

# 'Fun Friday'

## The Implementation of Group Therapy in the Acute Stroke Unit

### INTRODUCTION

Building upon the foundational principles outlined in the National Clinical Guidelines for Stroke in 2023, the Physiotherapy and Occupational Therapy Team at the NHS Dumfries and Galloway's Stroke Unit identified an opportunity to implement a structured semi-supervised group intervention – titled 'Fun Friday'. This initiative aimed to integrate patients' individualised goals within a sociable environment. Overall aiming to mitigate the detrimental effects of social isolation while concurrently increasing adherence to the prevailing therapeutic paradigm of achieving three hours of daily therapy.

### METHODS

A 16 week trial period of 'Fun Friday' was conducted within the acute Stroke Unit. The individuals participated in weekly group therapy sessions focussing on Physical rehabilitation, cognitive exercises' and emotional support. Individuals were included of varying abilities. The effectiveness of the therapy group was assessed using a qualitative method of patient feedback forms as well as collecting quantitative data to demonstrate the amount of therapy individuals received during this timeframe.

### RESULTS

A total of 3900 minutes of Group Therapy was accumulated during this time period. This is in addition to patients' Physiotherapy and Occupational Therapy sessions received that day. The positive feedback from patients also demonstrated the effectiveness of group therapy within this patient group.

### QUANTITATIVE RESULTS

- 14 Fun Friday sessions completed since set up
- Out of these 14 sessions there has been 65 attendances since beginning Fun Friday.
- 100% of the sessions were 60 minutes long therefore supporting to meet the national guidelines
- Total of 3900 minutes of Group Therapy since Fun Friday began.

### QUALITATIVE FEEDBACK FROM PATIENTS

General Competition  
Able to do things I could do before  
Mental and Physical benefits  
It is FUN  
Sociable  
Makes me feel better  
All of the other patients looked happy  
Enthusiasm from the staff was terrific!  
Nice to meet other people

### FROM STAFF

" Fun Friday has not only been a great success with the patients but it has also boosted morale amongst the ward team as a whole. Reminding us of the reasons why we first came into our profession's. Even in the most busy, pressured situations the AHP teams' delivery of fun Friday has been a welcomed bit of fun for the ward"  
Kerri Van-Nuil D7 Charge Nurse

"Fun Friday has definitely added some fun into my working week. It is so rewarding to see how much the patients enjoy these sessions but also a great way of strengthening our working relationship as an MDT. Who knew we had so many hidden talents!

"The patients and their relatives have clearly really loved it, to see the patients smiling, dancing, singing and being able to talk to each other, all round enjoying themselves was so wonderful to see. Fun Friday has been such a great success since it started."

### WHAT CAN WE IMPROVE ON?

Introducing patients to each other  
Patients to have more time to speak and socialise with other patients  
Including more member of staff in Fun Friday  
To make it more challenging

### CHALLENGES

- Staffing
- Medical stability of the patient
- Gym availability
- Hospital pressures

### CONCLUSION

These findings suggest that group therapy is beneficial and complementary to traditional rehabilitation methods, providing holistic support that addresses the multifaceted needs of Stroke survivors. Incorporating group therapy into standard post stroke care can significantly enhance recovery outcomes and improve the quality of life for patients.

### YOUTUBE - FUN FRIDAY



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