



Priory Hospital Hemel Hempstead

Ben's story

Ben* was admitted to Priory Hospital Hemel Hempstead with a complex history of psychiatric and physical problems. He suffered from schizophrenia and as a result of violent behaviour, required detention in hospital under Home Office restrictions. Ben is currently on conditional discharge.

In addition, he had complex medical problems, including type 2 diabetes, recurrent urinary tract infections (UTIs), incontinence, and leg weakness due to a cerebrovascular accident.

Our care programme focused on educating Ben about how to better manage his physical health problems and to develop greater insight into his mental health problems.

Our multidisciplinary team worked with Ben to further develop his already strong self-motivation and independence, and to encourage his interests.

A major part of his care was to help him manage his diabetes; Ben has a very sweet tooth and found it difficult to maintain a low sugar and low fat diet.

Through persistence and education, both with Ben and his family, he learnt how to make better choices; to satisfy his craving for sweets by purchasing diabetic alternatives. Throughout his treatment, he was encouraged to increase water intake, and as a result, Ben did not suffer any UTI complications while at Priory Hospital Hemel Hempstead. He did not require urinary bottles and remained continent. He also became totally independent in taking care of his personal hygiene.

Ben's mental state has stabilised since his admission and he does not present with any psychotic symptoms or violence. His interaction with staff and other patients is pleasant and appropriate.

Although Ben does not seem keen on indoor occupational therapy activities, he displayed a considerable degree of self-motivation and independence. He enjoys going into the town centre and local Sainsbury's. To encourage his interests, the occupational therapy and nursing staff escort Ben to shops



such as WHSmith and other art bookshops. He enjoys reading about legendary artists and collects literature about them.

Through education and the many alternative foods offered to Ben, his diabetes is now managed much better. He occasionally has relapse episodes but responds well to re-education. On his town centre trips, the occupational therapy staff also take Ben to Boots and other health food shops, where he buys diabetic sweets, chocolates and biscuits to help control his cravings for sweet foods whilst reducing his sugar intake. His family have also been educated about Ben's condition and dietary needs.

The physiotherapist visits weekly to assess and meet Ben's mobility needs. He uses a walking stick around the ward. When he is in his room however, Ben manages to walk independently without the walking stick.

Ben is due to be discharged shortly. He is stable and settled enough to be managed in a care home environment without the need for low level security that Priory Hospital Hemel Hempstead offers. He has developed a great insight into his mental health and physical health conditions and is therefore much more willing to be compliant in his ongoing treatment following the education offered to him during his admission with us.

Contact us

To contact Priory's central team, please call **0330 137 3910** or to speak to someone at the hospital directly, please call **01442 255 371**.

For the most up to date information on our services, please visit our website.