

# Reducing restrictive Practice On Jupiter Ward

Melissa day (Deputy ward manager), Joe Sullivan (Occupational  
Therapist), Ioanna Prifti (Activities Co-Ordinator)

# Jupiter Ward

23 bed Mixed Acute Mental health Ward

Springfield University Hospital

South west & St. Georges Trust



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Collaborative



Compassionate



Consistent



# Challenges identified in initial meetings

- Smoking breaks / leave
- Discharge and admission planning
- Contraband – lighters, drugs, etc.
- Bank staff / low permanent staff
- 1930's building – difficult environment
- Boredom / inactivity



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# Initial ideas for reducing restrictive practice

- Shared meals with service users
- Regular staff reflective practice
- Psychology input for staff and service users
- Debriefs after incidents
- Zoning
- Ward information packs and carer's packs available throughout the ward
- Increased activities – art groups, therapy dog, gardening group, creative writing group
- 'Here to help' Lanyard



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# Initial ideas for reducing restrictive practice

- Sensory/ relaxation room in the process of being put in place
- Named nurse posters in bedrooms
- Information about community activities available
- Volunteers on the ward to increase activities
- Community meetings
- Involvement from previous service user in community meeting
- Mutual expectations
- Project to improve progress notes and documentation – SBAR used in all progress notes
- Extending the visiting hours
- Opening the nurse office door



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# Strategies / changes implemented

## Activity time table

- Longer groups
- 1:1 engagement box
- Art groups
- Current affairs
- Daily walking group
- Gardening allotment group
- Therapy dog
- Creative writing
- Smoothie group

## Ward rules environment changes

- Phone chargers
- In-house training to boost nurse's confidence
- Here to help lanyard

# Introduction of new and exciting activities....

## Fluid painting



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# Exhibition of art work at the recovery college



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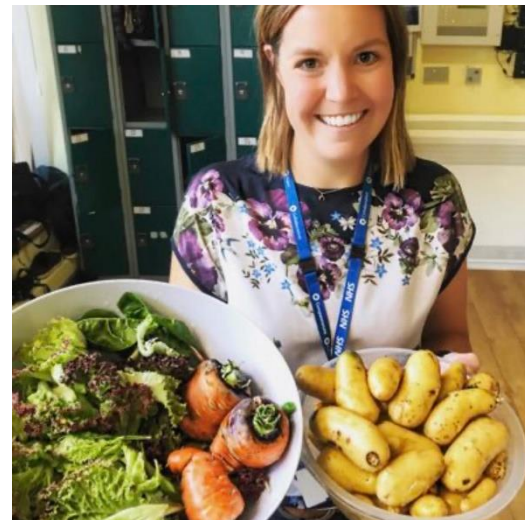


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# Gardening Group



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## Norman the therapy dog



# Cooking and smoothie groups

With Produce grown in Jupiter veg patch



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# Daily walking group and other groups



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# Relaxation room developments



Before

So far



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# Nursing Staff

- More in house training for nursing staff (eg. Self harm first aid, burns first aid, restrictive practice monitoring form, clustering, risk assessment, care planning)
  - Increasing confidence in their own ability
  - Less likely to turn to restrictive interventions
- Dissemination of positive feedback (Carers and service users, Student nurses, student doctors, visiting professionals)
  - Boost moral
  - remind team they are doing a great job!
- Here to help lanyard



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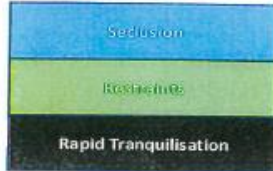
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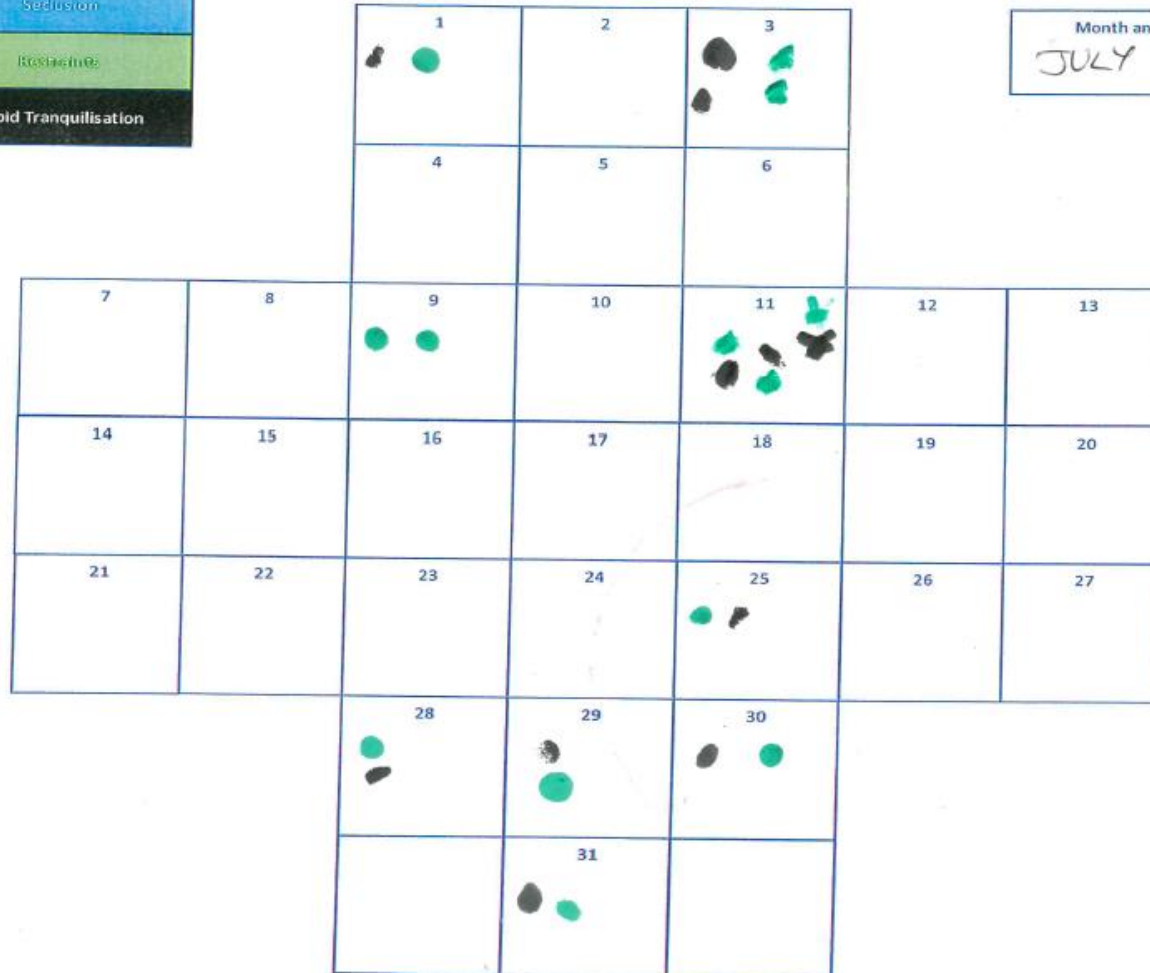
# July Safety Cross

NATIONAL  
COLLABORATING  
CENTRE FOR  
MENTAL HEALTH



**Q** IMPROVING MENTAL  
HEALTH SAFETY  
Reducing restrictive practice

Month and Year:  
JULY 2019



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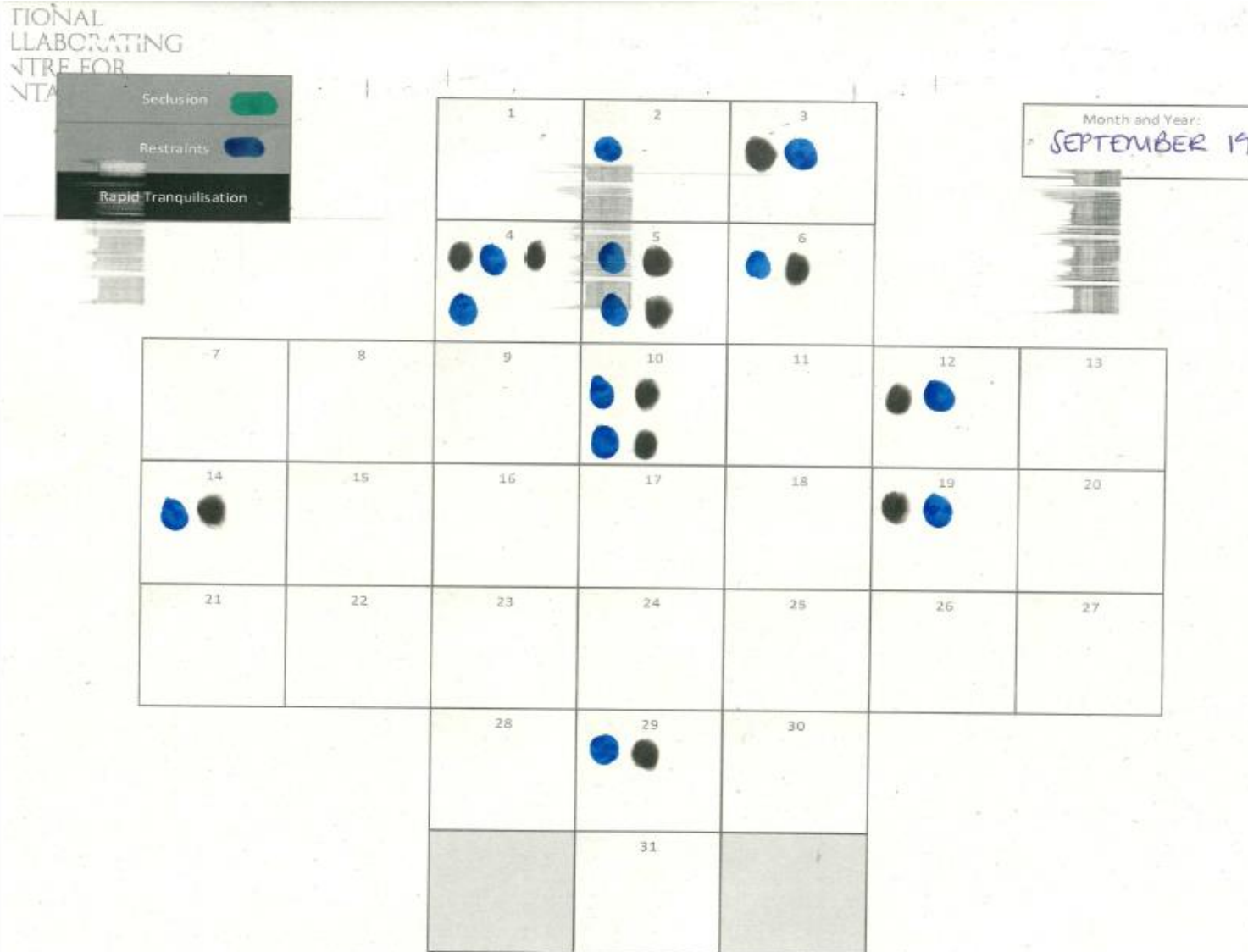


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# September Safety Cross



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# October Safety Cross



FUNCTIONAL  
LABORATORY  
CENTRE FOR  
NITA

Seclusion	
Restraints	
Rapid Tranquillisation	

Month and Year:  
OCTOBER 19

		1	2	3		
		4	5	6		
7	8	9	10	11	12	13
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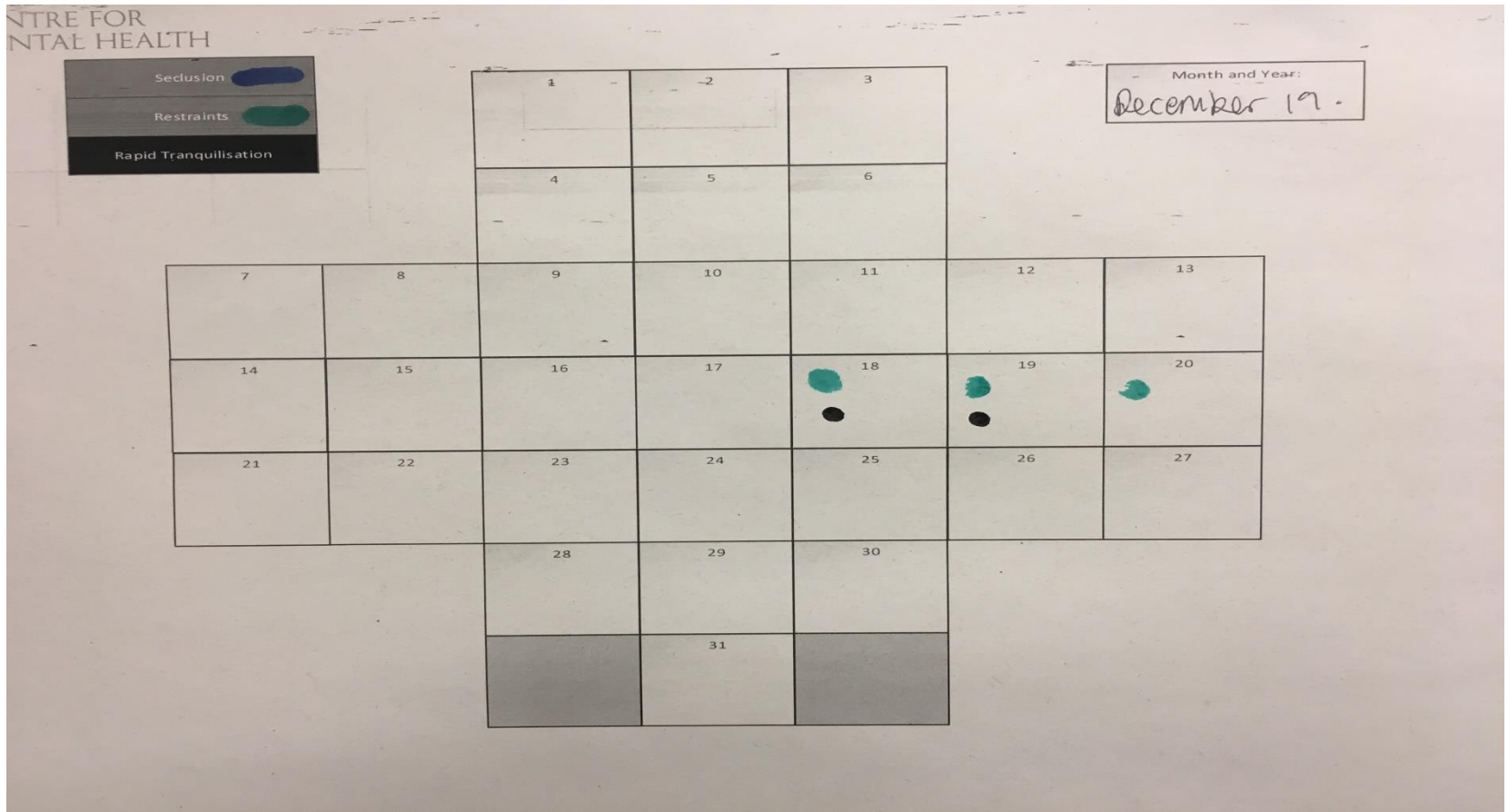


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# December Safety Cross



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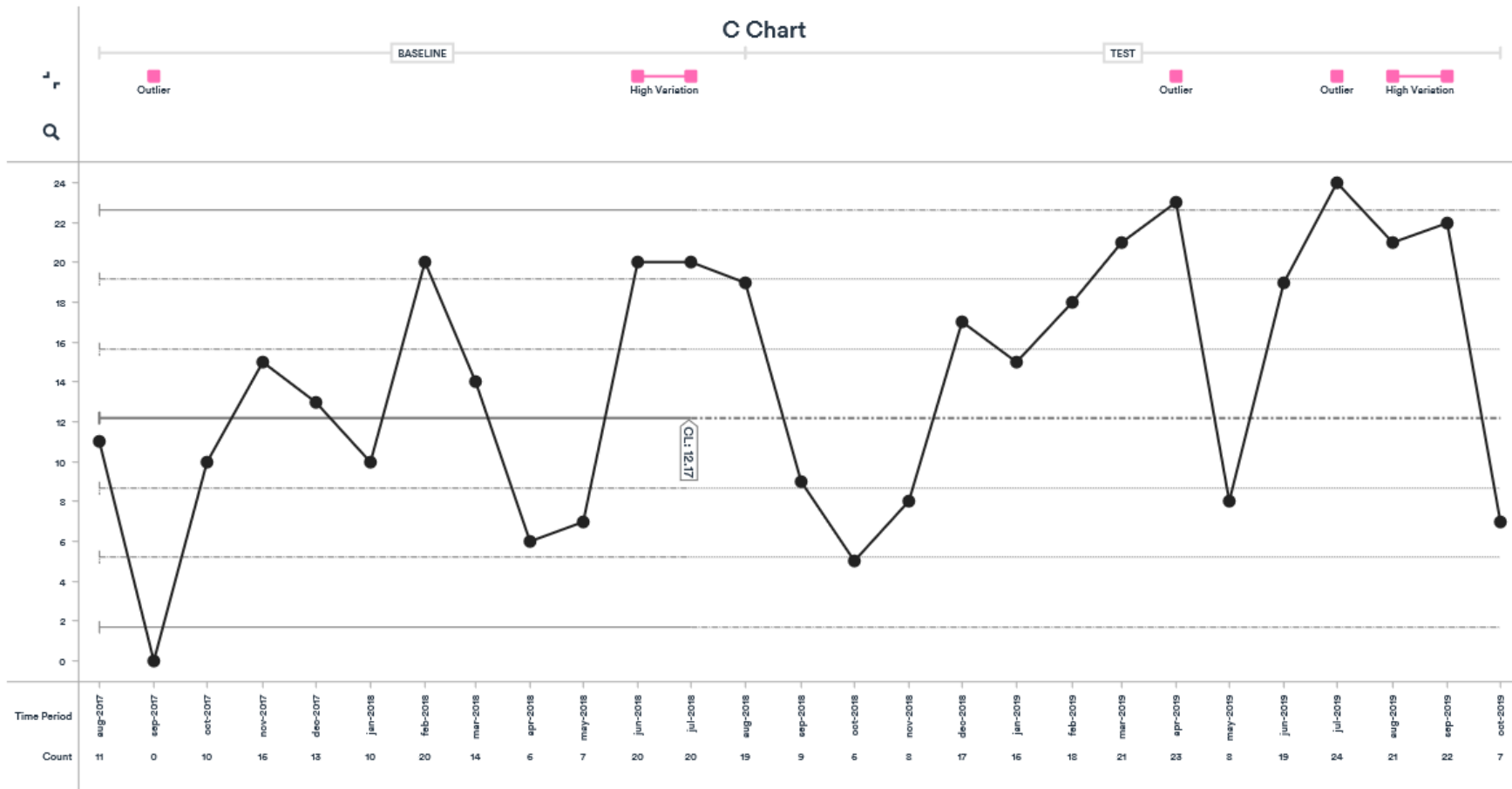


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# Run Chart data



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# Challenges to making change

- Serious incidents
- Changes in the staff group
- High numbers of admissions/ discharges –
  - average 20 admissions a month
  - Length of stay 40 days
- Resistance from staff – “no comment”
- Staff involved in the project having a large workload
- Loss of psychologist



# Improvements

- Recruit more key nursing team
- Data collection –
  - reliant on one person
  - Include record of engagement from staff (a positive safety cross)
- Patience –
  - Volunteers
  - New room
  - Staff / culture changes



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## Example Success Story

- Service user on 1:1 observation and requiring daily rapid tranq IM injection
- Staff utilised activity box
- Positive and meaningful engagement with 1:1 staff
- 1:1 downgraded to intermittent and no further incidents requiring RT IM injection



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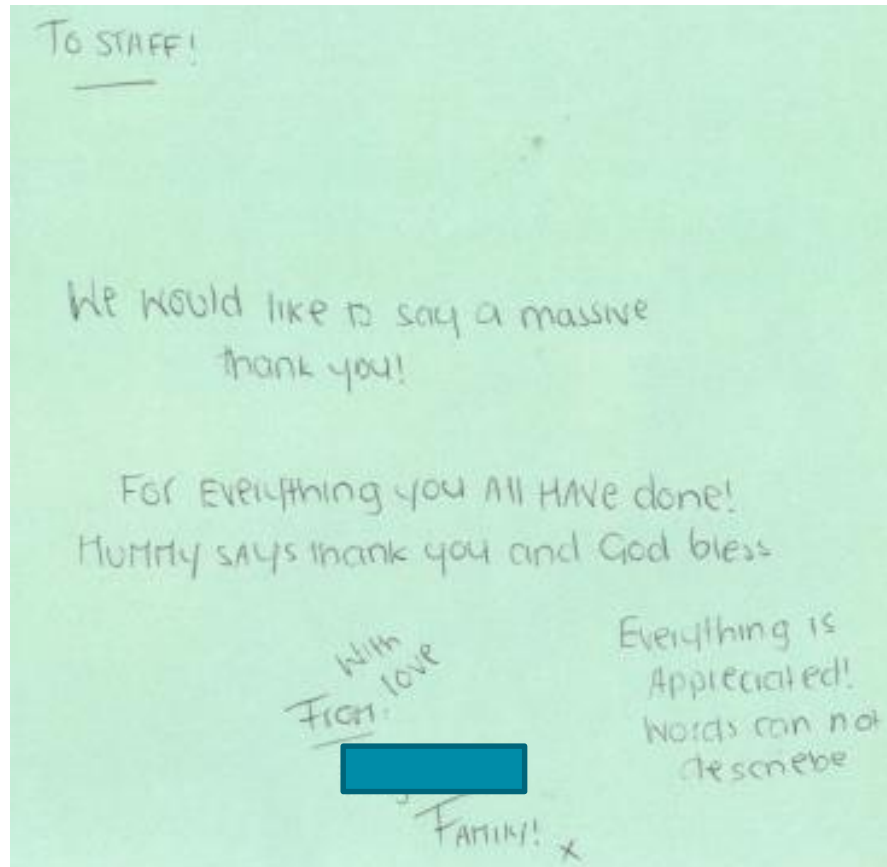
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## Feedback example:



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# Thank you!

Any Questions?

Ioanna Prifti – Activity Coordinator  
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