

**Neuropsychology International Fellowship Visit 2015
Report**

26 September – 26 October 2015
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Dates	Activity	Location	Primary liaison
28.09 – 29.09.2015	Visited Stockport Dementia Centre	Stockport	Helen Griffiths
30.09 – 01.10.2015	BIRT conference	Manchester	
05.10 – 07.10.2015	Visited St.Andrews Hospital	Northampton	Keith Jenkins
08.10.2015	Attended a course „Introduction to Music Therapy Techniques in Neuro-Disability“	Royal Hospital for Neuro-Disability, London	
12.10.2015	Visited The Wandsworth Community Neuro Team	St Johns Centre, London	Louise Warren
13.10 – 14.10.2015	Visited Wolfson and Thomas Young ward	Queen Mary’s Hospital, London	Gemma Attrill
15.10.2015	Visited outpatient Neuropsychology department	St. George’s Hospital, London	Laura Maddeley
	Meeting with dr. Narinder Kapur		
16.10.2015	Visited Phoenix Centre and Kent ward	St. George’s Hospital, London	Siobhan Palmer
21.10 – 23.10.2015	Visited Oliver Zangwill Centre	Ely	Andrew Bateman

Summaries of activities

Stockport Dementia Centre

The aim of visiting Stockport Dementia Centre was to get better acquainted with the way that services are organised for patients with dementia and their carers in the United Kingdom. Through discussions with Helen Griffiths and her team I got valuable insights into the issues present in dementia rehabilitation today. I shadowed a team meeting and group session with patients, and discussed different dementia engagement and empowerment initiatives with Matt Perry. I also had the opportunity to sit in on two carer information and support groups.

BIRT conference

During the two day conference on brain injury rehabilitation I learned about new exciting rehabilitation programmes, cognitive aids and other recent developments in the field. It was interesting to see that the focus of brain injury rehabilitation seems to be shifting from cognitive problems to emotional and awareness issues.

St.Andrew’s Hospital

The aim of the visit to St.Andrew’s Hospital was to get acquainted with the neurobehavioural approach used there to rehabilitate patients with behavioural problems. I visited different wards, shadowed team meetings and group sessions with patients. Learning about the neurobehavioural pathway and levels system and seeing it implemented in practice gave a nice example of a way that difficult behavioural problems can effectively be addressed.

I was impressed to see that the humane and patient centred approach is possible even with the difficult patient group. It was great to learn how to engage and empower patients who present with difficult behaviours and severe cognitive problems.

During my visit I gave a presentation to the Neuropsychiatry team about the rehabilitation services for people with an acquired brain injury in Estonia.

Course „Introduction to Music Therapy Techniques in Neuro-Disability“

I attended four workshops on technology, neurologic music therapy, Music Therapy Assessment Tool for Awareness in Disorders of Consciousness (MATADOC) and psycho-social techniques. The course gave me a good overview of different music-therapy techniques used in neurorehabilitation.

St George’s University Hospitals NHS Foundation Trust neurorehabilitation services

During my visit to the St.George’s Hospital I had the chance to see a whole range of different services from the

post-acute inpatient rehabilitation to community services. The content of my visit was diverse and allowed me to shadow one-to-one sessions as well as to see the overall organisation of the rehabilitation work. I attended goal planning meetings and less official patient centred discussions between different team members.

The week I spent at St. George's University Hospitals made me well realise the benefits of group based interventions in rehabilitation. The input I got has given me motivation as well as specific ideas to start psychological education and/or support groups in Estonia.

It was great to see how the rehabilitation specialists emphasised the functional goals and independence at home in their work.

Meeting with Dr. Narinder Kapur

I met with Dr. Narinder Kapur to discuss the way how different low- and high-tech cognitive aids can be used to help people with cognitive problems. During the inspiring discussion he introduced me the way how he is working with patients and provided me with useful hand-outs, brochures and rating scales.

Oliver Zangwill Centre (OZC)

The three days that I spent at OZC offered me a valuable experience of a small rehabilitation centre providing good services and promoting their values and experiences elsewhere.

I learned about OZC holistic rehabilitation approach at the open day lecture and discussions. During my visit I also had a chance to shadow some group sessions and other activities that took place at the centre.

Inspiring discussions with Andrew Bateman made me take a new look on my possibilities in bringing on the changes in rehabilitation system. I accompanied him at The Eastern Region Brain Injury Forum (ERBIF) meeting which provided a great example of a way of promoting communication and collaboration between professionals and stakeholders in order to improve awareness and standards of care.

Conclusions

My visit to United Kingdom provided me with invaluable experience and many new ideas on how to improve the neuropsychological rehabilitation services further in Estonia. The contacts that I made during the visit will hopefully lead to interesting new collaborations in the future that will be inspiring to both parties.

The visit also helped me to appreciate the things that I am used to taken for granted in my own work. Furthermore, it was comforting to see that many of the problems that psychologists in neurorehabilitation are facing are the same in Estonia and United Kingdom. It was good to hear about the ways that the specialists here are trying to overcome these problems.

Dissemination of knowledge

- I will give a presentation for rehabilitation team members at Haapsalu Neurological Rehabilitation Centre. After the presentation meet with various specialists to discuss specific ideas in more detail.
- I will give a presentation at the monthly North-Estonian neuropsychologists meeting. Around 10 professionals are expected to be present.
- I will meet with the professionals from the vocational rehabilitation centre (Astangu Rehabilitation Centre) and discuss the ideas for developing vocational rehabilitation services in Estonia
- I will write an article that will be published in Keskestelu (newspaper of Haapsalu Neurological Rehabilitation Centre). The newspaper is read by people working in rehabilitation, patients and their families.
- I aim to invite a professional from UK to give a training course in Estonia in order to promote the training of (neuro)psychologists in Estonia
- I intend to improve the availability and usage of cognitive aids
- I would like to start a psychological education and/or support groups for patients with brain injuries

Suggestions / recommendations

I believe that the fellowship scheme is well organised. In order to promote mutual benefits I would encourage the welcoming centres and professionals to ask the fellows give presentations about the state of relevant neuropsychological issues in their own countries.

Acknowledgements

I would like to thank all the people who welcomed me at their centres and helped me to make the most out of my visit. Most of all I would like to thank Dr. Narinder Kapur who helped me to organise the visit.