



### Outcome measures

There are three outcomes that you will measure each month:

- The number of episodes of physical restraint
- The number of episodes of seclusion
- The number of times that rapid tranquilisation is administered

These measures will be the primary way in which you will know whether your changes are actually reducing restrictive practice. Please see 'Operational definitions - Reducing Restrictive Practice' for a poster of definitions for each outcome measure.



### Safety cross

A safety cross is a simple and visual data collection tool used to count the thing you wish to improve. The safety cross will allow you to record the number of physical restraints, seclusions or rapid tranquilisation episodes on your ward. The purpose is to make the issue transparent for everyone in the ward community, and support staff to collect data in an easy way whilst on the ward.

**We suggest you to put up the safety cross in a visible area of your ward, and use the different colours to mark each day whether any of the above three types of restrictive practice occurred.** The safety cross represents one calendar month, with each box representing a single day.

Please see 'Safety cross - per day' and 'Safety cross - per shift' for two template options. Please use the template you feel is most appropriate for you.



### Line charts

A line chart (see 'Line chart - Reducing Restrictive Practice') can help your team see whether the changes you are making are having any impact on restrictive practice over time. We suggest you collect 12 months of baseline data before making any changes. You can then annotate the chart to show when you start testing change ideas.

**We suggest that you put up the line chart in a visible area of the ward, and at the end of each month, use the safety cross to count the number of each type of restrictive practice and plot these onto the line chart.**



### Data champion

We suggest that you allocate a 'data champion' who will ensure the safety cross is updated daily, and line chart is updated monthly. The data champion will also input the data at the end of each month into a spreadsheet or online platform such as LifeQL.