



**Change idea:**

*Morning Routine: Bedroom Signs*

**Predictions**

- Take in service-user's preference, which provides a sense of control to their daily routine.
- This will allow a positive start to the day, resulting in a reduction in incidents linked with poor sleep and irritability

**Plan**

- Inspired by a service-user idea
- Create bedroom signs (discussed content in QI meeting)
- Sign to include name, observations, wake-up time and knocking preferences

**Do**

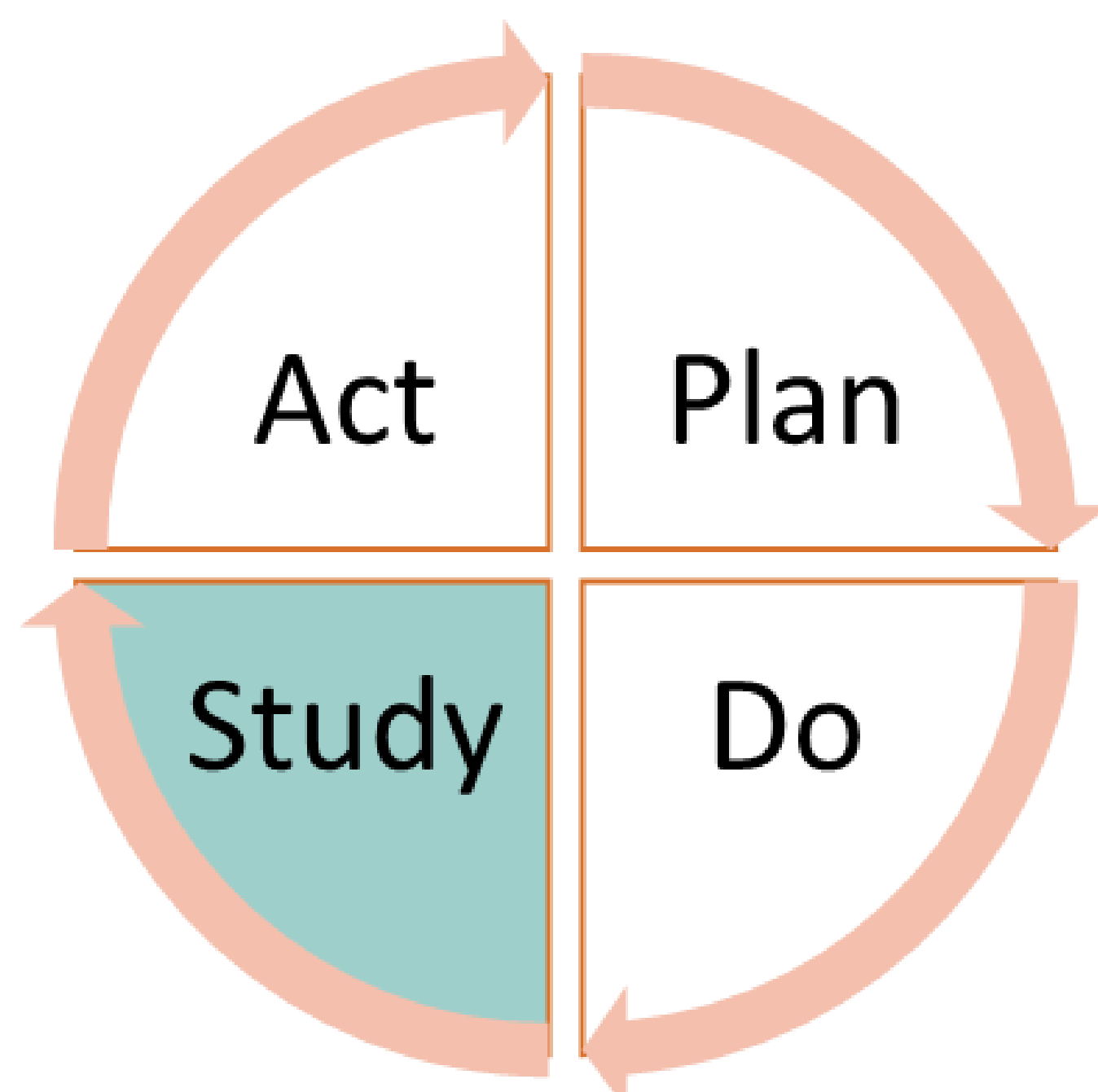
- Bedroom signs were created, laminated and velcroed onto doors
- Service-users engaged well in filling out the signs (fluid document)
- Emails sent to all staff

**Study**

- Service-users responded positively
- Improved communication between staff and service-users
- Improved sleep on ward, resulting in reduction in incidents linked with poor sleep/irritability of staff waking up service-users

**Act**

- Email will be sent to all staff as there was some confusion with observations preferences during night-shift - this is used for daytime only
- Signs are not always completed or up-to-date; staff to be reminded to update during 1:1s or Mutual Help Meetings



**All teach, all learn**

- Service-user bedrooms are a private space and, therefore, it is important to allow service-users to have some control of who/how/when staff approach this place.
- The signs have allowed service-users to express their preferences and structure their day, whilst improving communication across the ward.

