

# NEWSLETTER

Our Learning Set for the Reducing Restrictive Practice Programme on 14th January was the first opportunity for wards to get together since starting the programme. It was a great opportunity for everyone to meet each other and we hope you were able to troubleshoot any challenges you might be facing in getting your projects underway.

Don't forget to **continue measuring** restrictive interventions on your safety cross and enter the data in to LifeQI and **spread the word** so your patients and wider staff team are aware of the project. Please also remember the **coproduction pledges** you made at the Learning Set. Patient involvement is key to this work and we look forward to seeing patient input feeding in to your change ideas.

If you have any information or ideas you'd like to share with other wards, please get in touch with your QI Coach!

The next learning set will be on 11<sup>th</sup> March.

Best wishes,  
The Mental Health Safety Improvement Team



Examples of the ways to involve service users in your projects which were developed by you at the January Learning Set.

## Did you know?



A great way to demonstrate to your teams what PDSA cycles are can be found on the Institute for Healthcare Improvement website [here](#)

## Woburn Ward – West London NHS Trust

Here's Woburn ward kicking off their first QI session with the team CV building exercise. Creating a team CV is a great way to collate the wide range of skills and experience team members bring to the project and learn more about one another, especially when it comes to hobbies. It's also a fun and helpful way for the QI coaches to get to know their teams!



- ✓ Team name (something that uniquely identifies your team)
- ✓ Each team member's name
- ✓ Reasons for attending the programme
- ✓ Educational background (e.g., universities attended, no. of years formal education, degrees)
- ✓ Professional skills (e.g., public speaking, writing skills, organisation, listening, persuasion, planning, building, creativity, artistic, analytical)
- ✓ Work experiences (e.g., years in the field, years at your organisation)
- ✓ Major accomplishments in your particular field
- ✓ Publications and awards
- ✓ Volunteer and community activities
- ✓ Hobbies, hidden talents, travel, family

Courtesy of the Institute for Healthcare Improvement



**IMPROVING MENTAL  
HEALTH SAFETY**  
Reducing restrictive practice



safetyimprovement@rcpsych.ac.uk



@NCCMentalHealth #MHSIP

## Stewart Ward – Southern Health NHS FT

Staff from Stewart medium secure CAMHS ward spoke to their discussion group at the learning event about the exciting work they have been doing to make huge improvements to the culture on the ward and minimise blanket restrictions.

They have balanced this extremely well with the complex mental health needs of their patients by introducing **coproduced personalised care plans** and moving towards a **values-based culture of care** between staff and the young people on the ward.

## Seagrove Ward – Isle of Wight NHS FT

Seagrove PICU used their data to identify when most incidents of restrictive practice were happening. The data revealed that it was more likely to happen in the evenings.

As a result, staffing patterns were changed and measures taken to improve the safety of the ward in the evening.

Restrictive practice has since started to reduce on Seagrove.

## Some of the wards we've recently visited in action!



Great Yarmouth Acute Service – Norfolk and Suffolk NHS FT

MULTI-VOTE	IDEAS	N.E.S.	T.H.	L.S.B.	S.D.S.	M.S.	E.H.	TOTAL
	Morning meetings - change time							
	Mobile phones - increasing access							
	Unlock courtyard doors - (w)							
	Staff ED specific training							
	Awareness raising re. RP							
	Reverse internet access process	3	5	3	2	5	3	4
	Increasing activities	2	2	4	1	1	2	5
	YP accessing education							
	No night-time lock down	1	1	2	3	2	2	7
	Reduce N/A feeding							
	Review blanket restrictions							
	Waking routine							
	Individual compact							
	Stop removal of personal items							

Newberry, Evergreen and Westwood wards – Tees, Esk and Wear Valleys NHS FT



Titian Ward – North East London NHS FT



Marina PICU – Northamptonshire Healthcare NHS Foundation Trust

## “Are any other wards...”

### Testing patient-led safety huddles?

Coral ward developed a PDSA cycle on patient-led safety huddles, patient and staff feedback has been positive so far, helping the ward feel safer by addressing concerns raised.

### Displaying a poster that explains the project?

Lilac ward would like to display a poster that provides information to staff, service users and visitors about the project. Does anyone have a poster they can share?

### Successfully increasing access to mobile phones in a PICU setting?

Macarthur ward would be interested in any useful suggestions or advice for doing this.

To get in touch with wards for support around questions like these, you can use the [Reducing Restrictive Practice Improvement Collaborative Group](#) discussion board!

## Reducing Restrictive Practice - Wards and Project Leads

Trust	Ward	Ward Type	QI Coach	Ward Project Lead
Avon and Wiltshire Mental Health Partnership NHS Foundation Trust	Bradley Brooke	Medium Secure	Saiqa	James Wright
Barnet, Enfield and Haringey NHS Foundation Trust	Juniper Ward	Adult Female Forensic Medium Secure	Saiqa	Annette Woods; Francesca Smargiassi
Black Country Partnership NHS Foundation Trust	MacArthur Unit	Adult Male PICU	Kate	Susan Burns
Camden and Islington NHS Foundation Trust	Coral PICU	Adult PICU	Kate	Dr Neil Stewart; Lilian Irish
Central and North West London NHS FT	Colne Ward	Adult PICU	Saiqa	Mellisha Padayatchi
Cornwall Partnership NHS Foundation Trust	Garner Ward	Adult Dementia	Emily	Diane Wilson James; Karen Williams
Cornwall Partnership NHS Foundation Trust	Harvest Ward	Adult PICU	Emily	Diane Wilson-James; Sarah Hall
Coventry and Warwickshire Partnership NHS FT	Rowans Ward	Adult Female PICU	Emily	Amanda Murray
East London NHS Foundation Trust	Coborn Centre Galaxy PICU	CAMHS PICU	Emily	Dr Ravi Patel
East London NHS Foundation Trust	Crystal Ward	Adult Male PICU	Saiqa	Zakeeya Amin Tilly; Lorraine Greene
East London NHS Foundation Trust	West Ferry Ward	Adult PICU	Saiqa	Dadai Gwendoline Dandato
Essex Partnership University NHS Foundation Trust	Christopher Unit	Adult PICU	Kate	Claire Newman; Doreen Mhone
Essex Partnership University NHS Foundation Trust	Poplar Ward	Adolescent Assessment Unit	Kate	Gill Mordain
Greater Manchester MH Trust	Irwell Ward	Adult PICU	Saiqa	Jo Hancock
Isle of Wight NHS Trust	Seagrove Ward	Adult PICU	Zoe	Bev Fryer
Mersey Care NHS Foundation Trust	Maplewood 3	Low Secure Male	Emily	Danielle Simpson
Norfolk and Suffolk NHS Foundation Trust	Great Yarmouth Acute Service	Adult Acute Admissions	Emily	Susana Guerra
Norfolk and Suffolk NHS Foundation Trust	Lark ward	Adult PICU	Emily	John Bingham
Norfolk and Suffolk NHS Foundation Trust	Waveney Ward	Adult Female Acute Admissions	Emily	Sarah Hamilton
North East London NHS Foundation Trust	Knight Ward	Acute Adult Female	Zoe	Chloe Crowe
North East London NHS Foundation Trust	Titian PICU	Adult Male PICU	Zoe	Sanjay Ahgun
Northamptonshire Healthcare NHS Foundation Trust	Marina PICU	Adult PICU	Kate	Andres Patino

Northumberland, Tyne & Wear NHS Foundation Trust	Fraser House	Adolescent	Saiqa	John Callender
Nottinghamshire Healthcare NHS Foundation Trust	Willows Unit	Adult Male PICU	Emily	Theresa Jenkinson
Oxford Health NHS FT	Kestrel Ward	Adult Low Secure	Kate	John Ioannou; Hajrah Yousef
Sheffield Health and Social Care NHS FT	Endcliffe ward	Adult PICU	Saiqa	Adelaide Chibanda; Edelle Offord
Sheffield Health and Social Care NHS FT	Maple ward	Adult Acute Admissions	Saiqa	Adelaide Chibanda Joyce Nyamushosho
Solent NHS Foundation Trust	Maple Ward	Adult PICU	Zoe	Robert Pollock
South London and Maudsley NHS Foundation Trust	Bethlem PICU	Adult PICU	Kate	Carlotta Raby
South West London and St Georges MH Trust	Jupiter ward	Adult Acute Admissions	Emily	Sarah Hinton
South West London and St Georges MH Trust	Lilac ward	Adult Acute Admissions	Zoe	Hannah Jones
South West London and St Georges MH Trust	Wisteria ward	CAMHS ED	Emily	Sarah Cousins
South West Yorkshire Partnership NHS Foundation Trust	Nostell Ward	Adult PICU	Saiqa	James Waplington
Southern Health NHS Foundation Trust	Hawthorns 1	Adult PICU	Zoe	Vincent Alexander
Southern Health NHS Foundation Trust	Malcolm Faulk Ward	Medium Secure Unit	Zoe	Chris Harries
Southern Health NHS Foundation Trust	Stewart Ward	Adolescent Medium Secure	Zoe	Daniel Batchelor
Sussex Partnership NHS Foundation Trust	Pavilion Ward	Adult Male PICU	Zoe	Jodie King
Sussex Partnership NHS Foundation Trust	Amber PICU	PICU	Zoe	Hattie Bailey
Tees, Esk and Wear Valleys NHS Foundation Trust	Evergreen Centre	CAMHS ED	Kate	Megan Healer
Tees, Esk and Wear Valleys NHS Foundation Trust	Newberry Centre	CAMHS Acute	Kate	Nicola Everett-Joel
Tees, Esk and Wear Valleys NHS Foundation Trust	Westwood Centre	CAMHS Low Secure	Kate	Joanne Mitchell
West London Health Trust	Woburn Ward	Adult Male PICU	Saiqa	Alex Strange