



Change idea:

Increasing activities – creation of an activity box

Predictions

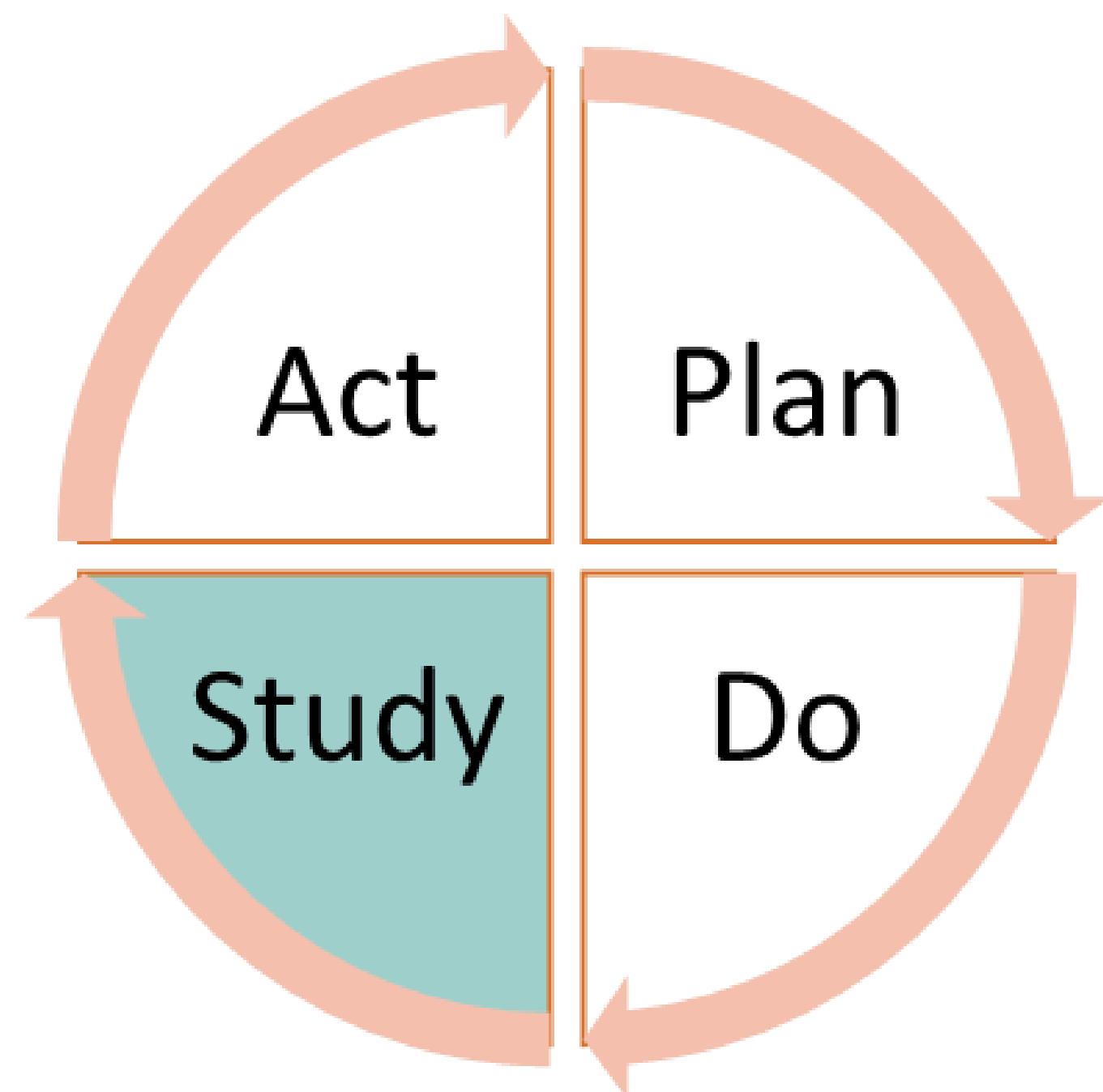
The young people would have access to activities to complete with peers and/or staff to reduce distress at times when incidents may occur and staff are involved in other interventions.

Plan

- Staff to speak to patients about the activity box, and generate ideas for activities to include
- Create box
- Place box in the main lounge in the ward
- March 2019.

Do

- Staff met with young people to discuss the box and contents on each ward, created the boxes with the suggested activities
- Used incident reports to collect and compare data before and after the intervention
- Observed that when staff were not available, the activities helped young people make positive choices.



Study

Reviewing feedback from the patient experience, patient meetings and safety cross we have noticed that when activities are unable to go ahead there has been an increase in self-harming behaviours.

Act

- To continue with activities, promoting patients/staff involvement
- Continue to act on feedback
- Added mindfulness activity board in areas of the ward.

All teach, all learn

We have found that when patients do not engage in activities there is an escalation in behaviours that challenge.

We are working towards supporting patients to become more self-reliant, to enable them to access the activity box without prompts from staff.

