



Mental
Health

Reducing Restrictive Practice Collaborative Reviewing our Progress



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Reducing Restrictive Practice

Reflections for West Suffolk Hospital

1. Please list some of the new ways of working that you've tested

We have started to look at the principles of least restrictive practice across all of our inpatient areas. We have:

- Set up a QI project with drivers and actions
- Explored setting up restrictive practice panel
- Activity boxes on wards now
- Set up risk assessments, management plans and mitigation plans
- Reviewed our policies to thread in least restrictive practice e.g. rapid tranquilisation, dementia and delirium, mental health
- Educated teams about least restrictive practice
- Our Restrictive Physical Intervention team now record all restrictions on Datix
- We review all incidents

2. What impact did this have on your ward?

- Staff are more aware of least restrictive principles
- More patients with more in depth mental health care plans
- Staff using other strategies
- Learning for Restrictive Physical Intervention team

3. What feedback have you had from staff or patients?

- More feedback required but the initial feedback is positive that they are learning different interventions

4. What was your overall experience of taking part in the RRP collaborative?

- Really positive
- Lots of food for thought
- Great hearing others stories/projects and sharing ideas
- We will continue with our QI project