Background
Breakfast is known to have psychological effects such as reducing anxiety, alleviating insomnia and improving quality of life. Patients who have breakfast also report feeling more sociable, more outgoing and less discontented than those who do not have breakfast. On the Adult Mental Health wards at Royal Cornhill Hospital, breakfast is regularly missed by many patients. We believed that providing a healthy breakfast, while simultaneously encouraging engagement in activity and promoting exercise, we could improve patients’ presentation and mood to support their recovery.

Aims
The aims of the group are to:
• Work jointly as Allied Health Professionals to promote a healthier lifestyle and a better quality of life.
• Support recovery from mental illness by facilitating engagement in meaningful activity.
• Use the group as a platform for health promotion and as an opportunity for signposting to other services.

Methods
The Breakfast Group is a group run by Occupational Therapists for inpatients on the adult mental health wards at Royal Cornhill Hospital. Twice a week patients can attend the Recovery Resource Centre and help themselves to food and drinks from a healthy breakfast buffet. Activities are available at the group such as reading newspapers, playing board games and listening to the radio. The group has monthly input from Dietetics and Physiotherapy.

Occupational Therapy
Occupational Therapists developed the Breakfast Group to provide a gateway to the OT inpatient pathway and to promote engagement in meaningful activity for inpatients. We implement occupation-focused interventions such as the re-motivation process to promote recovery through activity and to establish a meaningful structure to the participants’ day. During the Breakfast Group we explain our role to the participants and provide information regarding the other groups we have. We also offer a walk after the group to provide additional social opportunities for the participants. We work to empower each individual to fully participate and to be satisfied with their self-selected occupations. We help to identify and implement healthy habits and routines to support recovery by addressing barriers and building on existing abilities.

Physiotherapy
Exercise is one of the most effective ways to improve mental health. Regular exercise can have a positive impact on depression and anxiety. It also improves self esteem and boosts overall mood.

By Physiotherapy attending the Breakfast Group on a monthly basis, patients receive education on health and fitness in a fun and interactive way with an aim to promote a healthier lifestyle for patients throughout their lives. Patients are given the opportunity to discuss exercise and fitness either individually or as part of the group setting as well as taking part in quizzes or fitness challenges. Patients are then invited to attend a gym group to exercise in a safe and fun environment.

Nutrition
Breakfast is known to have psychological effects such as reducing anxiety, alleviating insomnia and improving quality of life. Patients who have breakfast also report feeling more sociable, more outgoing and less discontented than those who do not have breakfast. Evidence suggests that good nutrition is essential for mental health and that a number of mental health conditions may be influenced by dietary factors. The Breakfast Group provides an additional way to help our patients get a nutritious and balanced diet in order to help with their recovery.

We also wanted to use the Breakfast Group as a platform for health promotion. By offering healthy eating quizzes and looking at topics such as hidden sugar and ‘Food and Mood’ we hope to be raising awareness of the importance of healthy eating for general health and as well for recovery. Having a dietitian at the group gives patients an opportunity to speak with us and discuss any questions they might have regarding nutrition.

Conclusions
Since starting the Breakfast Group, as Allied Health Professionals we have had the opportunity to work together to help have a positive effect on our patients’ mental and physical health. By taking a multidisciplinary approach to groups in an acute mental health setting, our data suggests the Breakfast Group is supporting recovery from mental illness as well as promoting a healthier lifestyle and better quality of life.

Results
Of 50 patients asked reported positive mood following attendance at the Breakfast Group
Of the 172 contacts, over half attended the Breakfast Group
Of 50 patients asked reported positive mood following attendance at the Breakfast Group
Of 50 patients asked reported positive mood following attendance at the Breakfast Group

References


Mission: Breakfast
A Multidisciplinary Approach to Groups in a Mental Health Inpatient Setting
Laura Sinclair Dietitian, Niamh Donnelly Occupational Therapist, Aisling Byrne Occupational Therapist, Nicola Ritchie Physiotherapist

Conclusion
Since starting the Breakfast Group, as Allied Health Professionals we have had the opportunity to work together to help have a positive effect on our patients’ mental and physical health. By taking a multidisciplinary approach to groups in an acute mental health setting, our data suggests the Breakfast Group is supporting recovery from mental illness as well as promoting a healthier lifestyle and better quality of life.