



REDUCING RESTRICTIVE PRACTICE

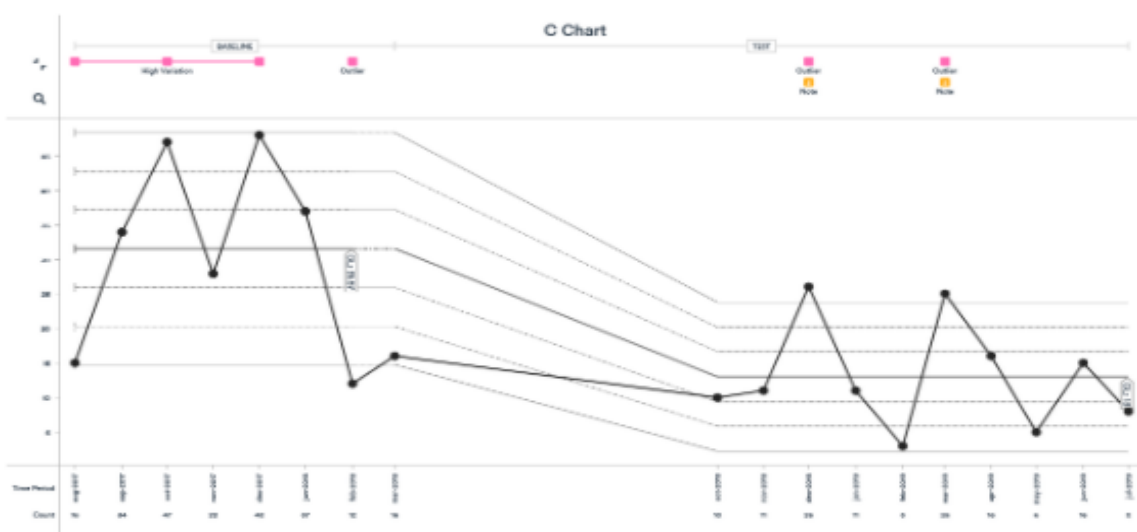
NEWSLETTER

SEPTEMBER 2019

As the Summer comes to an end, and we pass the half-way mark of this work together, we're incredibly proud of all the improvement work taking place across the country. It's astounding to see that 16 of our wards are already seeing a reduction in restrictive practice, and we still have 8 months to go! This is the first national improvement collaborative in mental health in England, and the largest of its type anywhere in the world. The work you are all doing is truly ground-breaking. Keep the momentum going – meet regularly, involve your service users as partners in this work, test changes rapidly and keep measuring. We rely on the data you put into LifeQI to know how you're all doing, so please keep this updated promptly at the end of each month.

We hope to see some of you at the next learning session in September, when we'll be joined by Aidan Fowler (national director of patient safety), Hugh McCaughey (national director of improvement) and Ajibola Lewis, mother of Olaseni Lewis, whose death after being restrained by 11 police officers led to the recent change in the law known as 'Seni's law'. It promises to be another wonderful day of learning and sharing.

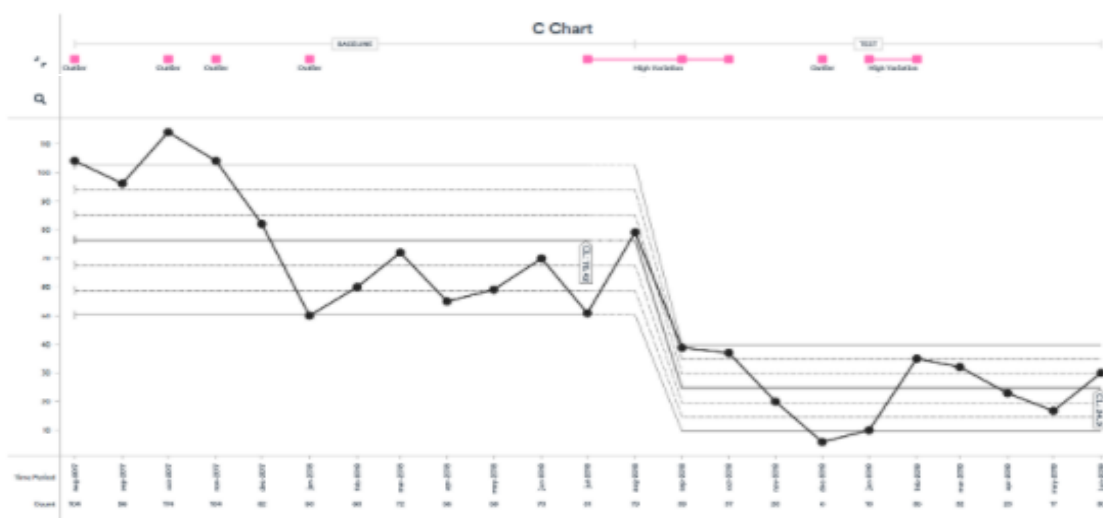
Best wishes,
Amar



Lark Ward's Aggregate Data

Well done to Lark ward (Norfolk and Suffolk NHS Foundation Trust) who have seen a shift in their overall data. Lark ward have been testing a number of changes, including reviewing their blanket restrictions, improving communication with patients

by using a whiteboard to show allocations/who is doing what on the ward, Salto wristbands and 'here to help' lanyards.



Stewart Ward's Aggregate Data

Congratulations to Stewart ward (Southern Health NHS Foundation Trust) who have seen a sustained reduction in their use of restraint, rapid tranquilisation and seclusion. This has led to an overall reduction in restrictive practice of 67 percent! Change ideas that Stewart ward have been testing include regularly reviewing blanket and out of date restrictions, a support worker forum, a suggestions and comments tree for service users and co-produced care plans.

Staff Wellbeing

We have been really inspired by all of your change ideas around improving staff wellbeing. We strongly believe that having happy and healthy teams goes hand in hand with reducing restrictive practice. There are lots of great examples of this within the collaborative, including:

- Going home checklists
- Staff communication boards
- Feedback Friday
- Calm boxes for staff
- Patient and staff thank you boards
- Staff Pick Me Up jar

If you haven't already, take a look at [Starwards website](#). You can find more information about this scheme and there are loads of quick win change ideas for your team to try.

Don't forget about the team CV you made at the beginning of the collaborative which listed all your strengths as a team. Look at your list and see all the positive changes you have made since the start of the project!



Tools and Resources

Maplewood 3's blog: What's the latest?

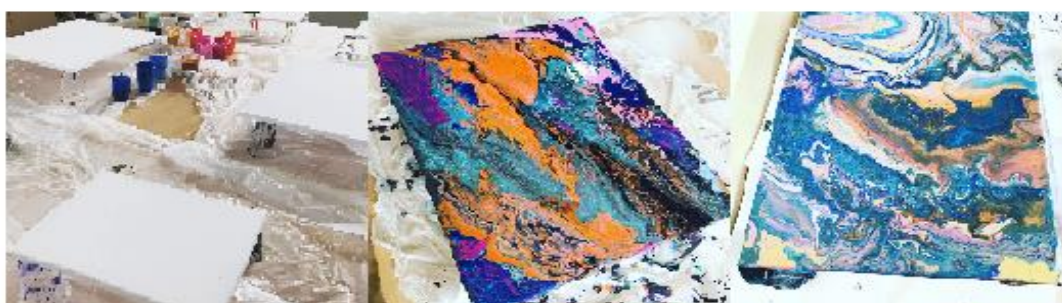
Maplewood 3 (Mersey Care NHS FT) have started writing a short blog after their trips to the learning sets. The blogs update the rest of their team on key highlights from the learning set, the ward's recent data on restrictive practice and the current change ideas being tested on the ward. Check out their [most recent blog!](#)

Juniper Ward's change idea on plastic keys!

We've had a lot of interest since Juniper ward (Barnet, Enfield and Haringey NHS FT) presented their change idea on the use of a plastic observational window key at our last learning set. If you're interested in knowing where to source the keys for your ward, please contact your QI Coach.

ART WORK ON JUPITER WARD

Jupiter ward have transformed blank canvases into beautiful expressive works of art. Jupiter ward's fluid painting group allows service users to express themselves. If you're looking for art work then look no further!



Jupiter Ward (South West London and St George's Mental Health NHS Trust)

BILD Restraint Reduction Network conference

This year's BILD Restraint Reduction Network conference will be held in Bristol, and will be taking place from 12th-13th November 2019. This event will feature national and international speakers who will present new and existing practices at the individual and organisational level. In addition, the QI Coaches will be sharing the work of the collaborative! Attendees will get an opportunity to learn from a wide range of workshops including organisational and service level interventions covering schools and young people and older adults. Click the image below for more details about the conference and how to register:



South West Reducing Restrictive Practice Collaborative

QI Coaches, Emily and Saiga, recently delivered a training day for the South West

Reducing Restrictive Practice Collaborative in Somerset. The event was attended by a number of NHS trusts across South West England and attendees learnt all about the Reducing Restrictive Practice Collaborative. The Coaches presented the theory of the collaborative, some of the ideas wards are testing and the results wards have seen. Attendees were very enthused to try the same approach in the South West! The event took place on Friday and on the following Monday, one attending ward was painting one of their walls with chalkboard paint after hearing about the idea from Bradley Brook (Avon and Wiltshire Mental Health Partnership NHS Trust)!



The Quality Network for Inpatient CAMHS (QNIC) are holding a special interest day on Reducing Restrictive Practice on Monday 2nd December 2019. The QI team will have the opportunity to present the Reducing Restrictive Practice Collaborative so that CAMHS wards across the country can learn about the many changes our wards are testing.



QI Coaches will be taking part in the next Accreditation Network for Working Age Inpatient Mental Health Services (AIMS-WA) Annual Forum at the RCPsych. The event is taking place on Wednesday 6th November 2019 and the theme will be Reducing Restrictive Practice. Nostell ward (South West Yorkshire Partnership NHS Trust) will be presenting their experience of taking part in the collaborative and ideas they are testing.





Twitter



Website

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