Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Datganiad i'r Wasg / Press Statement

26 Gorffennaf 2010

Therapi ffilm yn llwyddiant ysgubol

Mae ffordd newydd o ddiddori cleifion wedi bod yn llwyddiant ysgubol yn ôl arolwg diweddar. Mae cleifion ar wardiau yn Ysbyty Glan Clwyd wedi gallu benthyca peiriannau DVD symudol a dewis o blith bron i 300 o ffilmiau a rhaglenni teledu i'w gwylio o'u gwelyau, i'w helpu i ladd amser ac i ymlacio. Prynwyd y peiriannau a'r ffilmiau llynedd gydag arian grant elusennol ar ôl i gleifion a gwirfoddolwyr awgrymu y byddai'n syniad da. Mae Gwirfoddolwyr Ward yn dweud wrth y cleifion am y gwasanaeth ac yn danfon peiriannau DVD a ffilmiau i gleifion ar gais.

Mewn arolwg, dywedodd y rhai a oedd wedi defnyddio'r gwasanaeth ei fod yn fuddiol iawn. Dywedodd Vicky Russell, Rheolwr Gwasanaethau Corfforaethol, "Mae pobl wedi dweud fod gwylio ffilm 'hapus' yn eu helpu i ladd amser pan fyddant yn methu cysgu, yn gwneud iddynt anghofio'u poen, lleddfu diflastod a'u helpu i ymlacio. Mae staff nyrsio hefyd wedi sylwi fod rhai cleifion yn gallu ymdopi â phoen yn well wrth wylio ffilm neu raglen gomedi a bod gwylio ffilmiau wedi helpu i godi ysbryd pobl. Mae rhai cleifion diolchgar wedi ysgrifennu i ddiolch i'r Gwirfoddolwyr Ward hyd yn oed, ac wedi rhoi cyfraniad gan eu bod yn meddwl fod y gwasanaeth mor ddefnyddiol."

Yn ystod yr arolwg, awgrymwyd fod angen gwell dewis o ffilmiau ac felly gofynnwyd i staff gyfrannu ffilmiau addas, Hyd yn hyn, cyfrannwyd oddeutu 100 o ffilmiau a ryddhawyd yn ddiweddar, ac mae mwy yn cyrraedd yn barhaus. Gall cleifion brynu clustffonau personol yn rhad, ac yna fynd â nhw adref pan fyddant yn gadael yr ysbyty.

Mae adrannau clinigol yn yr ysbyty wedi clywed am y fenter ac yn awyddus i fod yn rhan ohoni. Mae'r adran pelydr-x yn ystyried defnyddio'r llyfrgell ffilmiau DVD er mwyn diddori cleifion ifanc sy'n dod am sgan. Mae'r tîm Anaestheteg yn ystyried gofyn i rai cleifion orthopaedeg sy'n cael triniaeth dan anaesthetig lleol a fyddent yn hoffi gwylio ffilm. Mae'r dull hwn eisoes yn gweithio'n dda mewn ysbytai eraill yn y DU.

Mae'r tîm rheoli Gwirfoddolwyr Ward yn awyddus i gyflwyno'r cynllun hwn mewn ysbytai eraill yng Ngogledd Cymru ac yn gobeithio cael cyllid i'w helpu yn ystod y misoedd nesaf.

DIWEDD

Am fwy o wybodaeth cysylltwch â:

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26 July 2010

Movie Therapy is a Box Office Hit with Patients

A novel approach to keeping hospital patients entertained has proved to be a big hit, a recent survey has found. Ward patients across Glan Clwyd Hospital have been able to borrow portable DVD players and choose from nearly 300 films and television shows to watch from their hospital bed, to pass the time and help them relax. The players and films were bought last year using charitable grant money, after patients and volunteers suggested it would be a good service to offer. Ward Volunteers tell patients about the free loan service and deliver DVD players and films to patients on request.

A survey of people using the loan scheme has shown that they found the service to be a huge benefit. Vicky Russell, Corporate Services Manager, said “People have commented that watching a 'feel good' movie helped them to pass time when they couldn't sleep, made them forget their pain, relieved boredom and helped them relax. Nursing staff have also noticed that some patients seemed more able to cope with pain when they had a film or comedy show to watch and that watching movies has helped to lift people's spirits. Some grateful patients have even written to thank the Ward Volunteers and have made donations as they found the scheme to be so helpful.”

During the survey people had commented that a bigger choice of films were needed and so a call was put out to staff for suitable film donations. So far about 100 recently released films have been donated and more continue to arrive. Patients are also able to buy personal headphones for a small fee and can then take them home when they leave hospital.

Clinical departments within the hospital have now heard about the scheme and are keen to tap into it. X-ray are considering using the DVD film library so younger patients coming in for scans can be entertained. The Anaesthetic team are considering asking some orthopaedic patients, having an op under local anaesthetic, if they would like to watch a film. This approach is already working well in other hospitals in the UK.

The Ward Volunteer management team are keen to roll this scheme out to other hospitals across North Wales and are hoping to find some funding to help them do this over the coming months.

ENDS

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