



**Change idea:**

*Gym equipment*

**Predictions**

- Reduce incidents of violence and aggression on the ward.
- Allow all patients to access the gym facilities and instructor on the ward using purchased Gym items to be used for patient who are not able to access the gym.

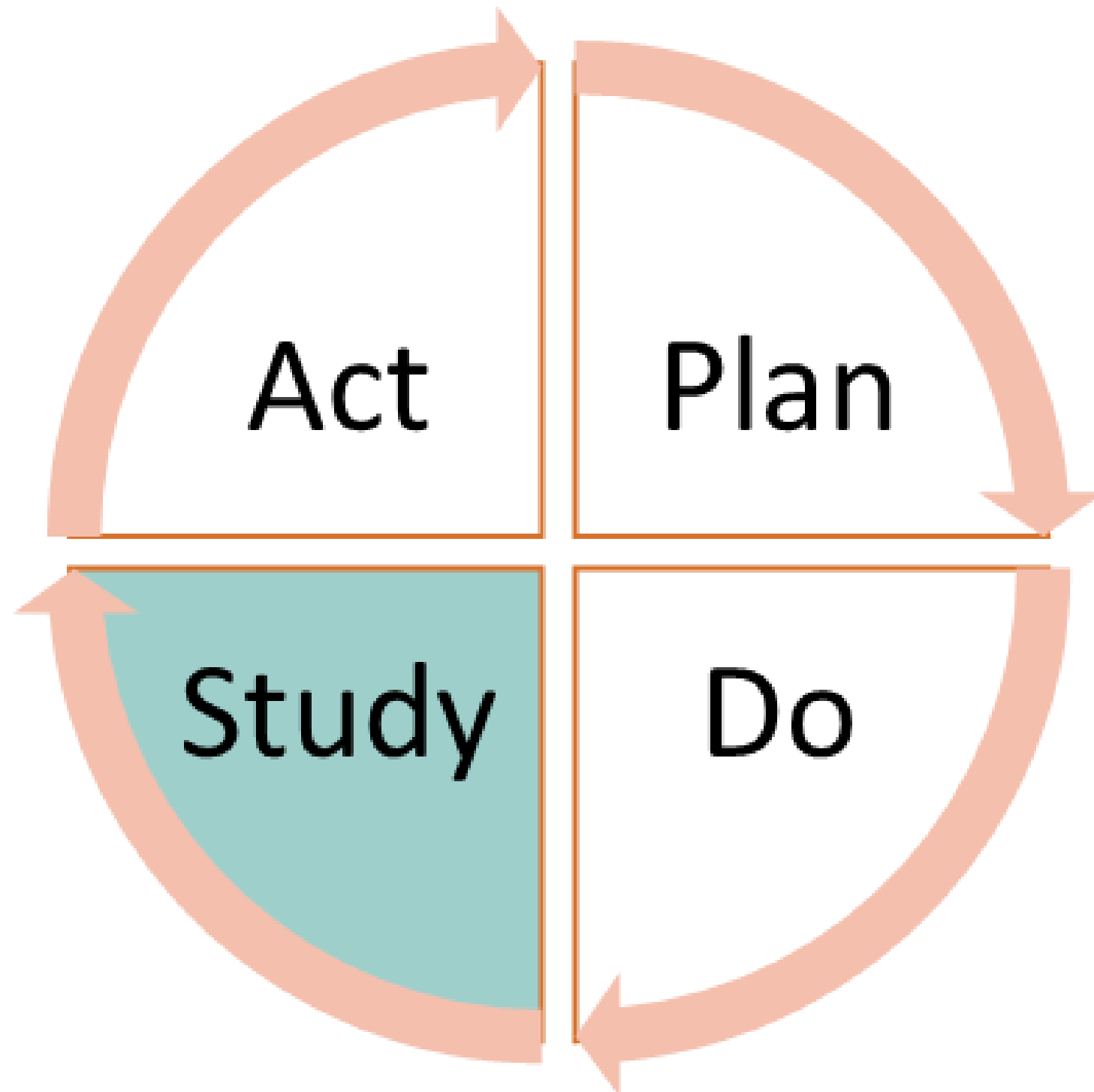
**Plan**

**Who, what, where, when?**

- Refer all patients to ward-based gym upon admission within MDT/report out
- All patients can access a range of physical exercise on the ward regardless of leave arrangements
- Gym instructor to attend twice per week for dedicated sessions

**Do**

- Positive feedback from patients
- Gym instructor attends mutual help meetings
- Patients able to engage in exercise that is appropriate for their ability and physical needs
- Ward to liaise with gym instructor to purchase appropriate items to be used on the ward



**Study**

- Positive feedback from patients on the ward in how they find gym sessions
- More inclusivity for even the most unwell patients and increased physical exercise

**Act**

- Running a pilot dedicated gym instructor
- Introducing different activities
- Able to tailor the exercises for the patient group