LOVE your group activities!!! Addressing goals EVERYDAY with fun, sensory aspects that engage:)

TOTAL QUALITY MANAGEMENT

DEPARTMENT



The National Patient Safety Goals for 2018 are now available! The National The National Patient Safety Goals for 2012 and in 2002 to help Joint Commis. Patient Safety Goals (NPSGs) were established in 2002 to help Joint Commis. Patient Safety Goals (NPSGS) Were established areas of concern in regards to sion accredited organizations address specific areas of concern in regards to patient safety. The first set of NPSGs was effective January 1, 2003.

ATTENTION: Please update the posters in staff areas. You can obtain a copy to be posted from the ELMHS Intranet. They are posted on the Safety and Education Department sites.

OCCUPTATIONAL THERAPY DEPARTMENT

Clients are Learning the Power of Impulse Control (and Positive Behaviors) at the

Article written by: Maggie Pohlman, MOT/S

At the treatment mall, many of our clients are hindered by impulsivity and their decreased insight into their behaviors. In order to help our clients become more self-aware of their actions, we teach them about impulse control. Impulse control is defined as how much someone can control their desires (interrupting, making inappropriate/rude comments, etc.) We are constantly reiterating the "stop, think, act" approach to practicing impulse control. Therefore, when clients begin to feel impulsive, they should stop by calming down and taking a deep breath. Next, they should think about their choices and the consequences of their actions. Finally, they should act on the choice with the most positive outcome.

Most recently, during group sessions, we have been working on the "think" aspect of impulse control. Clients created THINK flowers. The word "think" was used as an acronym to help clients better understand how to practice impulse control. Before they speak, they should ask themselves: Is it True? Is it Helpful? Is it Important? Is it Negative? Is it Kind? The sensory (craft) components of this activity kept the clients more engaged and receptive to the education provided. Over the past 10 weeks of my clinical rotation, I have seen improvement in our clients' ability to utilize impulse control. There have been less interruptions and more hand raising since I first started my rotation! Below is a picture of the THINK acronym flower!

