



# Sexual Safety QI on Millbrook Ward

Part of the National Sexual Safety  
Collaborative

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# Rationale

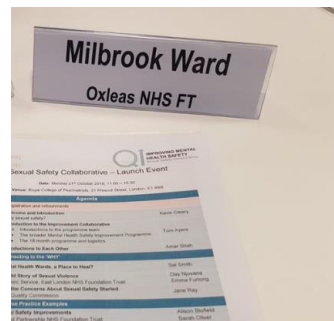
**This project intends to improve patient safety, patient satisfaction and patient experience**

- produce a set of standards around sexual safety during the mental health and learning disability inpatient pathways (including a strategy to measure and support quality improvement)
- run a national quality improvement (QI) collaborative to support inpatient mental health teams in every mental health trust in England to use QI to improve sexual safety on their wards
- produce a library of resources, building on best practice to support the work of mental health trusts to improve sexual safety

## *Initial Barriers*

**It will require commitment from the team to implement changes.**

**Not everyone may want to be part of the project.**



# Millbrook Ward – who are we?

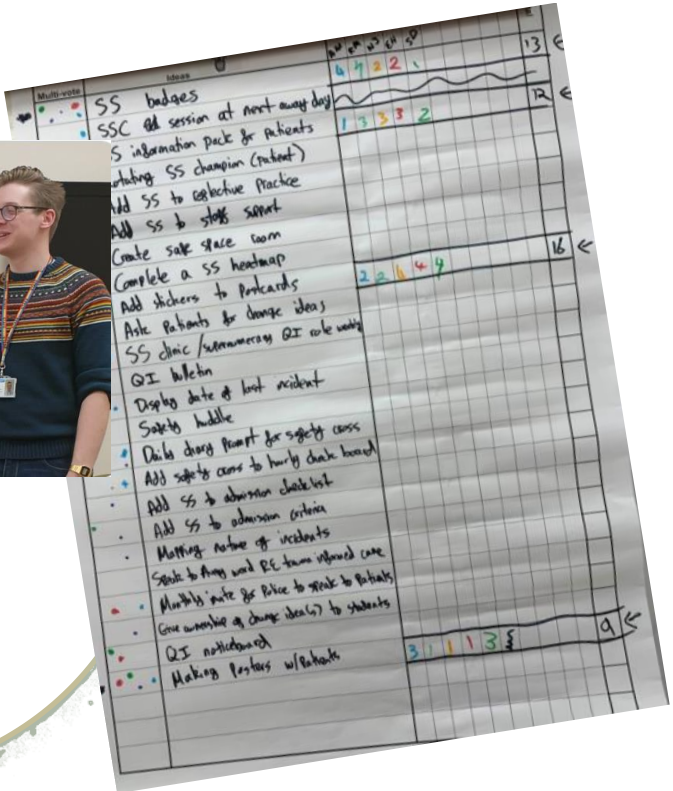
- An acute inpatient mental health ward for patients within the ages of 18-65 years.
- 20 bedded mixed gender ward.
- We care for individuals with a range of illnesses from bipolar affective disorder, psychosis, generalised anxiety disorders and personality disorders.
- These are patients experiencing crisis who may not understand appropriate behaviours.
- We often care for those who have experienced sexual trauma.



- Within our core project group, our topic experts are:

Nurses, doctors, admin staff, healthcare assistants, the ward psychologist, an occupational therapy assistant.

# An MDT Approach



QI lead,  
Data lead,  
Patient Experience,  
Project lead &  
Project Sponsor

# Team Millbrook

# Measurements


- Datix
- Sexual Safety Feedback cards
- Qualitative feedback
- Safety Crosses

**Incident details**

★ Incident date (dd/MM/yyyy)

Incident time (hh:mm)

Please select the appropriate time band for the incident.

★ Description 

Enter facts, not opinions - where, what, when, how, why? Do not enter names of people (use initials ONLY) or other identifiable information.

★ Immediate Actions Taken

Enter actions taken at the time of the incident. Do not enter names of people (use initials ONLY) or other identifiable information.

★ Notify

Please tick any options in the list you wish to notify, you may select more than one

None required  
 Health and Safety Team  
 Safeguarding Children concerns  
 Safeguarding Adults concerns  
 Infection Control Team  
 Tissue Viability Nurse  
 Police informed / contacted for assistance

Feeling safe from sexual harm means feeling free from being made to feel uncomfortable, frightened, or intimidated in a sexual way by service users or staff. Your answers to these questions are anonymous.

 IMPROVING MENTAL HEALTH SAFETY  
Sexual Safety Collaborative

Please tick: Service user  Staff

In the past two weeks, have you felt safe from sexual harm on the ward?

**Yes / No**  
Please circle your answer

If you did not feel safe from sexual harm at any point, would you feel able to speak to someone about it?

**Yes / No**  
Please circle your answer

If you would like to speak with someone independent about your sexual safety on the ward, please see the contact details on the ward sexual safety charter.

NATIONAL COORDINATING CENTRE FOR MENTAL HEALTH

NHS England and NHS Improvement

Sexual harassment  
 Sexual assault  
 Other sexual incident

Month and Year:

		1	2	3		
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
	28	29	30			
		31				

# Change Ideas Tested so Far

- Safety cross
- Sexual safety notice board
- Adding project updates to team newsletter
- Fixed item agenda in monthly team meeting
- Fortnightly meetings
- Making posters with patients
- Self-pamper group



**Emma Hopkins** @EmmajaneHopkin1 · 14 Jan 2020

Productive team day in @OxleasNHS for the @bexleycare staff at the Woodlands. Children Safeguarding, Hypertension, Self-Compassion, Sexual Safety... agenda goes on! And what fantastic team building exercises



High admission rate, bank staff, student nurses...

How to inform everyone at-a-glance what we are doing?

P – What information is needed?

Where should the board we situated?

D – Populate the board.

S – Expected increase in reporting. Information was ripped off walls.

A – How to secure the information against vandalism



# Qi Notice board

## Millbrook Ward charter

Sexual safety

Everyone has the right to feel safe from sexual harm. On this ward, we do not want you to feel uncomfortable, frightened or intimidated in a sexual way by service users or staff. We will work to promote everyone's sexual safety. Everyone should behave in a way that meets the following standards.

### Expected standards of behaviour on Millbrook Ward

- 1 I respect myself
- 2 I treat others with respect and dignity
- 3 I understand that sexual activity with another person should be for mutual pleasure and never used for punishment or through coercion
- 4 I do not try to talk to someone else into engaging in sexual activity or harass another person sexually
- 5 I try to be aware of how my behaviour makes others feel, and will change my behaviour if someone tells me it makes them uncomfortable, or I will ask for help with this if I need to
- 6 I respect the rights of others to space and privacy to fulfil their sexual needs through masturbation
- 7 I understand that fulfilling my own sexual needs through masturbation must be conducted privately and discreetly
- 8 I will speak up if I have been hurt, harassed or assaulted physically or sexually
- 9 I speak up if I see or hear about someone else being hurt, harassed or assaulted either physically or sexually

# We needed a quick win!

**Pamper group was not able to continue due to covid restrictions. This was previously a safe space patients used to disclose feeling unsafe.**

P – How to comply with restrictions?

D – Self pamper with social distancing.

S – Feedback from staff and patients.

A – Weekly self-pamper groups.

## Self-pamper group





# Plans for future ideas



- Sexual safety communication cards
- Information pack laminated and accessible for patients in communal areas
- Admission packs to include boundaries and expectations
- Broset Score
- Trauma informed care training for all staff

What we learnt so far...

**Teamwork makes the dream work!**

**Any questions?**



*Improving lives*