

# NEWSLETTER

Thank you all for committing to reduce restrictive practices. Together we can make a big difference to the experience and outcomes of our service users. As we start this work together, please remember the importance of coming together as a whole team (of different professional groups, plus service users) to start talking about the topic and exploring the factors behind the use of restrictive practice.

We are starting to see lots of excitement and progress across all the wards, and we'll be sharing these regularly through these newsletters. We have three examples from different Trusts below, which might provide you with some inspiration! If you'd like your work to feature in the next newsletter, just talk to your QI coach and let us know what exciting ideas you are testing...

We hope you and your teams have a wonderful festive season, and we look forward to supporting you with this important work over the coming weeks and months. Don't hesitate to reach out if you need any help.

Best wishes  
Amar



### Knights Ward – North East London NHS FT

The staff team at the newly refurbished Knights Ward made time in their induction to find out more about the RRP programme. They created their 'team CVs', showcasing the extensive experience, skills, knowledge and commitment they have, not to mention the shared love of music and dancing! The team were left thinking about the barriers and facilitators to this work and how they can all be involved in coming up with change ideas and start testing small changes.



### Coburn Centre Galaxy Ward – East London NHS FT

During their first meeting, the team at Coburn Centre Galaxy, London, had a great brainstorming session on the triggers that lead to restrictive practice on the ward. They also discussed the strengths of the ward and whether they have full representation of all disciplines on the project team. As a result, the team are going to invite someone from therapies to join and think about more change ideas ready for their next meeting.



### Coral Ward – Camden and Islington NHS FT

Lil, Neil and Sophie from the project team on Coral Ward at Highgate Mental Health Centre in London. The ward have already been using a QI approach to reduce violence and aggression, so they are well versed in the tools and methods. Sophie (a QI coach for the ward) has been working with them on that and will also support them with the RRP work too, which is a fantastic internal resource to have. During our QI meeting we developed their first PDSA (for this programme) to test patient-led safety huddles.



**IMPROVING MENTAL  
HEALTH SAFETY**  
Reducing restrictive practice



safetyimprovement@rcpsych.ac.uk



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