

Change idea:

*Introduction of individual 'Relaxation Boxes'
for all patients on the ward*

Predictions

All individuals will have access to an individualised relaxation box that they can access throughout their journey on the ward to support their recovery and support self regulation. This will provide staff with a tool/intervention to help individuals reduce their potential of escalation of distress.

Plan

To provide individuals with their own relaxation box on admission. The box will contain some suggested activities from hand cream, bath bombs, lavender balm, word searches, breathing techniques & stress ball. Patients named the boxes 'relaxation boxes'.

Do

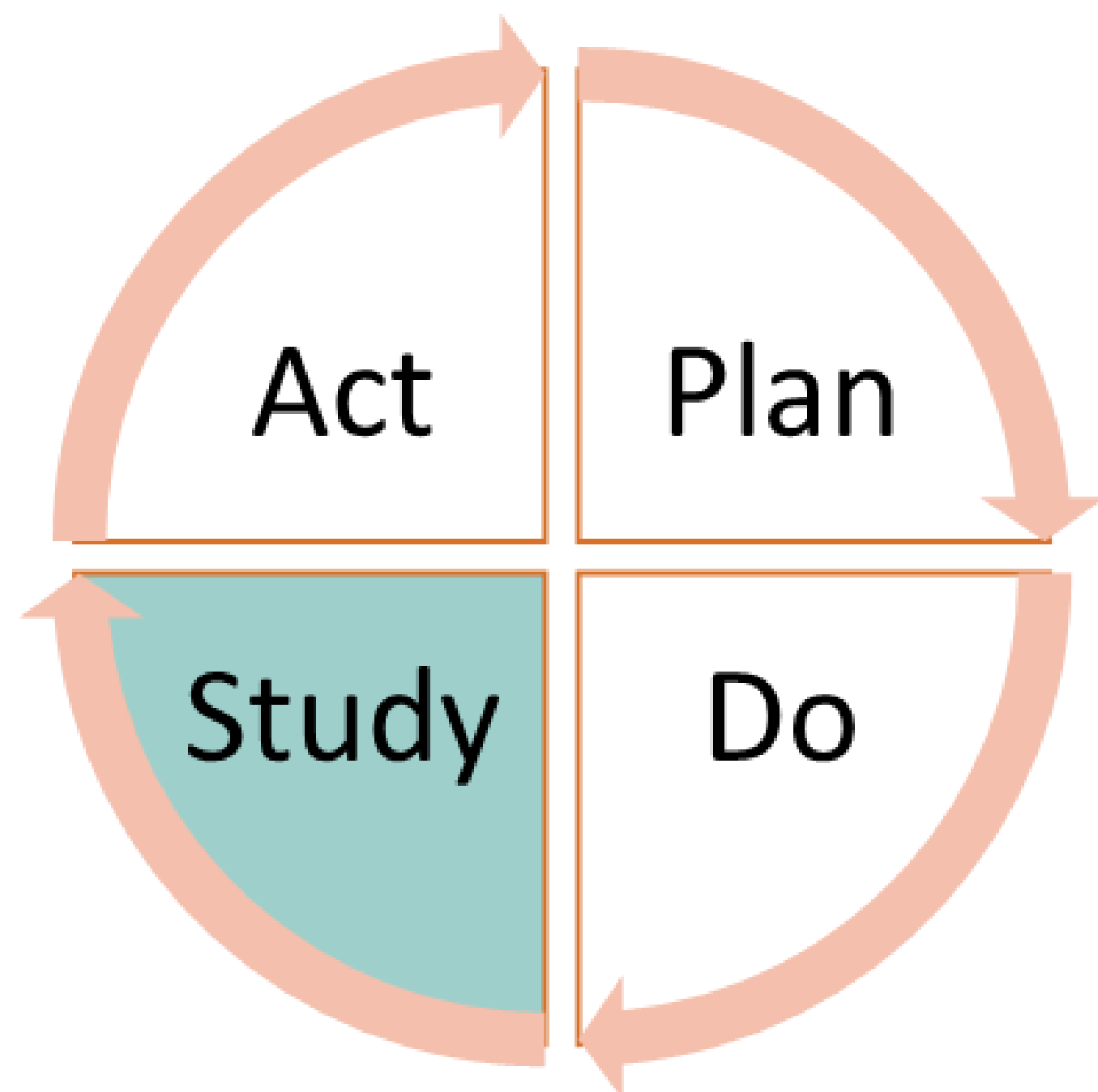
Individuals are encouraged to identify activities/items that help to be calm and alert them if feeling anxious or distressed, either through 1:1 with their named nurse, support from completing an interest checklist or a sensory preferences checklist.

Study

- Individuals are encouraged to identify how they are feeling before and after using items in their personalised relaxation box.
- An audit of popular items used are recorded.
- Qualitative feedback from individuals on what items they use is recorded and monitored.

Act

- We will continue our audit of popular items and gathering patient feedback.
- The boxes are being promoted by a poster displayed in communal areas.
- A poster is also in the clinic room proposing relaxation boxes as an alternative to PRN medication.
- All patient's personalised boxes have become part of their plan of care.



All teach, all learn

- Relaxation boxes offer an alternative or at very least an additional tool/intervention when individuals are feeling distressed or anxious.
- Patients are encouraged to self identify activities that are calming and alerting.
- The next step is to develop a sensory modulation group on the ward to help individuals start to develop an understanding of their sensory processing needs.

