



# SMALL CHANGE BIG IMPACT

## Small Change, Big Impact example stories

Use these example stories to help you choose and write your own **Small Change, Big Impact** story. Then go the story wall on our website to submit yours: [rcot.co.uk/small-change-big-impact](https://rcot.co.uk/small-change-big-impact)

### Example 1

*Shared by Sally Payne, Occupational Therapist and Professional Adviser – Children and Young People*

#### **What was the challenge?**

Five-year-old Lucy\* couldn't use cutlery and found it difficult to join in at lunch time at school.

#### **What did you change?**

I worked with Lucy to identify adapted cutlery that she could use and we practised using it.

#### **What impact did you make?**

Lucy is now confident eating with cutlery and can join in school lunch with her friends.

*\* Name has been changed to protect the service user's identity.*

### Example 2

*Shared by Elaine Macfarlane, Occupational Therapist*

#### **What was the challenge?**

George\* was unable to complete independent bed transfer which meant he couldn't go home from hospital.

#### **What did you change?**

I provided a bed lever and practised using it with George.

#### **What impact did you make?**

George was delighted as he was able to toilet independently overnight so could return home.

*\* Name has been changed to protect the service user's identity.*



### Example 3

*Shared by Catherine Wells, Occupational Therapist*

#### **What was the challenge?**

Shannon\* was having up to three panic attacks in school a day. These were impacting on her ability to engage in class.

#### **What did you change?**

I taught Shannon mindfulness and breathing techniques to integrate into her daily routine.

#### **What impact did you make?**

Shannon's panic attacks stopped and were no longer a barrier to her participation in class.

*\* Name has been changed to protect the service user's identity.*

### Example 4

*Shared by Laura Di Bona, Occupational Therapist, Engagement Manager and Clinical Research Academy Fellow, and Becky Field, Occupational Therapist, PhD student and Honorary Research Associate*

#### **What was the challenge?**

Occupational therapists interested in research felt isolated, uncertain how to implement evidence-based practice, develop research ideas and gain more research skills.

#### **What did you change?**

Set up a local network, Sheffield Occupational Therapy Clinical Academics, to meet and connect on social media to share experiences, information and support.

#### **What impact did you make?**

73 members, 483 Twitter followers: we support each other to develop local research capacity, present at conferences, gain funding/awards and get published.

### Example 5

*Shared by Rachel Gilmore, Occupational Therapist*

#### **What was the challenge?**

There were a large number of older people going to the emergency department because of a fall.

#### **What did you change?**

Introduced a dedicated falls response team to attend to 999 calls with an occupational therapist and paramedic working together to keep people at home.

#### **What impact did you make?**

82% of the people visited remained at home which was better for them and led to significant financial savings.



### **Example 6**

*Shared by Carol Coupland, Occupational Therapist*

#### **What was the challenge?**

Patients on the ward were very passive and there was a general lack of activities providing stimulation which impacted their mood and overall wellbeing.

#### **What did you change?**

We introduced a breakfast group to bring patients together.

#### **What impact did you make?**

There was a positive impact on mood, function and wellbeing of patients and increased interaction with staff which has improved their mealtime experience.