

PICU eNewsletter

June Edition, 2023



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WELCOME

Welcome to the 10th and first newsletter of 2023! We hope everyone has been able to enjoy the bouts of sunshine we have had recently.

This edition of the newsletter focuses on *Reducing Restrictive Practices*. As always, it has been great to see what innovations have been introduced by our colleagues.

Included in the newsletter are our summer Artwork and Creative Writing competition entries and winners. It was fantastic to see so many entries from such talented artists!

The Quality Network peer-reviews have now come to an end. Thank you to all the teams for all the hard work organising your peer-reviews. As always, it has been energising to connect with colleagues! The Network standards revision has now taken place and a new edition will be published soon. We look forward to the discussions this new edition will bring during review days.

Lastly, we held our first Annual Forum on 09 February 2023. It was the first in person event since before COVID-19 and it was exhilarating to share a cup of tea with our colleagues!

We had presentations on the development of a new ligature assessment tool and exploring the effectiveness of sensory rooms in PICUs. Workshops also took place throughout the day on the topics of patient engagement and co-production as well as reducing restrictive practice/positive risk taking.

This was a successful event attended by many of our members and numerous prospective members. We look forward to welcoming more colleagues at the next Annual Forum in 2024.



Kelly Rodriguez, Programme Manager

2023-Priory Hospital Burgess Hill's Success Story So Far

Dr Sophie Aplin (Head of Psychology), Millie Virgo (Occupational Therapy Assistant) and the Experts By Experience at Priory Hospital Burgess Hill

Priory Hospital Burgess Hill is a male mental health hospital in West Sussex, treating individuals in acute and PICU settings. It is a fair reflection that the site has faced some challenging times in the last few years; the wards, client group and staffing mix has changed quite dramatically. However, we have had many triumphs along the way and are working hard to reduce restrictive practices and further develop areas of good practice.

The first step on our journey this year involved the enrolment of three experts by experience (EbE). All are former patients of ours, now living in the community, keen to help our ongoing development. The EbE's are offered payment for their time and work closely alongside the team.

One of our EbE's offered the following perspective on what they are doing:

'I love working here and being able to help both the patients and staff, giving feedback about the service. I have done a few projects so far which include focus groups with patients. My first project was with Advocacy and how best to promote it to patients. The second project was for a PAT dog (Bobbie) to come in. This has been helpful for the patients to feel calm and relaxed while getting to play with him. As an EbE, I know it's important to have a relaxing time off the ward and the PAT dog has helped this. Next, I did the Spiritual room but we are currently going to change the name of the room so it appeals to everyone and not just for religion. We have also arranged a regular spin class at our local gym for patients to go to. This is important because exercise releases endorphins, natural happy hormones. I have also been talking to the patients sharing a bit about my story how I have had several admission to a psychiatric unit and that there is hope of coming out of hospital and living a purpose filled life.'

Coming soon - QNPICU Carer Engagement and Involvement Guidance

Recently, we held a 'Carers Working Group' to gather information on the challenges to engagement services are facing, and ideas of how we can overcome these. The group membership was made up of staff from different services and organisations, and also a carer representative.

Following the meetings, we are now working on the '**QNPICU Carer Engagement and Involvement Guidance**'. The guidance will focus on key challenges services face with carer engagement, carers and confidentiality, good practice examples at ward-level, hospital-level and Organisation level, good practice examples linked to the new QNPICU standards and involvement with the Network.

Useful links

Care Quality Commission
www.cqc.org.uk

Centre for Mental Health
www.centreformentalhealth.org.uk

Centre for Sustainable Healthcare
<https://sustainablehealthcare.org.uk/>

Department of Health
www.doh.gov.uk

Health and Social Care Advisory Service
www.hascas.org.uk

Institute of Psychiatry
www.iop.kcl.ac.uk

National Institute for Health and Care Excellence
www.nice.org.uk

NHS England
www.england.nhs.uk

National Association of Psychiatric Intensive Care Units
www.napicu.org

Revolving Doors
www.revolving-doors.org.uk

Royal College of Psychiatrists' College Centre for Quality Improvement
www.rcpsych.ac.uk/quality.aspx

Royal College of Psychiatrists' Training
www.rcpsych.ac.uk/traininpsychiatry.aspx

See Think Act (2nd Edition)
www.rcpsych.ac.uk/sta

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Knowledge Hub

Please email picu@rcpsych.ac.uk if you wish to join Knowledge Hub, to start discussions and share good practice.

Royal College of Psychiatrists (CCQI)
Quality Network for PICU Mental Health Services

21 Prescott Street
London

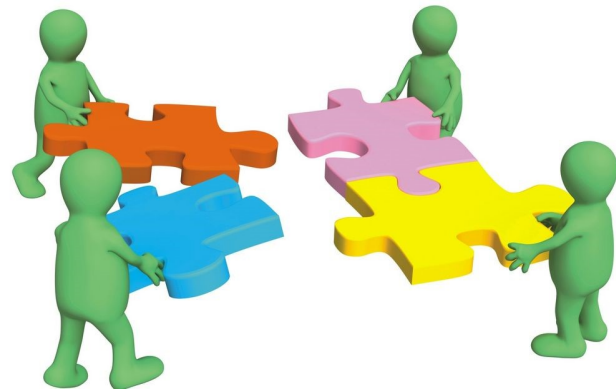
NEW! QNPICU Standards 6th Edition

The QNPICU Standards have been revised this year in collaboration with our member services, advisory group and patient and carer representatives. The new edition will still be mapped against sustainability principles developed by the Royal College of Psychiatrist's Sustainability Committee.

The five Sustainability Principles are:

- Prioritise Prevention
- Empower Individuals and Communities
- Improve Value
- Consider Carbon
- Staff Sustainability

The final document is currently going through the last stages of approval and will be published soon!



Reducing and improving the use of Restrictive Interventions & Practice: Managing Acute Disturbance, Violence and Aggression

This virtual conference will focus on reducing restrictive interventions in line with national guidance and the March 2022 Care Quality Commission Progress Report on Restraint, segregation and seclusion review. The recent report found that not enough progress has been made in reducing the use of restraint and stated that none of the CQC recommendations from Out of sight – who cares? (2020) have been fully achieved. The conference will also update delegates on practical steps to reduce restrictive practice, implement the CQC recommendations, and bring you up to date on legal developments including the December 2021 Mental Health Units (Use of Force) Act.

Date: 10 August 2023

Location: Virtual, Online

How to sign up: For further information and to book your place visit <https://www.healthcareconferencesuk.co.uk/conferences-masterclasses/restrictive-interventions-practice> or email frida@hc-uk.org.uk

With the input of the above EbE, the staff team have been encouraged to hold the perspective of the patients in mind, to remember how important time off the ward is for patients and to think creatively about ways in which patients can engage in community activities. The advocacy project also meant that we removed or minimised any barriers with advocacy to ensure patients could speak up should they feel restricted.

Another project is a regular 'quality walk round' led by an EbE. In the past, 'quality walk rounds' were always done by senior management, but a new project was launched in Priory to improve patient involvement. This pilot was a success and we were grateful for the extra information we gleaned from this piece of work. The patients appeared to speak in a more open way to the EbE and were able to identify a number of areas that felt restrictive, such as access to the activity room, this was fed back to managers to create an improvement plan.

A further EbE success from this year has been the introduction of an EbE in to our monthly patient safety meetings where the team reviews incident data, trends and restrictive practices. Our EbE's attendance has added a new perspective to the meeting. The EbE's perspective gave more meaning to the data and made the team stop and think, helping them develop more meaningful actions. The EbE was able to share views and ideas to reduce incidents and better communication between staff and patients.

Additionally, the OT department and one of our EbEs presented at the QN PICU Forum, where they were praised on their least restrictive approached in regards to the timetable provided for patients and the facilities within the hospital building

The OT department were able to share practices that have allowed them to become less restrictive and allowing our PICU patients to interact with our acute patients.

We have also introduced the presence of an EbE at all of our interviews for patient facing roles.

Outside of EbE involvement, the management team have added restrictive practices as an agenda item to our daily handovers to ensure any new restrictions are imposed for the minimum amount of time and reviewed regularly.

What next? Our next big project is about Carer's by Experience, for which we are currently advertising. We want to work on the triangle of care, where carers are seen as an active partner in the care team. We are hoping that the three way partnership between the service user, carer and professionals will help us continue developing as a site and give us a new voice to ensure our care is as effective and least restrictive as it can be.



QNPICU Artwork Competition Winners

This season we held a patient artwork 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 and other network publications. We received some great entries and wanted to showcase these talented individuals in our newsletter! "A Eye", "Untitled 3", "Rainbow Melt", and "Pollock Rainbow" were this season's winners!



"A Eye" by KB, Leverndale Ward



"Untitled 3" by C. Solomon Duncan, CNWL Male PICU



"Rainbow Melt" by PICU Patient, Leverndale Ward



"Pollock Rainbow" by MSS, Leverndale Ward

Patient Creative Writing Entry

"For anyone who is suffering" by Annabelle Murray, Baldock Manor Hospital

This poem is for anyone
Who is living in the dark.
Anyone who feels hopeless
Anyone who's lost their spark.

This poem is for anyone
Trying to escape from their fears
Crying day and night.
Drowning in their tears

This poem is for anyone
Who are suffering each day
You may feel like you're a burden
And you wish to slip away

This poem is for anyone
Who feels they have no voice
You feel extremely lonely
But I know that's not your choice

This poem is for anyone
Craving to be gone
You are doing your very best
So please keep holding on

This poem is for anyone
Who are begging to survive
I want you to know
There's a reason you're alive

This poem is for anyone
Who can not see a purpose
You are needed in this world
I promise you're not worthless

This poem is for anyone
That needs reminding they're amazing
I know you're in hell right now
And it feels like you're suffocating

For anybody who is hurting
Know you're perfect just the way you are.
You're beautiful and incredible in fact
You are a star.

You are loved and truly treasured
by everyone you know please see
you're super important and speak up
when you're feeling low

Before:



Partners and further information:

The Nightingale Project. Directors Dr Nick Rhodes, Stephen Barnham. Contact nick.rhodes@nhs.net

Designer: Kevin Brennan, Brinkworth

Paint: Dulux Scuffshield. Project supported by Dulux UK.

Ward Manager: Claudia Taylor

Consultant Psychiatrist: Dr Mehtab Rahman

Photos: Dan Weill Photography.

After:



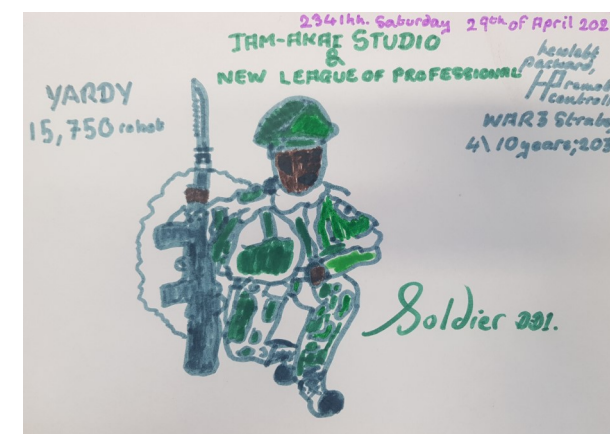
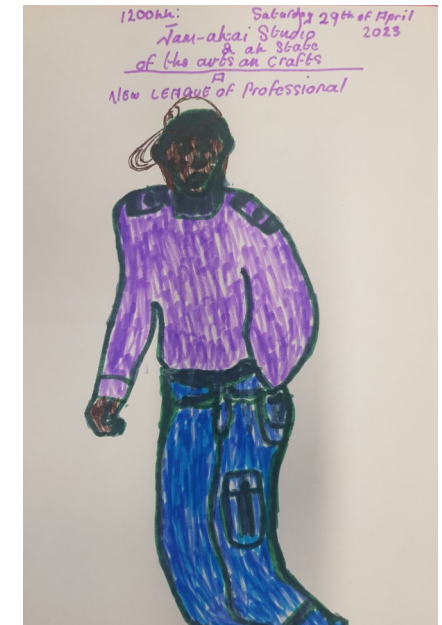
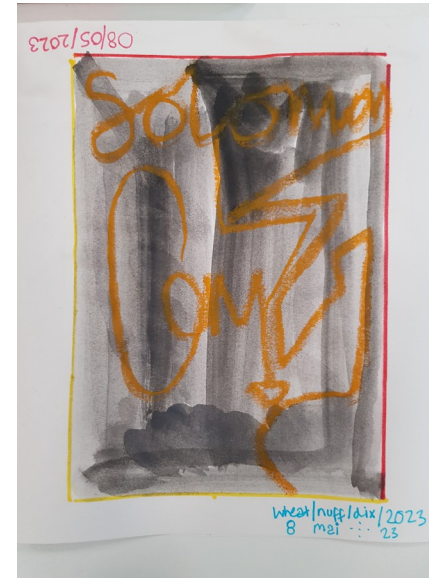
Online Peer Review Training

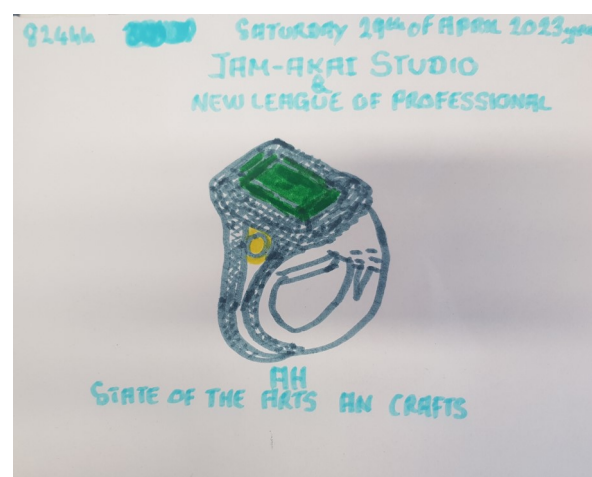
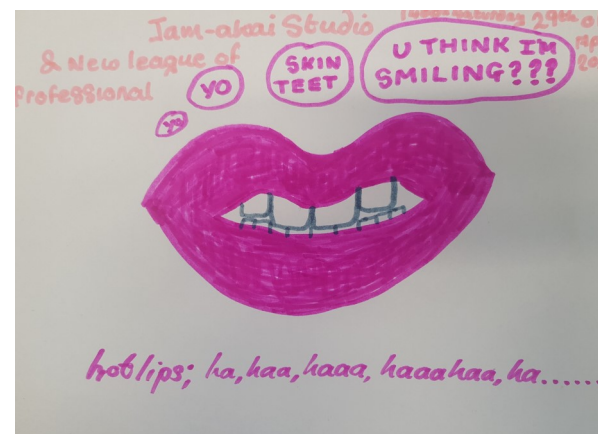
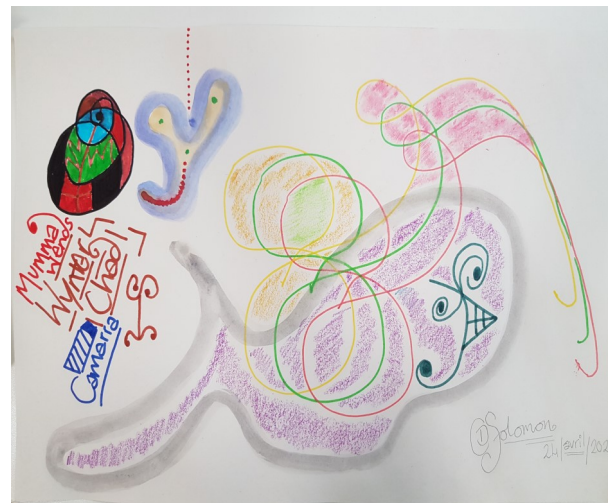
Peer-reviewer training is **free** for staff from a service that is a member of the Quality Network. The training is a great learning experience for those who are **interested in participating in peer-reviews** or **accreditation reviews** of psychiatric intensive care units.

Peer-review training sessions for the next cycle will be released in due course.

Keep an eye on the [website](#) for more training dates and updates.

Our other submissions!





Nile Ward: Radical Improvement to the Patient Environment

Dr Nick Rhodes, Director, Nightingale Project & Dr Mehtab Ghazi Rahman, Consultant Psychiatrist, Nile Ward PICU, St Charles Hospital

Nile Ward, located in St Charles Hospital in North Kensington, London, is a busy 12-bed male Psychiatric Intensive Care Unit (PICU). The previous interior design of the ward consisted mainly of standard off-white walls with occasional accent colours. The ward has limited access to natural light in many areas.

Recognizing the potential for a poorly designed hospital environment to retraumatize patients admitted in a mental health crisis, the staff at Nile Ward, in collaboration with the Nightingale Project, aimed to create a supportive and uplifting atmosphere. Patients admitted to PICUs often face restrictions on their access to the outside world, making the quality of the interior environment crucial to their mood and overall well-being. It was important for the physical environment to reflect the care and compassion demonstrated by the staff.

To transform Nile Ward, the Nightingale Project collaborated with designer Kevin Brennan from Brinkworth, a design company known for their work with renowned brands like Nike and Samsung, as well as organizations like the Tate Gallery and the Science Museum. Kevin's task was to introduce a colourful design scheme that would enhance the mood of the ward.

Kevin developed a concept based on variations of primary and secondary colours, creating a seven-colour "ribbon" that encircles the large corridor spaces of the

ward. The length of the corridor walls (109.6 meters) was divided into 16 equal sections, ensuring that each colour block was the same length and seamlessly flowed around corners rather than conforming to a single architectural plane. This design approach resulted in an immersive colour environment where different vistas open up as one moves through the space, showcasing the various combinations of the seven colours.

Before implementing the project, Kevin engaged a group of patients and staff, presenting them with a scale model of his design to gather their feedback. Each colour was chosen in a way that allowed for adjustments to lighter or darker shades based on the feedback received. Dulux UK provided support for the project.

Patients have expressed their enthusiasm for the transformed ward, stating their preference for the new look. One patient described it as "living in a rainbow!" The ward team is delighted with the outcome, as it creates a more uplifting work environment, which is crucial for staff well-being, recruitment, and retention in the NHS.

Dr. Nick Rhodes, the Director of the Nightingale Project, emphasizes the significance of the physical spaces patients experience, as they play a vital role in their well-being. The project aspires to inspire other NHS leaders to recognize the therapeutic value of well-designed environments. Dr. Rhodes uses the term "the anti-depressant environment" to describe the desired effect in mental health facilities, and there is no doubt that the art and design interventions have had a significant positive impact on how people feel within CNWL's wards and clinics.

Before and after photos on next page