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

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.