focus and stimulation as well as empowering people through inclusion in a therapeutic art project.

**Project overview** Thirty participants including people living with dementia, carers, volunteers and staff. Ten half day therapeutic art sessions and one celebratory art exhibition.

**Outcomes** Reduced social isolation, increased sense of wellbeing and value, reduced agitation and anxiety, reduced carer stress, increased stimulation, sense of belonging and connectedness and an exhibition of work to showcase.

**Further information** The project was undertaken in line with Artworks Cymru Quality Principles. The facilitator is professionally qualified and provides support in line with best practice principles and evidence based principles. The project was theoretically underpinned. All materials re-purposed or recycled and environmentally friendly. Feedback included; “wonderful project”; “one lady would often talk about the loss of her husband”; “I completely lost myself in the activities” and “I really enjoyed myself”.

**P-171 NATURE WALKS: A FUNDED HOSPICE PROJECT TO PROMOTE MENTAL HEALTH THROUGH THE FIVE PILLARS OF WELLBEING**

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**Background** Following a pilot, the hospice wanted to continue to provide wellbeing walks using the five pillars of wellbeing and applied for, and were successful in gaining a grant, to engage with our local community and provide a series of nature walks.

**Aim** To provide a series of walks focusing on the five pillars of wellbeing and how green spaces are a sustainable vehicle for delivering wellbeing services across the locality.

**Method** A series of 15 themed nature walks took place and targeted patients, carers, bereaved people, as well as those who want to know more about the hospice. The walks were staffed by the hospice Wellbeing Practitioner and volunteers, as well as guest speakers, who guided the group through a different theme, focusing on nature or an activity. Community outreach was enhanced through social media posts and targeting ‘difficult to reach’ groups. The diversity of the group was evaluated, as well as qualitative data using a Mentimeter online questionnaire.

**Results** The benefits of having funding allowed us to widen our reach and offer a variety of venues, across our catchment area. Promotion via social media was enhanced and led to an increase in participants. Feedback was positive with participants reporting improved sense of wellbeing, peer support and higher levels of confidence.

**Conclusion** This low level engagement was also a useful as a step down tool for those who find moving on difficult, whilst maintaining contact at ‘arm’s length’. Also it provided an outreach opportunity to engage with ‘difficult to reach’ communities.

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**P-172 DEVELOPMENT OF A SEPSIS SCREENING TOOL FOR END-OF-LIFE CARE**

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**Background** Sepsis is a life-threatening condition arising when the body’s response to infection causes organ damage. Sepsis affects approximately 250,000 people in the UK every year, claiming 48,000 lives (Daniels, Nutbeam (eds.) The sepsis manual. UK Sepsis Trust. 6<sup>th</sup> ed., 2022). People living with a terminal diagnosis are at increased risk of sepsis developing (National Institute for Health and Care Excellence. Sepsis: recognition, diagnosis and early management. [NG.51], updated 2017). Equipping staff with the knowledge, skills, and tools to screen for sepsis is essential to ensure prompt recognition and treatment of a potentially reversible illness, rather than mistaking this as expected deterioration at end of life or assuming it is untreatable, ensuring that patients have more quality time with the people who are important to them right up to the end of their life.

**Aim** To develop a sepsis screening tool and training package for use by community staff who provide care for people at the end of life in their own home to enable prompt recognition and escalation for treatment of sepsis, taking into consideration advance care plans and discussion with patient and those important to them.

**Method** June 2022: Review of UK Sepsis Trust Sepsis Screening Tools (UK Sepsis Trust. Sepsis screening tool telephone triage. 2022). July – October: Development of Community Sepsis tool for end-of-life care, internal consultation. October – January 2023: Development of sepsis training package, internal review. February 2023: Launch of tool and training to healthcare staff in two pilot areas.

**Results** Tool launched February 2023. Preliminary feedback from staff positive, training evaluations show training takes 60 minutes to complete, easy to follow informative training package.

**Conclusion** Preliminary feedback justifies the development of a sepsis screening tool to support recognition of the signs of sepsis and prompt escalation for treatment by staff caring for patients at the end of life that considers advance care plans, wishes of the patient and those important to them. Work in progress to complete post implementation evaluation, roll out of tool to all community services and develop a sepsis screening tool for hospices.