



REDUCING RESTRICTIVE PRACTICE

NEWSLETTER

FEBRUARY 2019

In this month's newsletter we have some great stories of wards that have been testing two sets of change ideas: **morning routines** and **visual boards**. The feedback from these change ideas has been very positive, with staff and service users saying that it is really helping to raise awareness of the programme and keep the reduction of restrictive practice in mind.

If you're testing anything on your wards that you feel is working well, please do share with your QI coach so that we can let others know.

We're looking forward to seeing many of you at the second learning set on 11th March, when we'll be hearing and sharing all the progress happening on wards across the country.

Morning Routines

Garner Ward

Cornwall Partnership NHS FT

Garner Ward is a dementia unit and their first change idea is to wake patients up more gradually in the mornings. The team are testing the change idea with one patient first, who is waking up with a natural light lamp to see if this decreases agitation in the mornings.

Lark Ward

Norfolk and Suffolk NHS FT

Lark Ward are now taking patients' medication to their bedrooms to make mornings a more positive experience. Patient key cards, which would often lead to frustration by being broken or mislaid, have been replaced with wristbands to open doors on the unit. The new changes seem to be working well!

Irwell Ward

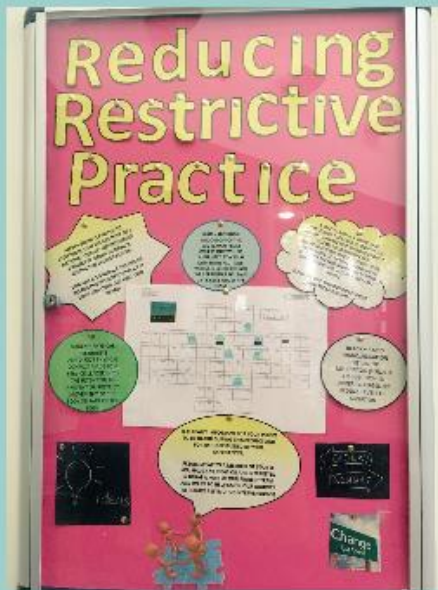
Greater Manchester MH NHS FT

Irwell Ward now have protected breakfast time between 08:00 - 09:00 where patients and staff have breakfast together. Patients have said that having company at breakfast gives them a really positive start to the day.

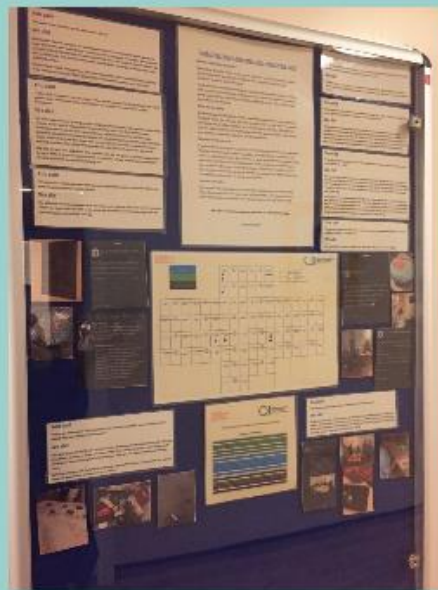
For more ideas of this type, click on the button below:

[Resources link](#)

Visual Boards



**Amber Ward
Sussex Partnership NHS FT**



**Irwell Ward
Greater Manchester MH NHS FT**



**Coral Ward
Camden and Islington NHS FT**



**Lilacs Ward
SW London & St George's MH FT**

Are any other wards...?

"Able to share a mobile phone usage policy that is working well?" - Galaxy PICU - ELFT

"Using CAMHS or LD friendly induction materials they could share?" - Galaxy PICU - ELFT

"Involving HCAs or support workers in decision making? How do you do this?" - Fraser House - NTW

"Using the Broset Violence Checklist to reduce the length of seclusion?" - Maple - Solent

Restraint Reduction Network

The Restraint Reduction Network is running a series of podcasts that ward members may be interested in. The next podcast will take place on 6th March 2019 and will discuss using the lived experiences of people to inform restraint reduction planning.

You can register for the podcast and find out more about upcoming webinars on the [Restraint Reduction Network website](#).

BBC You and Yours

The Reducing Restrictive Practice programme was featured on BBC Radio 4 this week. The piece talks about some of the successes seen on Springbank Ward, which many of you may remember from the launch event in November, as well as the positive impact that reducing restrictive practice has had on some of the service users.

If you'd like to [listen](#) to the piece, the section on this programme begins at 24:52.

Free Event: Understanding Key Intervention Components

The University of Leeds [Mental Health Research Group](#) is hosting a free event on **5th June 2019** that will discuss findings from a recent study into the potential of a number of interventions to reduce restrictive practice. A new piece of work focusing specifically on interventions within children and residential settings will also be introduced.

For more information and to register to attend, please visit the [event registration page](#).

