



REDUCING RESTRICTIVE PRACTICE

NEWSLETTER

JUNE 2019

We're seven months into our work together, and it's great to see a number of wards seeing improvement already. We'll be focusing some of our time at the July learning session on data, to help you put your data into LifeQI and interpret it.

By now all wards should be testing change ideas, involving service users in the work and putting your data on restrictive practice into LifeQI on a monthly basis. Do reach out if you need any help from us.

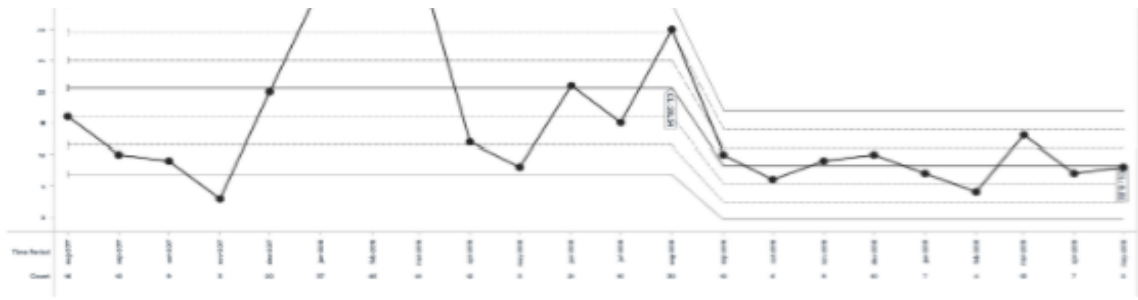


Waveney Ward's Aggregate Data



Maplewood 3's Aggregate Data





Woburn Ward were the winners of Broadmoor Hospital's recent football tournament! Patients used the ward corridors for their warm-up, doing lunges and stretches in their football kits, before scoring a number of goals throughout the day! Staff and patients made great teams and the tournament is still a hot topic on Woburn!



Trauma Informed Care

Wards have been testing various change ideas on approaches to delivering trauma informed care. For example, Crystal Ward are testing a PDSA on training staff in trauma-informed care and how to apply this on their ward, particularly in relation to case formulation and supervision. They are also gathering data to determine whether they are delivering care in a trauma-informed way and whether this leads to a reduction in restrictive practice.

See the below resources and information that may help you to think about introducing this as a change idea for your ward's project.

TRAUMA-INFORMED CARE

Supportive, high quality care that seeks to understand the impact of trauma and proactively avoid retraumatisation

Key Change Ideas:

Environmental changes to avoid retraumatising patients - humanising the space, providing comfort and normalcy, increasing activities

Awareness raising about the impact of trauma on

patients and staff - training, peer support/mentors,
shared stories

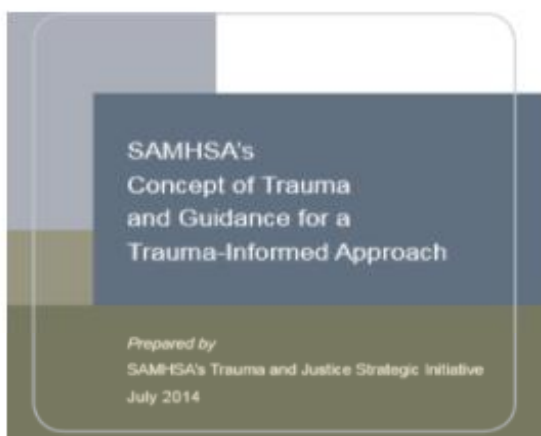
Personalised care planning - asking 'what happened
to you?' and 'what matters to you?' NOT 'what is wrong
with you?'



These resources may be helpful to
further understanding of trauma-informed
care.

The below video can be used to
introduce the key concepts to a wide
range of audiences whereas the
additional two resources provide details
about ways to develop and implement a
trauma-informed approach to care.

Click on the images to access these great
resources.



Tools and Resources

[Team Meeting Agenda](#)

[Calm Cards](#)

Galaxy PICU (ELFT) have been using an agenda for their project team meetings which we thought might be helpful to share:

- Review data
- Review driver diagram/update change ideas
- Review PDSA cycles
- Review action points from last week
- AOB (important dates, upcoming presentations)

A number of wards have started testing the idea of calm cards. These are cards attached to patients' medication card to prompt individualised alternatives to medication set by the patient, such as:

- Listening to music
- Going for a walk
- A computer session

You can access the template for the cards on our website [here](#).

News and Events

Mental Health and Learning Disabilities Leaders Collaborative: Reducing Restrictive Practice

QI coaches, Zoe and Saiqa, recently attended the quarterly MH and LD Leaders Collaborative on Reducing Restrictive Practice in Cardiff. The national network event, sponsored by the Welsh Government, provides a range of mental health professionals with ways in which to drive implementation of Government policy and strategy forward.

During the event they heard about developments across the UK, and about the national policy and frameworks for reducing restrictive practice due to be published in Wales. Zoe and Saiqa had the opportunity to present the work of the reducing restrictive practice collaborative. The delegates were particularly keen to learn more about how they could support their teams in collecting data, how to ensure teams had ownership over testing change ideas for improvement; and how they can overcome barriers they may face.

Most importantly people wanted to hear about all the fantastic work that you have been doing to help reduce restrictive practice on your wards, and the ways in which you have been sharing this through the collaborative. Colleagues in Wales were amazed to hear all the positive stories coming from this collaborative.





RCPsych International Congress

Next week, Emily Cannon, will be presenting the collaborative at the Royal College of Psychiatrists' International Congress. We are really looking forward to having John Bingham (Waveney Ward, NSFT) and patient representative James Ballantine (Westferry Ward, ELFT) join Emily to share their perspectives of taking part in the programme. Congress is attended by 3,000 people from 59 countries so we will be spreading the word of the collaborative far and wide!



Twitter



Website

Copyright © 2019 Royal College of Psychiatrists, All rights reserved.

safetyimprovement@rcpsych.ac.uk
[@NCCMentalHealth](#) #MHSIP

