

REDUCING RESTRICTIVE PRACTICE COLLABORATIVE

OCTOBER 2019

Thank you all for the amazing work you are leading to reduce the use of restrictive practices on your wards. We are so proud to see the genuine co-production of improvement taking place, with small innovative ideas being tested across the country.

We're now almost a year into this work, with 6 months to go. Over the next learning sets we'll be helping you think about how you implement the ideas that have worked, and ensure the improvements you've made are sustained.

The work you are doing is making a massive difference. Don't forget to pause, take a moment and just reflect on this - tell your story, and hear each other's stories. And see if you can increase the pace of testing - we can always improve, and I'm sure there are still new ideas you could test...

Look forward to seeing you all soon.

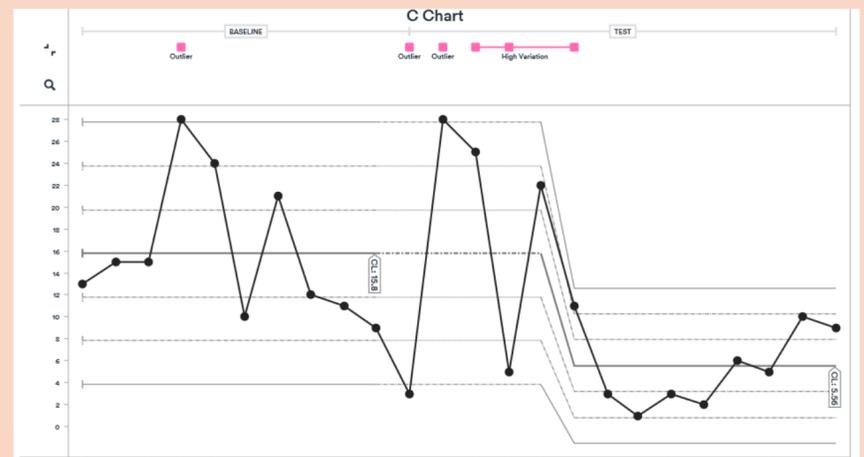
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Irwell Ward (Greater Manchester Mental Health NHS FT) have introduced pick-me-up cups for everyone on the ward. The cups are filled with positive messages from members of the team and service users. The team have been using these in debriefs and supervision too!

Willows PICU (Nottinghamshire Healthcare NHS Foundation Trust) have been having boxing sessions on the ward as one of their change ideas and they've received words of encouragement from the boxer Frank Bruno! The ward have printed his message and displayed it as a poster for motivation and inspiration.

@garybulmer1
Just giving a quick shout out to the guys from Willows Ward at Highbury Hospital, Nottingham. Thank you for your continued support and keep up your boxing



Fraser House's Aggregate Data

Congratulations to Fraser House (Northumberland, Tyne & Wear NHS Foundation Trust) who have recently seen a shift in their overall data!

Fraser House have seen a 65% reduction in restrictive practices through testing many ideas such as co-designing PMVA training, gathering feedback on sleep hygiene routines and plotting the menstrual cycles of service users.

Measurement

There is no limit to what you can measure in quality improvement! Dr Gonzalez at Crystal Ward (East London NHS Foundation Trust) has adapted the ward's safety cross.

It now includes physical violence, non-physical violence and when the ward has had a good day.

If you would like a copy, please email your Quality Improvement Coach.

Month	Year	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Physical violence	AM																																	
	PM																																	
	Night																																	
Non-physical violence	AM																																	
	PM																																	
	Night																																	
Seclusion	AM																																	
	PM																																	
	Night																																	
Restrain	AM																																	
	PM																																	
	Night																																	
Forced medication	AM																																	
	PM																																	
	Night																																	
Happy Days	AM																																	
	PM																																	
	Night																																	

Sharing the RRP Collaborative

QI Coach Kate (Twitter @QI_KateL) presented at the Quality Network for PICU Annual forum recently. Other upcoming presentations to share the work of the collaborative include:

- BILD Restraint Reduction Network
- AIMS Annual Forum
- QNIC Special Interest Day

Sharing your great work!

Louisa and Alice from Great Yarmouth Acute Service presented at a Quality Improvement conference in Norfolk and Suffolk NHS Foundation Trust. The team are seeing great results and will be sharing two change ideas at our learning set in November: increasing engagement with carers and supervision for bank and agency staff.

