

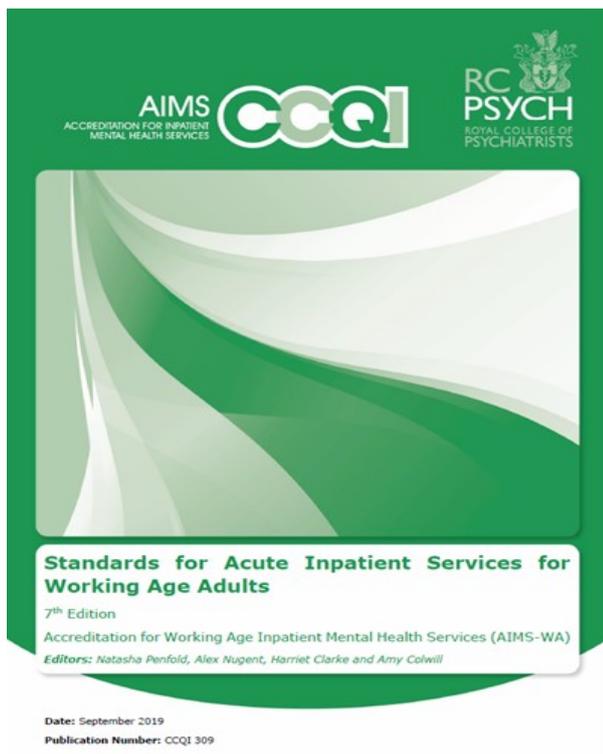


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## Updates from the AIMS-WA Team: You Said, We Did!

Since the summer edition of the AIMS newsletter, we've successfully implemented the 7<sup>th</sup> edition of the AIMS-WA standards, with several services starting the self-review phase using the redesigned AIMS-WA self-review tools. Thank you to everyone who supported us during both consultation and development phase!



## Plans for 2020:

As some of you may be aware, at this year's Annual Forum, we discussed our objectives for the upcoming year. For those of you who were not in attendance, we thought we'd this opportunity to share with you our plans for 2020!

- Launch of knowledge Hub platform to enable member wards to easily exchange ideas on service improvement
- Publish a national report highlighting overarching themes from wards who completed accreditation against the 6th edition of the AIMS-WA standards
- Re-launch the Assessment Triage standards
- Run and co-ordinate conferences and events, such as special interest days, driven by the needs of our member services
- Expand the network to offer different membership options such as a developmental route
- Rebrand AIMS-WA to become QNWA (Quality Network for Inpatient Working Age Mental Health Services)

# AIMS-WA/AIMS-AT

## Annual Forum - 6th November 2019

The AIMS-WA/AIMS-AT forum was a great success with nearly 70 delegates from staff from acute working-age wards across the UK, service users and carers attending. There were fascinating talks and workshops, covering topics on reducing restrictive practice within inpatient mental health wards.

We would like say a massive thank all of our speakers and delegates who made the day so successful! We were absolutely honoured to have received such a great response from services around the UK.



*Ruth Davies from NHS England, delivering her presentation on 'Improving the therapeutic offer from acute inpatient mental health services: National Update'.*



*AIMS-WA Advisory Group Chair Ellie Walsh*

### **Feedback from delegates:**

“Excellent day made special by service user experience”

“I enjoyed the “Respect” workshop, Merseyside Hope Model and Iris Benson talk”

“Enjoyable and helpful content. Useful take home content”

“Very educational and interesting”

“Interesting, today made me feel hopeful about the future of mental health services”

“Very thought provoking”

“Good and relevant content. Have idea to take away and look to use for improvement”

### **Contribute to our Newsletter!**

**We want to hear from you!**

**If there have been any interesting or innovative developments on your ward/unit and you would like to tell others about it please send your ideas or submissions to:**

**AIMS-WA@rcpsych.ac.uk**

### **Discussion Group**

**Join our mailing list to:**

- **Keep up to date with upcoming events and training days**
- **Share best practice and quality improvement initiatives**
- **Ask questions, seek advice and network with other members**
- **Share policies, procedures or research papers**

**To sign up, email the word 'Join' to AIMS-WA@rcpsych.ac.uk**

### **AIMS-WA Committee Vacancies**

We've still got some vacancies on our committees, particularly for psychiatrists & psychologists - if you'd be interested in joining the Committee please get in touch.

More information can be found on our [website](#)



## Managing Difficult Emotions Pathway (MDE Pathway)

Author: Cara Oats, Ward Manager, Greater Manchester Mental Health NHS Foundation Trust

### Why the MDE Pathway was implemented

Many of the individuals we care for share a common experience of emotional trauma which can lead to maladaptive coping strategies such as self-harm, substance misuse, aggression and negative thought patterns.

We observed that individuals with these experiences would seek increased support from staff whilst on the ward to manage their emotions. In the long term this did not promote patient autonomy to develop skills to manage emotions independently. Resulting in frequent readmission to inpatient settings where this immediate support was more available.

The staff felt they were not supporting individuals to manage their difficult emotions and felt unable to support individuals to develop problem solving skills and coping strategies.

Evidence based research suggests that when working with individuals who struggle to manage difficult emotions, a solution focused and structured approach works best as this supports individuals to develop skills to manage independently and gain autonomy over their own recovery story.

### Environment

Keats Ward is 22 bedded female acute ward in Salford, Greater Manchester.

### Aims of the Pathway

The aim of the MDE Pathway is to provide support and structure to people

who find it difficult to manage their emotions.

### Compassion Focused Therapy

The MDE Pathway is underpinned by Compassion Focused Therapy (CFT). CFT focuses on 6 skills for development; sensitivity to own needs, care for self-wellbeing, non-judgement, empathy and distress tolerance. These skills aim to counteract the feelings of shame, worthlessness, fear and self-criticism which often lead to maladaptive coping strategies such as self-harm, aggression and substance misuse.

### Criteria

Individuals who are experiencing difficult emotions which they may be struggling to understand and which are affecting their daily life.

Including, but not inclusive of:

- Emotionally Unstable Personality Disorder
- Emerging Personality Disorder
- Adjustment Disorder
- Low mood
- Anxiety

Individuals can be commenced on the MDE Pathway by their primary nurse following discussion with the individual, and where appropriate their family, friends or carers. The MDE Pathway may also be prescribed following ward round review with the consultant.

### Structured Sessions

Each week the individual will be offered three structured sessions. The sessions consist of two 1-1 sessions and a group session. The Individuals are given an appointment card.

If the individual requires support outside of their allocated sessions, staff will support them to reflect on their safety plan. This will encourage the individual to

develop skills that will support their independence and help feel in control of their recovery.

*Example of Appointment Card*

Managing Difficult Emotions Pathway		
Your sessions this week will be on:		
Session	Date	Who with
Session 1		
Session 2		
Session 3		

**Staff Support**

Training

- Brief introduction to Compassion Focused Therapy.
- Compassion Focused Therapy Mapping

Supervision

- Reflective practice
- Clinical and line management supervision
- Staff feedback questionnaires
- Case formulation

Evaluation of data continued on the next page...

**Structured Interventions**

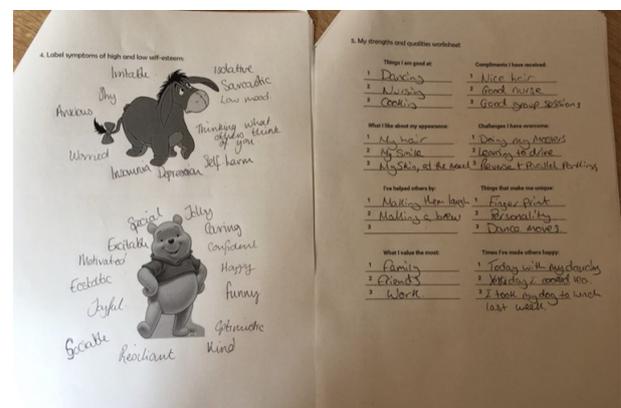
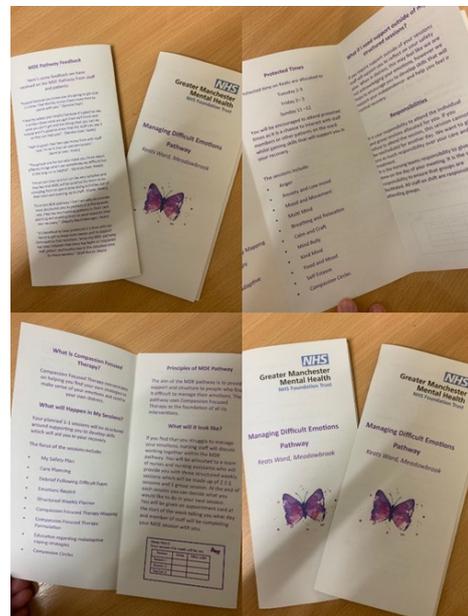
1-1 Interventions

- My Safety Plan
- Difficult Emotions Record
- Structured Weekly Planner
- Debrief Following Difficult Event
- Compassion Assessment Circles
- Compassion Focused Therapy Formulation Mapping
- Self-Harm Education and Management
- Substance Misuse Education and Management

Groups Sessions

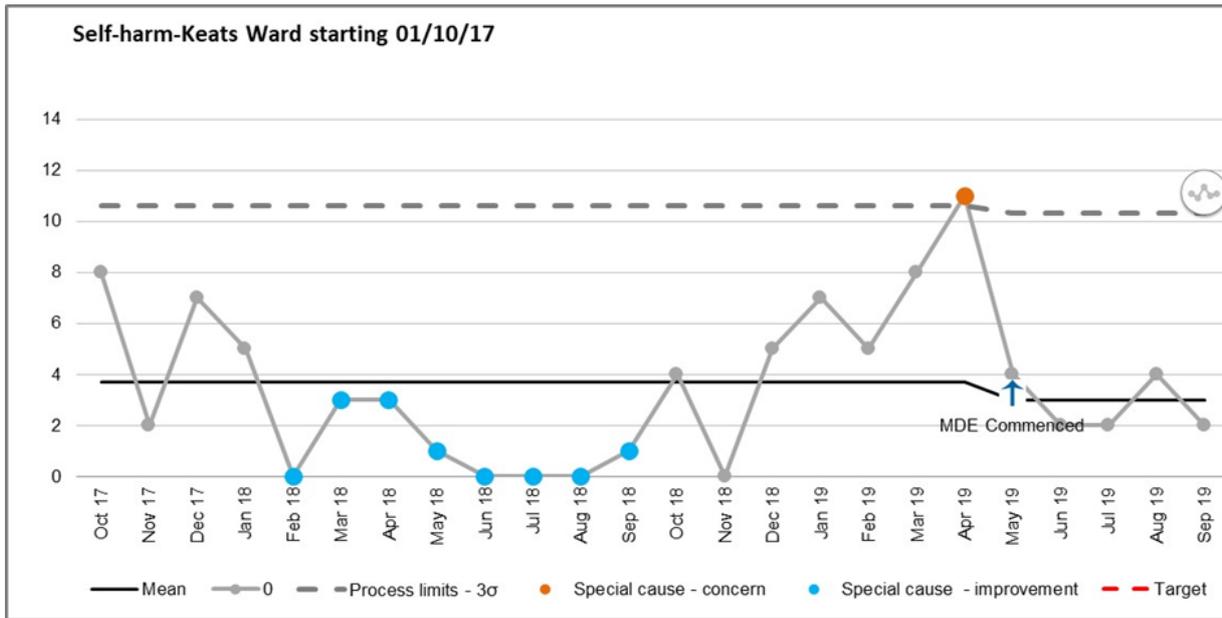
Group skills sessions are held 3x a week on the ward and are facilitated by a qualified nurse, this time is protected therefore should not be interrupted unless there is an emergency. There is a mixed focus with the groups on skill building and social prescribing.

- Core Emotion Sessions- Anger, Anxiety and Low Mood
- Multi-Mind
- Food and mood
- Breathing and Relaxation
- Mind Bully
- Calm and craft
- Kind Mind
- Self Esteem
- Mood and movement
- Compassion Assessment Circles
- Positive and pamper



## Post 5 Months of Implementation

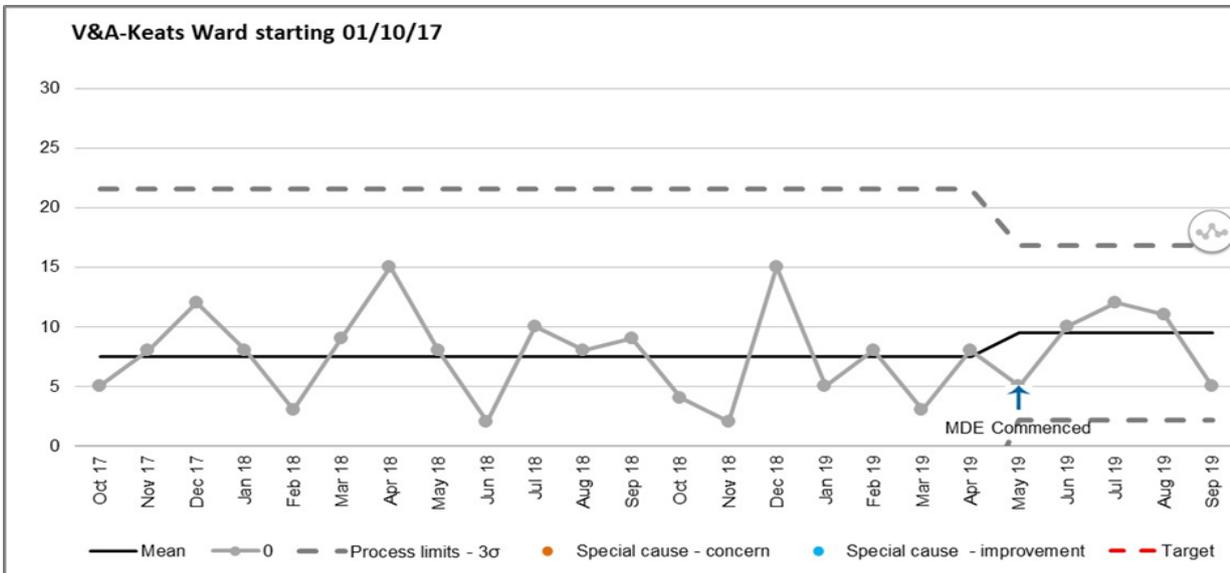
### Self-Harm



There was an 80% increase in the number of self-harm incidents in the last 12 months compared to previous 12 months.

However, since the implementation of MDE Pathway (May-Sept), there has been a **61% reduction** of self-harm incidents compared to the previous 5 months (Dec-Apr).

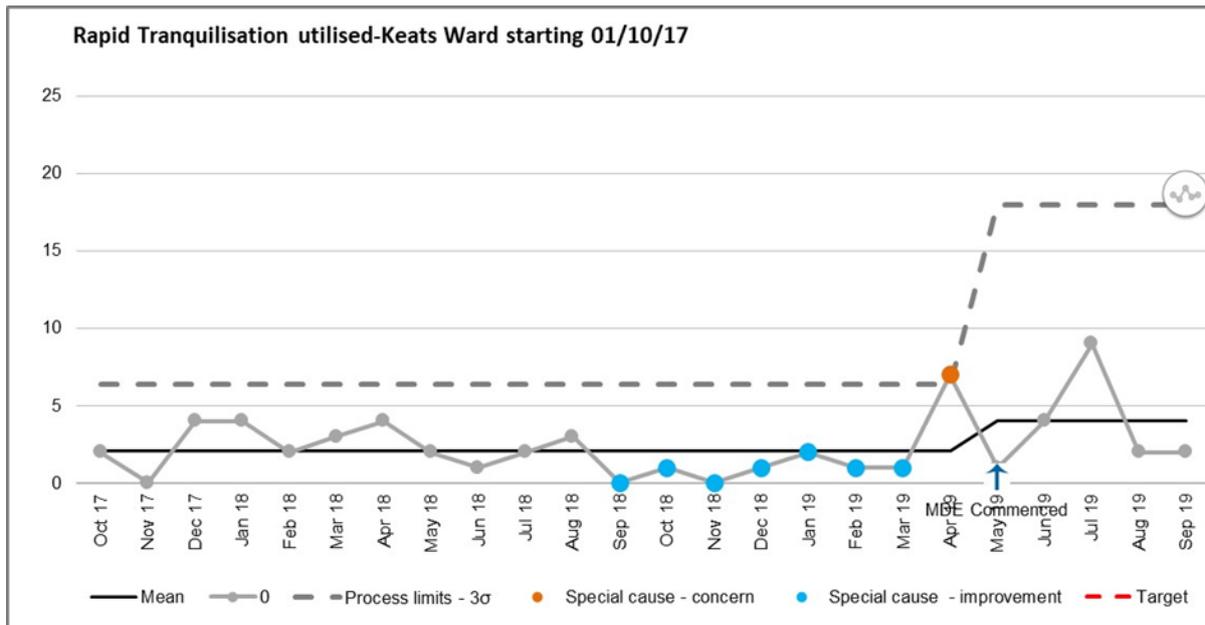
### Violence and Aggression



There was a 9% reduction in the number of V&A incidents in the last 12 months compared to previous 12 months.

Since the implementation of MDE Pathway (May-Sept), there has been a **10% increase** of V&A incidents compared to the previous 5 months (Dec-Apr).

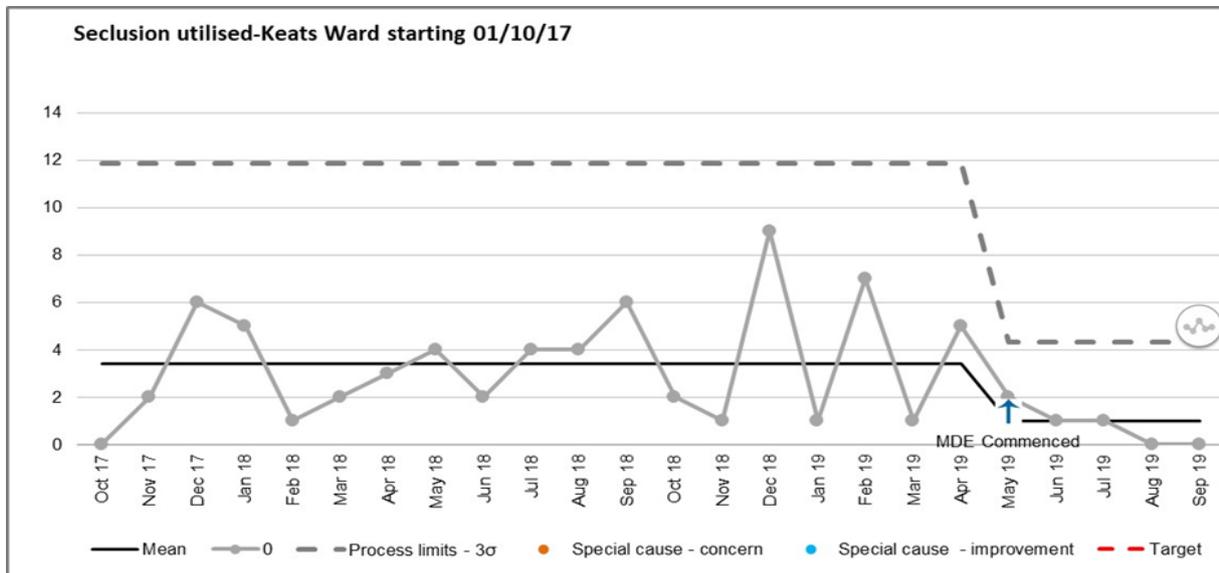
## Rapid Tranquilisation



There was a 15% increase in the use of rapid tranquilisation in the last 12 months compared to previous 12 months.

However, since the implementation of MDE Pathway (May-Sept), there has been a **50% increase** in the use of rapid tranquilisation compared to the previous 5 months (Dec-Apr).

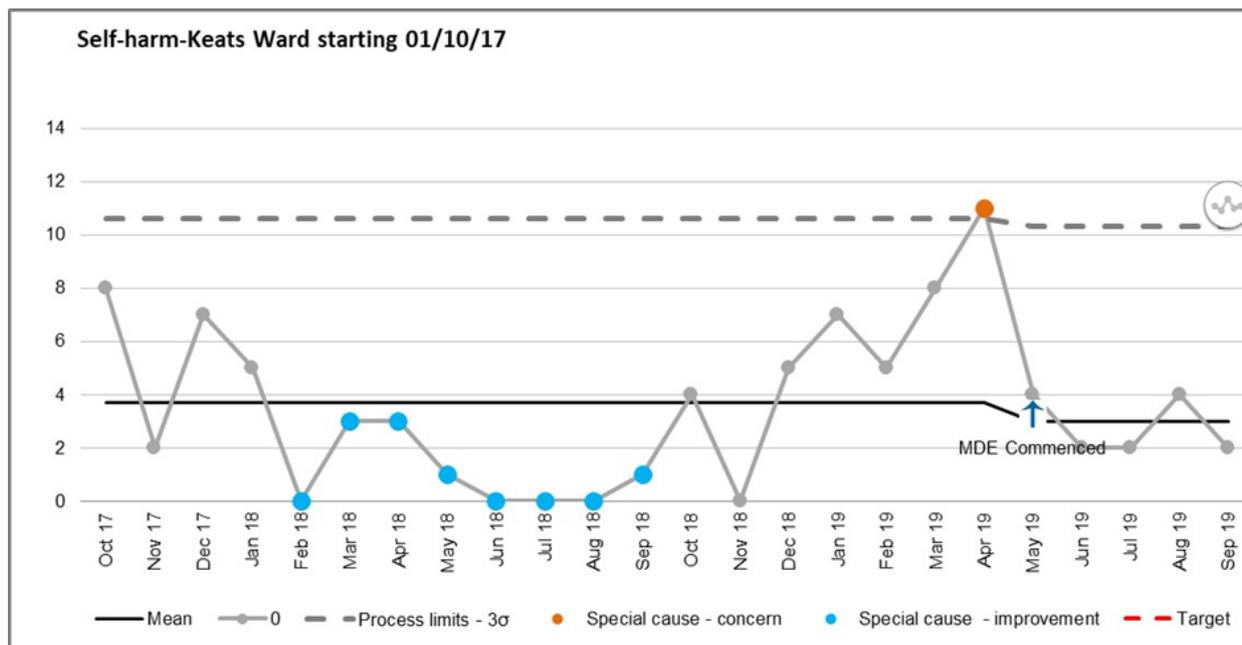
## Seclusion



There was a 23% reduction in the use of seclusion in the last 12 months compared to previous 12 months.

However, since the implementation of MDE Pathway (May-Sept), there has been an **83% reduction** in the use of seclusion compared to the previous 5 months (Dec-Apr).

## Use of Restraint



There was a 16% reduction in restraints in the last 12 months compared to previous 12 months.

Since the implementation of MDE Pathway (May-Sept), there has been a **32% reduction** in the use of restraints compared to the previous 5 months (Dec-Apr).

## Feedback from Patients and Staff

"It's good because you know you are going to get that 1-1 time. I feel like the nurses have more time to spend with you." (Service User)

"I find the safety plan helpful because it's good to see it written down what you get from self-harm and what you don't get and the things that you can do instead and it's good to know that the staff can see it so they can help you". (Service User)

The person they care for can be very isolative and they feel that MDE will be positive for them in encouraging them to spend time doing activities out of their room and opening up to staff. (Carer)

"Since the MDE pathway I feel I am able to provide more structured care to patients in a therapeutic way. I feel we are involving patients in their care planning and enabling them to work towards their own recovery." (Deputy Ward Manager)

**SAVE THE DATE**

## Upcoming Events!

### **AIMS-WA Peer Reviewer Training Thursday 13th February**

*Royal College of Psychiatrists, 21 Prescott Street, London E1 8BB,  
12:30–16:00*

### **Special Interest Day: Aiming for Accreditation Wednesday 27th May 2020**

*Royal College of Psychiatrists, 21 Prescott Street, London E1 8BB,  
12:30 - 16:00.*

*If you would like to book a place at either of these events, please email AIMS-WA@rcpsych.ac.uk*

#### **Contact the AIMS-WA/AT**

We love hearing from our members and helping to facilitate communication amongst our teams — after all, it's what being part of a network is all about!

If you would like more information regarding the contents of this newsletter, have any ideas for something you'd like to see next time, or would like to contact us about anything else at all then do get in touch!

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