

01

Recovery tree with discharge message

02

Mobile phone use on the ward (adolescent)

03

Having a floor walker

04

Removing ward round

05

A mood chart for patients to monitor their trigger points

06

Granting community leave for PICU patients

07

End of shift huddle to check in with staff

CHANGE IDEAS SUGGESTED AT LEARNING SET 2



IMPROVING MENTAL HEALTH SAFETY
Reducing restrictive practice

08

Safe self harm

09

Carers' lunch - would it promote more valuable input?

10

Service user led working group for this project

11

One handover on a Monday morning for all staff to discuss weekend's events

12

Introducing a de-escalation or calm room

13

Body cameras to reduce restrictive practice

14

Taking medication to patients' rooms

15

Debriefing with all involved after an incident

16

Include community based activities around where patient lives

17

Patients included in care plans and risk assessments

18

Positive language

19

PBS Collaboration

20

Psychological interventions group

21

Safety huddle

22

Restrictive practice group with young people

23

Team away day

24

Intentional rounding

25

Implementing an evening activity worker

26

'Here to help' lanyards

27

Individual reflection with patients / a 'what happened' form

28

Use of mobile phones (access to social media)

29

Open door engagement (allocated times every week)

30

Review PM to night shift routine

31

Weekend activity folder

32

'Here to help' buddy for patients

33

Specific area of activities on the ward

34

Using the BVC score every 15 minutes in seclusion

35

Community meeting on a PICU

If there are ideas on here that you have already implemented, please contact your QI coach to share your learning with other wards.

NATIONAL COLLABORATING CENTRE FOR MENTAL HEALTH

36

Changing morning routine on ward

37

Five minute 1:1 before bed - lead to calmer night?

38

Active participation in care plan

39

Key worker session prior to ward round

40

Protected time for key worker to read care plan at start of shift

41

Introduce staff support group

42

Introduce going home checklist/huddle for staff

43

Dealing with difficult feelings group

44

Meet with patients - what is restrictive for them?

45

Assertive communication group for patients

46

Patient-led
safety huddle

47

Increase
nurse-led
activities on
ward

48

Non-qualified
staff attend
clinical
meetings &
inform decisions

49

Review use of
language
during
handover

50

Introduce 'calm
down' boxes
(one for ward or
individual ones)

51

Give patients
responsibility
of their phone
chargers

52

Give dining
room a more
homely feel

53

Comments
and
suggestion
tree for
patients

54

Improve
induction/
welcome
training

55

Review when
restrictive
intervention
takes place

56

Protected time
on ward from
other hospital
staff visiting/
assessing

57

Reminding staff/
patients to close
doors quietly at
night

58

Access to tea
and coffee at
night

59

Protected
breakfast time
for staff and
patients

60

Patients tick
board when an
activity takes
place