Reducing Restrictive Practice

Measurement Plan

Outcome measures

There are three outcomes that we will all be measuring each month:

- The number of episodes of physical restraint
- The number of episodes of seclusion
- The number of times that rapid tranquillisation is administered

These measures will be the primary way in which we will know whether our changes are actually reducing restrictive practice. Please find enclosed in your packs a poster of definitions for each outcome measure.

Safety cross

A safety cross is a simple and visual data collection tool used to count the thing you wish to improve. The safety cross will allow you to record the number of physical restraints, seclusions or rapid tranquillisation episodes on your ward. The purpose is to make the issue transparent for both staff, service users and carers, and support staff to collect data in an easy way whilst on the ward.

We ask you to put up the safety cross in a visible area of your work, and use the different colours to mark each day whether any of the above three types of restrictive practice occurred. The safety cross represents one calendar month, with each box representing a single day.

The attached safety cross templates provide two options – a single box for each day, or split by shift. Please use the template you feel is most appropriate for your ward.

Line charts

A line chart template is enclosed in your packs with one chart per outcome measure. Your line chart will already have your baseline data for the last 12 months added to it. The line chart will help your team see whether the changes you are making are having any impact on restrictive practice over time.

We ask that you put up the line chart in a visible area of the ward, and at the end of each month, use the safety cross to count the number of each type of restrictive practice and plot these onto the line chart.

Data champion

We ask that each ward allocate a ‘data champion’ who will ensure the safety cross is updated daily, and line chart is updated monthly. The data champion will also input the data at the end of each month into the online LifeQI platform.