

Date posted	Topic	No. of posts	Response
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**Summary: MSU Email Discussion Group Activity.
June - July 2008**

25/06/2008	<p>Management of muscle-promoting food supplements A request was made for information on strategies regarding patient use of muscle-promoting food supplements.</p>	3	All three respondents suggested placing a focus on cardiovascular exercise rather than free weights and body building. One respondent reported that any form of body building is actively discouraged at their unit due to concerns centred on patients becoming physically stronger, leading to more difficult restraints. The use of muscle-promoting food supplements would not be allowed for the same reason.
30/06/2008	<p>Staff well-being A request for information on staff support strategies was made.</p>	6	Various strategies and activities aimed at supporting staff were reported. Five respondents report their service to employ a part-time staff counsellor from an external agency. Internal support strategies also included: reflective practice groups run by the psychotherapy department, effective debriefing following SUIs, the introduction of a Trauma Advisor and offering training in critical incident stress management and defusing.
03/07/2008	<p>Bringing food into MSUs An inquiry was made about whether other MSUs allows relatives to bring pre-cooked food into the unit.</p>	1	The respondent reported that their unit does not allow visitors to bring in pre-cooked/homemade food due to concerns that contraband may be brought into the unit in this way (i.e. as part of the ingredients or packaging). However, visitors are allowed to bring in 'shop bought, factory sealed items'. It was reported that there is currently no evidence of contraband breaches occurring in this way.
04/07/2008	<p>Family therapy in MSUs A request for information was made in relation to the introduction of family therapy in a MSU.</p>	3	Two respondents reported that family therapy is available at the units they work for. One of these units reported offering family therapy to patients when they have reached the rehabilitation stage of the care pathway. A third respondent reported that family therapy is not available to patients in the adult service, but only to patients in the secure services for young people.

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10/07/2008	<p>Patient Mail A request for information was made regarding the circumstances in which patient mail may be withheld (i.e. suspected drugs packages).</p>	1	The respondent reported that the 2003 Scottish Mental Health Act, and the regulations that derive from it, cover this issue specifically. It was reported that a 'specified person' may have their mail stopped and opened in such cases, and there is a requirement for the unit to notify the mental welfare commission and the person.
30/07/2008	<p>Smoking ban – Violence towards staff An inquiry was made as to whether staff in other MSUs have experienced violence from patients due to the implementation of a smoking ban.</p>	8	All eight respondents reported that there have been no violent attacks on staff following the implementation of a smoking ban. Two respondents also reported that that the overall number of violent incidents had not increased.

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