



REDUCING RESTRICTIVE PRACTICE

NEWSLETTER

JULY 2019

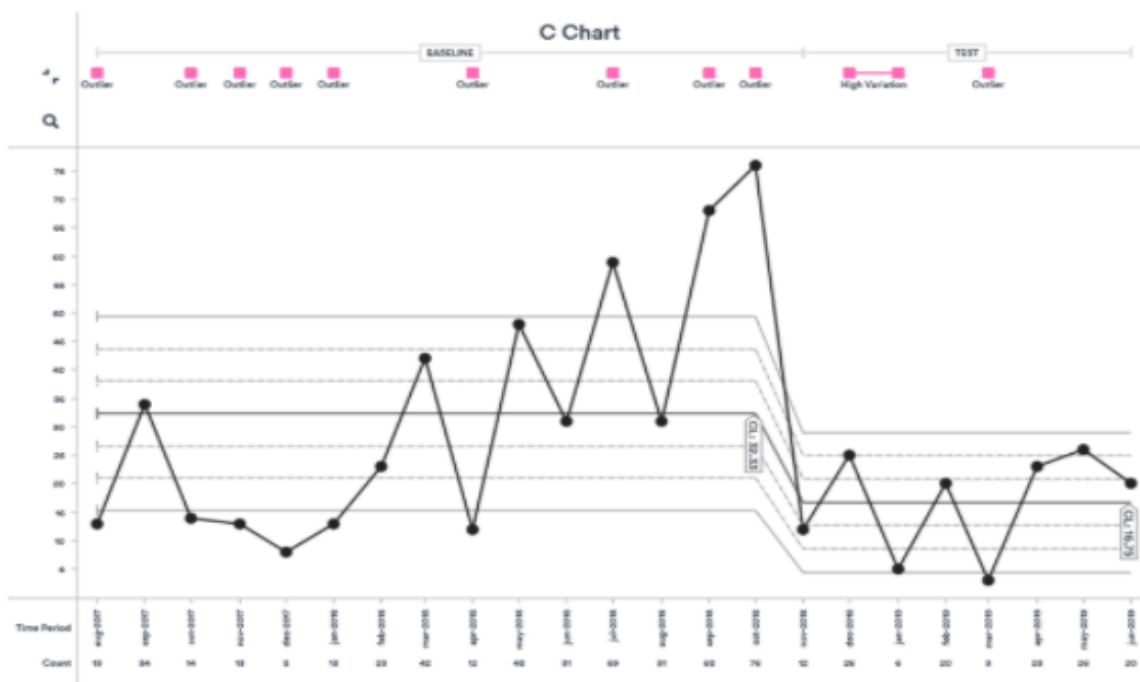
"We're seeing improvement!!

The energy and ideas across this improvement collaborative has just been sensational from day one. Every learning set has been filled with positivity and connections across wards. And now, only 10 months into the work, an amazing 15 of our 41 wards are already seeing improvement in at least one of the forms of restrictive practice. That is incredible progress, and we still have many months of work together...

You can see every ward's data on LifeQI, together with their ideas and tests of change. So please do explore, be curious, find out what others are testing that might be useful to try in your context.

Thanks for all your amazing work – together we are showing that we can reduce restrictive practice..."

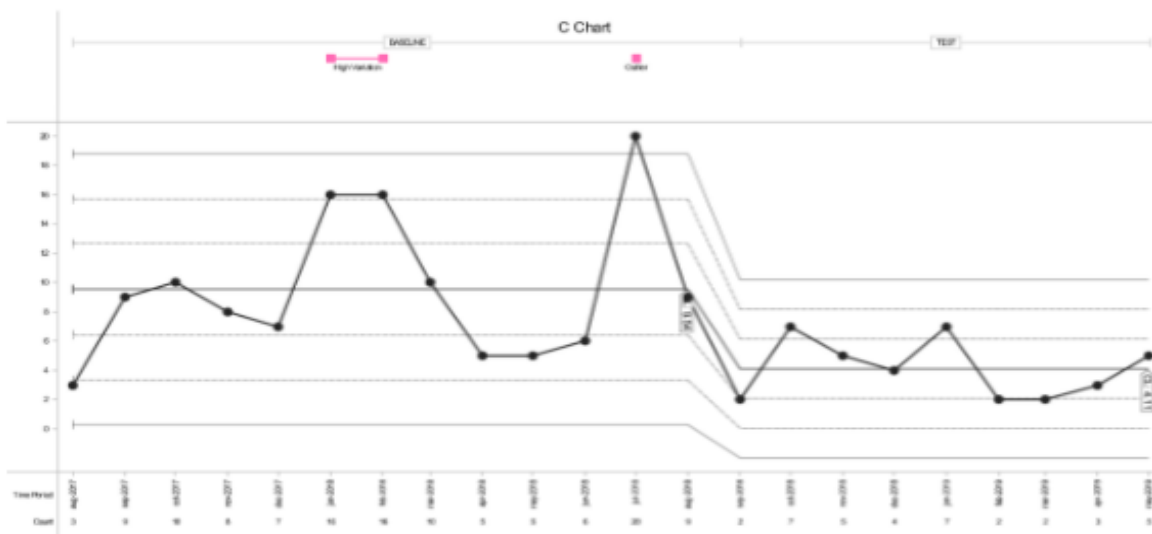
Dr Amar Shah



Great Yarmouth's Aggregate Data

Well done to Great Yarmouth who have seen a reduction in their use of restrictive practice by 47%! The team have tested changes including enhanced co-working with patients on discharge plans, safety huddles, introducing a floor walker and

increased activities on the ward.



Rowan Ward's Restraint Data

Well done to Rowan who have seen a 57% reduction in their use of restraints! The team have introduced several new changes on the ward including individualised calm boxes, changing the time of the morning shop run and different coloured lanyards for staff so that patients can easily identify who they can approach on the ward.

Changes to Ward Environments

Bradley Brook

Avon and Wiltshire Mental Health Partnership NHS FT

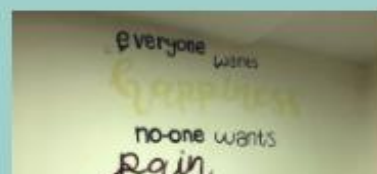
As one of their first change ideas, Bradley Brook wanted to make their chill out room more inviting and accessible for service users. Using their interactive QI board, service users voted on items and the changes they'd like to make to the chill out room. One of the many changes they wanted was for a wall to be painted with chalkboard paint, so they could express how they were feeling by writing on the wall. The service users got really stuck in and helped decorate the room!



Poplar Ward

Essex Partnership University NHS FT

The staff and young people at Poplar Adolescent Unit in Essex have collaboratively made several



changes to the ward environment. They are displaying pictures created by the young people, and have made changes to what was known as the de-escalation room - it is now called the 'snug' and includes colourful walls and comfortable bean bags. The young people are planning to paint a calming mural over the summer holiday period. A corridor where incidents of self-harm regularly took place has been repainted by the young people with this inspirational, recovery-focused quote they chose.



Coral PICU Camden and Islington NHS FT

After gathering service user feedback about the ward environment, Coral Ward in Camden and Islington submitted a bid for funding to make several improvements to the ward. They laid astroturf and installed outdoor gym equipment in the garden. The doors to this space lead from the newly painted and redecorated shared lounge area. They also repainted a number of other spaces on the ward, which included making improvements to a games/activities room. Service users have talked about how much better the space is now, and how much they enjoy being able to use the outdoor gym.

Data

On LifeQI, your charts are all set up as control charts, which help us predict what statistics. Here are five rules that help spot something unusual happening in your data, which might help you identify when your changes are starting to have effect.

CONTROL CHART RULES

3 sigma violation

A data point outside the upper or lower control limits. Highlights a sudden change due to special cause that is not within the normal process.

A trend

6 or more consecutive points in ascending or

descending order. Identifies a small consistent drift in a process.

A shift

8 or more consecutive points above/below the mean. Indicates sustained change.

2 out of 3 points in outer third

Changes have not triggered a trend or shift, but this suggests a special cause and is still something to pay attention to.

15 points in the inner third

Indicates a consistent process with little variation.

Tools and Resources

The King's Fund: Quality Improvement in Mental Health Report

This month we would like to feature The King's Fund: Quality Improvement in Mental Health report. This has lots of useful information and advice including case studies from around the world, building organisation wide support for QI and sustaining change. Click the image below to read the full report.

The King's Fund

Learning Set Materials

At our learning set in July, we heard about many great ideas wards are testing! We also delivered some training on how to interpret control charts. All slides are available on our [website](#).

The Brøset Violence Checklist (BVC)

The BVC is a 6-item checklist which assists in the prediction of imminent violent behaviour.

Pavilion ward have been using the BVC every 15 minutes in seclusion to be sure to end seclusion at the first possible opportunity, and have now started using it during handover. They noticed that some service users were scoring higher than those in seclusion. They reflected that their expectations on how patients should behave in order for seclusion to end might be too high.

Since using the BVC in this way the ward has seen a reduction in time spent in seclusion, and a well known service user saw that on a recent admission he spent 50% less time in seclusion compared to his previous admission.

For more information, see the [BVC website](#).

NAME:		DATE AND TIME SECLUSION INITIATED:	Please score the person in seclusion according to the BVC. If the score is 4 or below please inform the Nurse in Charge to carry out a review. If asleep, put 'S' and inform the Nurse in Charge that the person is asleep. Please also record the BVC score in the seclusion observation notes.													
CIS:																
Time	BVC	Time	BVC	Time	BVC	Time	BVC	Time	BVC	Time	BVC	Time	BVC	Time	BVC	

News and Events



RCPsych International Congress

Emily recently presented the Reducing Restrictive Practice Collaborative to delegates at the Royal College of Psychiatrists' International Congress. John Bingham, Matron on Waveney Ward, also presented how the collaborative works in practice for wards and different ideas being tested on Waveney Ward. We also presented on Suicide prevention which is one of the other QI collaboratives here at the NCCMH. We had a really engaged audience and some good questions afterwards!

Call out for September learning set

It's wonderful to have wards present their work at our learning sets. If your ward would like to present at the next learning set scheduled for September 18th, please get in touch with your allocated QI coach or any from the team.

Positive Practice examples

Here at the NCCMH we are looking for positive practice examples of peer support work. The NCCMH are working on creating a competency framework for peer support workers. If you or your Trust would like to put yourselves forward or would like more information, please contact one of our Researchers [Paulina Jozwiak](#).

Recruiting now!

The NCCMH are recruiting for our second national QI collaborative on the topic of sexual safety on inpatient mental health wards. We would encourage all mental health trusts in England to apply and be a part of improving sexual safety on wards. **The deadline to apply is Friday 26th July at 5pm.** For further details on how to apply please click the image below:



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**IMPROVING MENTAL
HEALTH SAFETY**
Reducing restrictive practice