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# WELCOME

Welcome to the first newsletter of 2022! The theme for this summer edition is Co-production within Psychiatric Intensive Care Units but we still continue to accept articles outside of this theme. Co-production is a way of working that involves patients and carers in equal partnership in the design, development and evaluation of services. We hope this newsletter provides some useful information to those who would like to embrace this way of working.

The Network has had an exciting year so far. In April 2022 we held a joint event with the Quality Network for Inpatient Working Age Mental Health Services (QNWA) on Trauma Informed Approaches. This was a hugely successful event which provoked a range of interesting discussions. More information about the event can be found within the newsletter.

Once again, we have run our exciting patient artwork and creative writing competition! We have received some absolutely fantastic entries. A huge thank you to our members for encouraging patients to get involved with this again this year. Please check out the entries and winners within this newsletter.

Included in this newsletter are also details about a sustainability month campaign we have run as a department, including links to re-watch these webinars, and how RCPsych celebrated Pride Month.

For the first time, this newsletter includes an article from our Advisory Group chair, explaining the purpose and membership of the group. Lastly, the Network will be looking at putting together a Carers Working Group to explore the current engagement within services and where improvements can be made. More information can be found within the newsletter.



**Kelly Rodriguez, Programme Manager**

## Nile Ward PICU: Success in Co-Production

Nile Ward is a 12 bedded male psychiatric intensive care unit at St Charles Hospital, London. The ward looks after patients from the Kensington & Chelsea and Westminster boroughs in London and is one of the busiest PICU units in the city. At Nile Ward PICU, co-production with our service users, carers and local community is an integral part of our daily clinical work. Our clinical outcomes and patient feedback are a testament to the positive impact co-production has had in our day to day work at Nile. Working closely with service users and carers over the past few years, we have learnt from experience that co-production provides a unique and highly invaluable insight into the clinical services we are able to deliver to our patients which ultimately improves not just the patient experience but also staff satisfaction and wellbeing.

Nile ward has implemented a number of successful change ideas as part of the ward's quality improvement work over the last two years, and we are proud that all of our interventions have been co-produced with our service users and carers. Some examples of our co-production work include:

**Creation of a risk assessment tool:** Nile Ward has developed its own risk assessment tool to predict and manage aggression and violence in the ward using our own clinical expertise and best practice recommendations. This tool was created with direct input from service users where they provided invaluable advice on the types of de-escalation techniques they would want to be offered to manage their agitation during the acute phase of their mental illness.

**Feedback Board:** A feedback board highlighting patient experience, comments and feedback is displayed in common areas of the ward. The feedback board has been designed in partnership with service users and is updated every few weeks.

**Mutual Expectations:** Nile ward staff and patient have co-produced a set of mutual expectations that outlines ward rules to be



followed by both patients and staff in the ward.

**Gardening:** Nile Ward has a lovely garden space which is cared for by service users and ward staff. A variety of flowering plants are grown in the garden; patients and staff have recently worked together to create a 'herb garden', herbs from which are used in Nile ward cooking sessions and OT cooking groups.

**Physical Fitness :** Service users and our ward's physical fitness instructor have worked together to create physical fitness and activity plans tailored to their needs. Specific fitness programmes have been created for patients who are frail, diabetic or have significant cardiometabolic risk factors.

**Improvement of ward infrastructure :** Nile ward patients have worked in close partnership with our multidisciplinary team to significantly improve the ward's infrastructure. Our patients have worked with an artist to re-design the ward's gym, and have provided invaluable feedback on the ward's imminent renovation in partnership with the Nightingale Project. The ward is soon going to have its own de-escalation room and our service users and carers have been actively involved in the planning and design process from the very initial stages of the project.

**Weekly cooking sessions:** Nile ward patients cook with ward staff once every week using healthy ingredients and herbs from our garden, which is then shared as a communal meal by all patients and staff. The ward also organises a 'Friday Fry Up' once a month where service users and staff sit together and enjoy a hearty breakfast in the ward's dining

area.

**Meditation Group:** Nile ward has set up a co-produced mindfulness and meditation group that is attended by both staff and patients. The group was created using direct feedback from patients and is one of the most popular groups in the ward.

**Patient & Carer Booklet :** Nile Ward has created its own service user and carer booklet which was written and designed in partnership with service users and carers.

**Carer Involvement QI project :** Nile Ward has commenced a novel quality improvement project to enhance family and carer experience. Alongside regular attendance at ward rounds, we encourage our carers to be actively involved in the care planning process for their loved ones from day one. The ward MDT also provide additional sessions to relatives (and friends) in a relaxed environment outside the ward to answer questions, explain treatment pathways, allay concerns and provide support during the

time we look after their loved one in our ward.

Nile Ward has successfully implemented innovative interventions to improve patient experience and clinical outcomes. Our co-produced work has brought us multiple awards which have been recognised both nationally and internationally. The quality improvement work that has been carried out in close partnership with our service users and carers has not only led to a reduction of violence incidents in the ward by **51%** over a course of two years but has also significantly reduced the number of rapid tranquillisations and physical restraint used in the ward, which has helped us create a ward atmosphere that is therapeutic and a safe space for our patients to recover in during the most intense phase of their illness.

**Mehtab Ghazi Rahman**

**Consultant Psychiatrist**

**Nile Ward**

## Annual Forum—Save the Date

For the first time in two years, we are holding our QNPICU Annual Forum in person, at the Royal College of Psychiatrists in London.

Date: **20 October 2022**

Cost **£55 for members / £85 for non-members**

More information coming soon!

Make sure you are signed up to our mailing list to be the first to find out more! Please contact [picu@rcpsych.ac.uk](mailto:picu@rcpsych.ac.uk) to sign up today.



## Carers Working Group

Would you like to improve engagement with carers?

Does your team have good practice examples to share?

We will shortly be setting up a Carers Working Group to look at how we can improve engagement with carers within PICU services and in the Quality Network peer-review process. If you would like more information around this, or to be involved, please email [Maisie.webster@rcpsych.ac.uk](mailto:Maisie.webster@rcpsych.ac.uk).

## Trauma Informed Approaches Special Interest Day

On 20 April 2022, the Quality Network for Psychiatric Inpatient Services held an special interest day on Trauma Informed Approaches. This exciting event was delivered in partnership with the Quality Network for Inpatient Working Age Mental Health Services (QNWA).

It's clear that Trauma Informed Care is an important focus for QNPICU and QNWA member services, with many teams seeking to work in a more trauma informed way. The event was attended by a range of clinicians from PICU and acute wards.

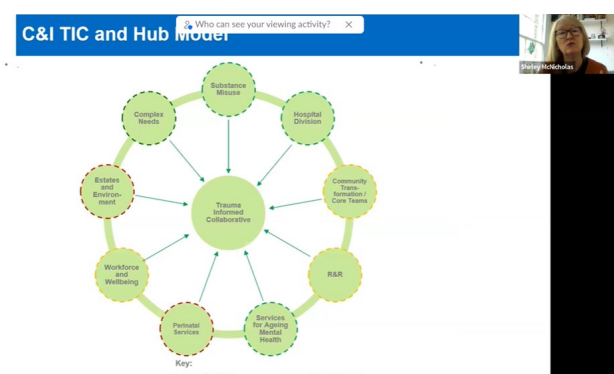
We heard some fascinating talks from a range of expert speakers. Topics included an organisation wide perspective on embedding Trauma Informed Approaches across a Mental Health Trust, the importance of trauma informed learning in workforce training, and challenges and opportunities in the implementation of trauma informed working. Two acute wards also presented their case studies on introducing Trauma Informed Approaches on their wards.

After these talks, the audience were split into smaller workshops where clinicians shared their experiences of implementing trauma



informed approaches on their own wards. Discussions included the difficulties faced with implementation, what support could be put in place to support staff to maintain a compassionate approach and patients and carer involvement in the process.

The slides and recordings of the event are available on our Knowledge Hub, which can be [accessed here](#). To request access to Knowledge Hub, please email 'join Knowledge Hub' to [PICU@rcpsych.ac.uk](mailto:PICU@rcpsych.ac.uk).





## QNPICU Advisory Group

As I'm sure you are aware, the Quality Network for Psychiatric Intensive Care Units (QNPICU) adopts a multi-disciplinary approach to quality improvement, with a key component of our work being the sharing of best practice through the facilitation of peer-review visits. An essential part of the governance structure to support our aims are two groups – the accreditation committee and the advisory group.

As chair of the advisory group I feel it important to provide a brief outline of our role within the QNPICU, our members and responsibilities.

Our Programme Manager, Kelly Rodriguez, is ultimately accountable for the delivery of the work programme with our role to advise on matters relating to;

- National policy and service context for psychiatric intensive care.
- The methods underpinning the work programme.
- The engagement and involvement of other organisations in the work programme, including professional associations and organisations that represent the interests of service users and carers.
- The involvement of service users and carers in all aspects of the work programme.
- The development of national recommendations arising from the review process and strategies for implementing these recommendations.
- Sources of funding to further the work of QNPICU.

The group currently has 11 members, working alongside RCPSYCH staff, who represent differing areas of expertise. The make-up of the group aims to reflect the range of disciplines working within PICU and the people who use the service. At present we have members from nursing, psychiatry, occupational therapy, research, pharmacy,

regulatory bodies alongside service user and carer representatives.

Each member has been appointed following a recruitment process and attend quarterly meetings chaired by myself (but organised by Kelly).

A typical meeting consists of several standard items which include updates on the membership of the group and the work of the network, ongoing development work, feedback from service user and carer representatives and the sharing of good practice, new research or innovations from each member's clinical practice/experience.

Recently the group has been focussing on developing the programme for the next QNPICU annual forum and formulating ideas for special interest days. We have also been involved in the going development of the Safety in Mental Health Project and are planning guidance to enhance carer engagement and support within PICU.

We continue to promote the quality improvement agenda and enhance our services and the contribution of our members is vital in achieving this. We need to know what currently challenges teams and professions, what can be done to improve the experiences of people who use our services and their loved ones. With this in mind we urge all of our members to get in touch and help us to shape our work programme and maximise the benefits the Network can provide.

We look forward to hearing from you and continuing to work with you to improve our services.

**Tom Tunnicliffe**

**Consultant Nurse and Approved Practitioner**

**Chair of the Quality Network for Psychiatric Intensive Care Units advisory Group**

## CCQI Sustainability Month!

At the College Centre for Quality Improvement (CCQI), we ran our first ever Sustainability month!

During this month, we hosted a series of webinars covering a range of topics relating to sustainability in mental healthcare, and the CCQI's Sustainability Principles.

Please see below to watch some of the amazing webinars hosted this month!

### [An Introduction to Sustainability in Healthcare](#)

*Jacob Krzanowski, Guy Harvey and Shuo Zhang, RCPsych Sustainability and Planetary Health Committee*

Sustainability and mental health is an area which should be informed by a wide variety of perspectives. This session demonstrated how clinicians across a range of different stages and contexts can work collaboratively to consider sustainability on a broader scale. The RCPsych Sustainability Leads and CCQI colleagues gave an introduction to sustainability in healthcare, outlining the work the College has done so far and providing an overview of how the CCQI sustainability principles apply to services.

### [NHS Net Zero ambition: How, when and why?](#)

*Kate Townsend - Programme Manager for the Greener NHS team at NHS England/Improvement.*

Patients are experiencing the effects of climate change today, as increased air pollution and warmer summers are exacerbating health conditions, while future generations are threatened by the risk of increased flooding and vector borne diseases. The NHS contributes 4-5% of the UK's emissions, (which is about the same as all the flights coming in and out of Heathrow airport!) and have made a pledge to go fully net zero by 2045.

Yet, public perception of how the NHS contributes to climate change remains low. This presentation gave some national context

on what the biggest emissions are, and how the NHS plans to tackle them. Then, we looked at the national and regional priorities, linking with the digital advancements from COVID, as well as the impact and effect on population health management, health inequalities and digital exclusion.

### [Sometimes less is more: the role of deprescribing in psychiatry](#)

*Mark Horowitz - Clinical Research Fellow in psychiatry at University College London and North East London NHS Foundation Trust*

This webinar examines the evidence for long-term use of psychiatric medications (with a focus on antidepressants and antipsychotics) in light of the design of 'relapse prevention' trials and increasing acknowledgement of withdrawal effects from these medications. An approach to deprescribing psychiatric medications is outlined: involving a more gradual approach than is often employed, following a pattern of smaller and smaller reductions, down to small final doses, based on the pharmacological action of these medications. The Royal College of Psychiatrists' guidance on 'Stopping Antidepressants' and new guidance from NICE (concerning stopping antidepressants, benzodiazepines, z-drugs, and gabapentinoids) which espouses these principles are highlighted.

### [Reducing food waste and promoting sustainability at Fromesides Therapies Department](#)

*Jessica French, Adult Education Tutor and Becky Webber, Occupational Support Worker*

A presentation on the initiatives the service have put in place related to reduce food waste in the therapies department. This includes a group at the end of the week to use food which would otherwise end up in the bin, composting onsite and changes in the service user training cafe related to sustainable practices.

It also covers engagement with local community projects and the service user group that has been set up to make changes in the wider unit.

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## Enjoying Work Collaborative - a quality improvement programme to enhance staff wellbeing and create joy in work

*Emily Cannon - National Collaborating Centre for Mental Health*

This webinar shares the design, results and learning from the National Collaborating Centre for Mental Health's (NCCMH) national Enjoying Work Collaborative (EWC): a quality improvement (QI) programme to enhance staff wellbeing and create joy in work. The 12-

month collaborative, launched in May 2021, worked with 39 teams across 16 healthcare organisations in England and Wales, including NHS, Health Education England and private healthcare providers.

Please see the [full programme here](#).

Please contact

[harriet.clarke@rcpsych.ac.uk](mailto:harriet.clarke@rcpsych.ac.uk) if you have any queries or access requirements.

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## Celebrating Pride Month 2022 at RCPsych

Here at the College we have been proactive in creating equality for all. The College, with the support of staff and members, has taken actions to create a safer and more inclusive environment for our staff and in our organisation as a whole. Some of the key changes included installing gender-neutral toilets at the Prescot Street College building and publishing the College's position statement Supporting transgender and gender-diverse people (PDF) in 2018.

Our Rainbow Special Interest Group (SIG) aims to promote and research the mental health of LGBTQ+ people as well as supporting and advocating for LGBTQ+ mental health professionals. The SIG was created in 2001 and the remit of the group has expanded over the years to include issues related to gender identity.

We're not only supporting the LGBTQ+ community, but are also working on creating positive changes in all our practices within the College, and for our members all patients and carers.

At the College, we celebrate Pride Month to commemorate and celebrate LGBTQ+ voices,

activism and to show our support of LGBTQ+ rights. Pride month is about teaching tolerance,

education in pride history and continuing to move equality forwards, something that we at the College continue to strive to do.

For Pride 2022 we have published a [special 'Pridecast' podcast episode](#) about homelessness in the LGBTQ+ community. We are also publishing a number of blog posts.

Our first [Pride 2022 blog post](#) is by Dr Pavan Joshi (chair of our Rainbow SIG). In the post, he discusses the LGBTQ+ member survey that the College recently conducted and talks about what needs to happen next, as well as why Pride is important.

Please see below for our RCPsych Pride 2022 Videos:

[Pride 2022: Dr Mark Winchester speaks about Pride and why it's so important to celebrate it](#)

[Pride 2022: Richard Cole speaks about Pride and why it's so important to celebrate it](#)



## Patient Artwork Competition

This summer we saw the return of the a patient artwork and creative writing competition at QNPICU and welcomed all patients in PICU's to contribute in submitting their artwork for a chance to be featured on the cover of our reports, standards and other network publications. We received some great entries and wanted to showcase these talented individuals in our newsletter! Below are the winners and runners-up for this summer's competition.



**Winner—*Easter Bunny*, by patients from Nile Ward**



**Winner—*Dexter Picture 1*, by patients from Juniper Ward**





Runner Up—, *Retro Sci-Fi Easter Window* by patients from Levensdale Hospital.



Runner Up—*Algamy Set: Elephant Piece and little monster* by patients from Nile Ward



Runner Up—, *Retro Sci-Fi Easter Robot Bunny* by patients from Levensdale Hospital



Runner Up—, *Dexter Picture 2* by patients from Juniper Ward



Runner Up—*Snack Potency* by patients from Nile Ward

## Patient Creative Writing Winners!

### **Sisters of Elysium**

Sisters of Elysium, Your deceptive  
However together we seem to tether  
The weather, we'll live forever  
Your receptive  
but will you know just how to show  
Love and emotion Honey, let it go

Sacred sisters of eternity  
The Sacred sister's fraternity  
Sacred sisters of indemnity  
Sisters of Elysium rally to this feminist  
anthem  
Sisters of eternity, the sacred sister's fra-  
ternity  
Singing In the Vicinity of infinity

Sisters of Elysium  
Your reflective  
However together we seem to tether  
The weather, we'll live forever  
Your perceptive  
but will you know just how to show  
Love and emotion Honey, let it go

Her eyes take the shine off the Milky  
Way, under bright lights  
and complement her haute couture  
Don't ever try to test her coz there is no  
living cure  
She's pure in faith and holds this  
astounding allure,

this is for sure, she's no fool, your fool  
proof demure

Sisters in Elysium rally to this my femi-  
nist anthem

Sisters of eternity

Sisters of infinity

Sisters in Elysium rally to this my femi-  
nist anthem

Sacred Sisters Fraternity

vibrations of hate will never  
be of any use to her when she's with me

Your eyes mesmerize me it feels so right  
at the speed of light far into the night  
Evoking me with a surge of iniquity  
and fuels my delight and our loves affin-  
ity

Sisters of Elysium, your tentative  
However together we seem to tether  
The weather, we'll live forever  
you know Your sensitive  
but will you know just how to show  
Love and emotion Honey, let it go

After the laughter, there's love ever after  
After the love, and through life we still  
laugh

This is not just Fantasy and a twist of  
fate

She's clinical not some sort of cynical  
she exists forever she's biblical

**David Kelso**

## Existence

Touch down flood the town  
Hit the ground running  
But there's no sign of the one  
I visualise a time of sweet perfection  
When there's no shattered dreams  
and no damage done  
Idolators!! star struck drones  
how can you live with a heart like a  
stone?  
When you have a beauty inside you  
like I've never known  
Why must you face this existence  
On your own

Your safe with me,  
out on a limb I'm your security  
Why don't you stay with me?  
Sink or swim we'll make it luxury

Your safe with me,  
out on a limb I'm your security  
Why don't you stay with me?  
Sink or swim we'll make it luxury  
When you have a beauty inside you  
like I've never known  
Why must you face this existence  
On your own

Find me, look upon me, I get lost in  
you, as well you know  
You gotta feel me flow, I need  
you...you'll find

It's my choice

Naturally you'll find me Where the sky  
has a voice  
Rythm drives the unassailable noise  
It's a labour of love so find me  
then is the time for our crescendo and  
time to rejoice

I was always in to you, right from the  
start  
I always had your heart in my heart of  
hearts  
You were always the one  
So please be Careful sweetheart  
when taking my heart or eyeing the  
heart of the sun

Out of time, in your prime  
It's a crime, drinking turpentine with a  
lime  
Out of sync when you drink,  
tend think you're the weakest link but  
baby your fine  
Out of step with rest, so you sleep with  
your head to the west when your de-  
pressed  
Out of reach to the souls who rely on  
the poles at the ends of our souls  
Out of touch with the crowd your too  
proud, not allowed to let the feeling  
roam  
Out of sight out of mind, you were one  
of a kind  
so go hard or go home

**David Kelso**

**Care Quality Commission**

[www.cqc.org.uk](http://www.cqc.org.uk)

**Centre for Mental Health**

[www.centreformentalhealth.org.uk](http://www.centreformentalhealth.org.uk)

**Centre for Sustainable Healthcare**

<https://sustainablehealthcare.org.uk/>

**Department of Health**

[www.doh.gov.uk](http://www.doh.gov.uk)

**Health and Social Care Advisory Service**

[www.hascas.org.uk](http://www.hascas.org.uk)

**Institute of Psychiatry**

[www.iop.kcl.ac.uk](http://www.iop.kcl.ac.uk)

**National Institute for Health and Care Excellence**

[www.nice.org.uk](http://www.nice.org.uk)

**NHS England**

[www.england.nhs.uk](http://www.england.nhs.uk)

**National Association of Psychiatric Intensive Care Units**

[www.napicu.org](http://www.napicu.org)

**Revolving Doors**

[www.revolving-doors.org.uk](http://www.revolving-doors.org.uk)

**Royal College of Psychiatrists' College Centre for Quality Improvement**

[www.rcpsych.ac.uk/quality.aspx](http://www.rcpsych.ac.uk/quality.aspx)

**Royal College of Psychiatrists' Training**

[www.rcpsych.ac.uk/traininpsychiatry.aspx](http://www.rcpsych.ac.uk/traininpsychiatry.aspx)

**See Think Act (2nd Edition)**

[www.rcpsych.ac.uk/sta](http://www.rcpsych.ac.uk/sta)

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**Twitter**

Follow us: **@rcpsych** and **@ccqi\_** and use **#qnpicu** for up-to-date information

**Knowledge Hub**

Please email [picu@rcpsych.ac.uk](mailto:picu@rcpsych.ac.uk) if you wish to join Knowledge Hub, to start discussions and share good practice.

**Royal College of Psychiatrists' College Centre for Quality Improvement QNPICU**

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