

Reducing Restrictive Practice Programme – LifeQI discussion forum

11TH MARCH 2019

NATIONAL COLLABORATING CENTRE FOR MENTAL HEALTH

LifeQI Discussion forum

- ▶ There is a wealth of work being done across the RRP Collaborative, to support continued sharing and learning a discussion forum has been created on LifeQI.
- ▶ The discussion forum on LifeQI will provide you all an opportunity to share knowledge and ideas, ask questions of your fellow teams and to provide a social space for discussions to take place.

Discussion forum cont.

- ▶ To take part in this forum, once you've logged into LifeQI, click on the 'Discussions' button on the left hand side

The screenshot shows the LifeQI interface. On the left, a navigation menu is visible with the following items: Start, Projects, Programmes, Discussions (highlighted with a blue bar), Reports, Analytics, Groups, People, and Organisations. An orange arrow points from the 'Discussions' menu item to the 'Projects' section of the main content area. The main content area is titled 'Projects' and features a search bar, a 'Start a new project +' button, and an 'Actions ↓' button. Below these are three project cards, each with a progress indicator (a circle with '0.5' inside) and a right-pointing arrow. The projects listed are:

- Juniper Ward - Reducing Restrictive Practice**
To reduce the overall use of restrictive practice by XX % by April 2020
Barnet, Enfield and Haringey NHS Foundation Trust
Lead by and National Collaborating Centre for Mental Health (NCCMH)
- Nostell - Reducing Restrictive Practice**
To reduce the overall use of restrictive practice by XX % by April 2020
South West Yorkshire Partnership NHS Trust
Lead by James Waplington and National Collaborating Centre for Mental Health (NCCMH)
- Crystal Ward - Reducing Restrictive Practice**
To reduce the overall use of restrictive practice by 30 % by April 2020
East London NHS Foundation Trust
Lead by Zakeeva Tilly and National Collaborating Centre for Mental Health (NCCMH)

On the right side of the page, there is a 'Filters' section with the following options:

- Active ✓
- My Projects ✓
- My Org's Projects ✓
- More filters ▾

In the bottom right corner, there is a blue circular button with a white speech bubble icon, representing the discussion forum.

Discussion forum cont.

You will then see the discussion forum

4

Discussions [Get help with discussions](#)

Start a new discussion + Actions ↓

Search...

Discussions

Discussion Area for the Reducing Restrictive Practice Collaborative →

Pinned Started by Erika Kittow 22/02/2019

Showing 1 to 1 of 1

Filters

- Subscribed ✓
- My Discussions ✓
- My Org's Discussions ✓
- More filters ▾

Start
Projects
Programmes
Discussions
Reports
Analytics
Groups
People
Organisations

Subscribing to the discussion forum

5

- ▶ To subscribe to the thread and be kept up to date with all posts and uploaded information, please click on the 'Actions' button on the top right hand side and then select 'Subscribe'. Once you've 'Subscribed' to the thread you will be alerted (by email) when a new post has been posted.



Discussions

[Get help with discussions](#)



Discussions



[Start a new discussion](#)

Actions ↓

Discussion Area for the Reducing Restrictive Practice Collaborative

Pinned

Started by Erika Kittow 22/02/2019



Showing 1 to 1 of 1

Filters

Subscribed ✓

My Discussions ✓

My Org's Discussions ✓

More filters ▾

Start

Projects

Programmes

Discussions

Reports

Analytics

Groups

People

Organisations



Posting on the discussion forum

6

- ▶ To post on the discussion forum type your message into the blank box and click on 'post comment'.

Discussion Area for the Reducing Restrictive Practice Col

Only members can view

Attach a file

Test discussion

Your post will be displayed like the example here

A moment ago

Saiqa Akhtar

SA

Demonstration how to use the Life QI discussion forum

7



Features ▾

Use Cases ▾

Pricing

Resources ▾

Sign in

Free Trial

Where people improve healthcare, together.

Life QI is the global web platform where tools, people and data come together to make improvement happen.

[Get Started](#)

Already got an account? [Sign in](#)



NCCMH

#MHSIP

You can
find more
information
here:

- ▶ There is more information on the discussion area of Life QI on the Help Centre here:
<https://help.lifeqisystem.com/discussions>
- ▶ Or email us at:
safetyimprovement@rcpsych.ac.uk

Sharing progress on other platforms

- ▶ Since the Reducing Restrictive Practice Programme started there has been a lot of buzz around the work being carried out by wards
- ▶ Twitter has been one of these platforms where some of the work is already being shared.
- ▶ Teams have been tweeting using the official hashtag for the programme: #MHSIP
- ▶ We actively encourage project teams and wards to share their experiences, stories and progress on the programme thus far!

Twitter



Home Moments Notifications Messages

#mhsip

Top Latest People Photos Videos News Broadcasts

Search filters · Show

Who to follow · Refresh · View all

- BigBlank** @bigbLnk
Follow
Promoted
- Enggano SIP MH** @MhSip
Follow

Meg Georgiou and 3 others liked

Emily Cannon @EmilyCanQI · Feb 17
Waveney Ward @NSFTweets have evenings as this was when the major

Perfect example of the importance of measuring with data or reflecting on triggers #MHSIP #ReducingRestrictivePractice

Amy @AmyRN7
Replying to @minifee
Thank you! We have really supportive so aren't about as that's

Nikki J RN (MH) @Nikki1138 · Jan 17
Great to be part of the @LGH_AmberPICU @Hattie487 @HinalChudasama #MHSIP Reducing Restrictive Interventions QI project group meeting. Talking Safety crosses, generating change ideas and I think the team even came up with their first PDSA cycle! Thank you @ZLinekar



Dr Hayley Richards @AWPChiefExec · Feb 27
Thanks so much to Gemma Rust & Theresa Tattan for a passionate and exciting account of how Bradley Brook has reduced restrictive practice and improved care in one of the most challenging environments. It's all about leadership! @AwpSecure @AWPNHS #leadership #qualityimprovement

Next Steps

- Full Team Meeting 4th Feb (incl QI Support Manager)
- Attend 2x monthly National Workshops - Shared Practice
- Share an 'Expert by Experience' via 800 Job Role
- Implement the Quarterly Target Action
- Local QI Goals
- Standard Reporting
- Learning

Amber Ward @LGH_AmberPICU · Feb 15
Stage one of our 'Reducing Restrictive Practice' notice board has gone up today with the help of one of our service leaders! PDSA cycles and graphs are to follow watch this space 🙌 exciting times ahead #qualityimprovement #nationalcollaborative @Nikki1138 @ZLinekar @QL_SPFT

Reducing Restrictive Practice

AMBER - BELLERON - A BODY OF THE MANDAM PROOF SHOWS THAT WE WILL BE SUPERSEDED BY A SHIRT MEMBER OF ALL THINGS. WHILE IN SILENCE YOU WILL BE ABLE TO GREAT WITH REVEREND BY THE TEAM.

GREEN - PHYSICAL RESTRAINTS - ANY DIRECT PHYSICAL CONTACT MADE BY A SERVICE LEADER WITH THE INTERVIEWED INDIVIDUAL OR RESTRICTIVE REMOVAL OF THE BODY OR PART OF THE BODY.

BLACK - RAPID TRANSFORMATION - THE USE OF AN INTERVENTION USUALLY IN ORDER TO URGENTLY REDUCE LEVELS OF AGITATION.

You Retweeted

Emily Cannon @EmilyCanQI · Jan 29
Fraser at Ferndene @NTWNHS have already implemented so many ideas to reduce restrictive practice with @Talk1stNTW. That didn't stop them generating even more change ideas today! The team constantly think about how they can improve patient care @saigancmh @NCCMentalHealth #MHSIP

You Retweeted

Lianne Holland @LianneHolland22 · Feb 3
Our QI board is up in the corridor, great to see the positive feedback and the pictures of activities being done up there with the data collected! @SarahHoltom1 @Keuty4

The Programme Team are on twitter too!



Amar Shah
MHSIP National Quality Improvement Lead
@DrAmarShah



Helen Smith
MHSIP Clinical Programme Director
@HSmithSafety



Tom Ayers
MHSIP Programme Lead
@TomNCCMH



Dominique Gardner
MHSIP Project Lead
@Dominiqueg_05

QI Coaches



Kate Lorrimer
@QI_KateL



Emily Cannon
@EmilyCanQI



Zoe Linekar
@ZLinekar



Saiqa Akhtar
@SaiqaNCCMH