

REDUCING RESTRICTIVE PRACTICE

BY

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AIM

- Juniper Ward are now working towards reducing restrictive practise by 1/3 by April 2020

Restrictive practice defined by NHSI

- Rapid tranquillisation
- Restraints
- The use of seclusions

LIFEQI

Total number of physical restraints, episodes of seclusion and use of rapid tranquilisation each month

Outcome measure (C chart)

Charts

Plan

Actions ↓

Charts

● Add a chart +

Total number of physical restraints, episodes of seclusion and use of rapid tranquilisation each month (Juniper Ward - Restraints)

Monthly



Total number of physical restraints, episodes of seclusion and use of rapid tranquilisation each month (Juniper Ward - Seclusions)

Monthly



Total number of physical restraints, episodes of seclusion and use of rapid tranquilisation each month (Juniper Ward - Rapid Tranquilisations)

Monthly



JiM- Juniper Improvement Meetings

Multi Vote 24.01.19		CHANGE IDEAS	RANK ORDER													TOTAL:		
			A	L	S	R	A	S	I	N	F	F	M	M	O	P	S	
•••••	*	More Away Days e.g. Toby Carvery ③	4	5	4	2		1		4	5		7	1	2	5	2	42
•		More service user attendance at improvement meeting																
•		More use/awareness of Kingswood Centre ^{esp. classes}																
		Use of ward round request sheets											1					
••		Group exercise on Juniper e.g. Yoga																
••		More job opportunities on ward																
•		More OT/TT sessions																
•		Explore communication on the ward																
•	•	Prompting new Kingswood activities e.g. ^{1 night} industry								1								
•••••	*	Facilitate more early morning leaves (8-9) ⑤	5	6	2	1	6	2		6	6	1	5	3	1	6	6	56
••		Promote pairing up on leaves								2								
••		New ways of promoting activities/groups								2								
•		More shared awareness about leave types								2								
•••••	*	Ensuring good sleep hygiene (nurse light checks) ④	1	1	3	4		5	7	5	7		6	3	2	3	45	
•••	*	Consistent Juniper Improvement Meetings ②	3	2	6	7		3	3	8	3		2	7	3	1	39	
•		More promotion of GP services (incl. annual health reviews)							4				3	9				
•		Increasing access to psychology (e.g. groups)																
•		More access to community leave																
		Clearer outline of activities e.g. sewing																
•••	*	Promoting social (everyday) discussion ⑦	6	7	5	7	6	4	5	2	8		4	6	4	7	7	74
••		More Kingswood open days incl. sports								6			2					
•••	*	Induction Booklet ①	2	3	1	6		6		1	2		1	4	1	5	32	
•••	*	Improving food options ⑥	7	4	7	5	8	7	5	7	2		6	5	5	4	4	68

Change ideas

Juniper ward held a BBQI to gather ideas for an induction booklet for Juniper ward.

BBQI was one of the change ideas taken from our Juniper improvement meetings to encourage more patients to attend.

JIM meetings happen twice a month



The aim of having a **floor walker** is to have a member of staff available at all times during shifts to meet patients needs



PDSA

Reducing Restrictive Practice QI Collaborative



Change idea:

Changing viewing panel keys to plastic keys

Predictions

1. Staff will continue to use the mental viewing panel key
2. Staff will not use the torch
3. Staff will continue to put bedroom lights on during nightly checks
4. Staff will continue to make noise during night checks

Plan

Marvelyn and Annette to work with NS to see if the use of a plastic viewing panel key would reduce disturbances during the night.

To put the torch, plastic viewing panel key and fish key together for staff to use

Staff to use night light (fish key) if unable to see patient movement using the torch

Do

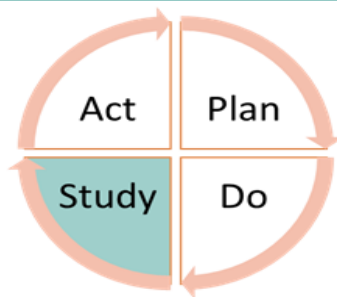
A plastic viewing panel key was obtained from security desk, the patient was asked to lay in her bed. The viewing panel was opened using the plastic key many times and instead of turning on the nightlight, the touch was use. She demonstrated different sleeping positions and asked us to try again, She was happy with the outcome

Study

This was tested for a week. NS provided feedback that this was a better way of checking patients during the night as it made less noise and disturbances

Act

This was piloted for a week in order to measure changes/ effectiveness using the plastic viewing panel key and fish key (nightlight)
After a week staff implemented the method of observation for all patient on Juniper Ward. Plastic viewing panel key replaced all metal ones (on security and clinical keys)
Plastic viewing panel keys were given to most of the staff with a fish key to attach on to their lanyard to reduce noise with their key bunch





Thank you for listening

