



Change idea:

Walking groups

Predictions

- We discussed a walking group for patients to allow therapeutic time off the ward to take in green areas and increase physical exercise. This will be protected time each week and lead by activity Coordinator and STR workers.

Plan

- Who, what, where, when?**
- The staff on the ward will assess patient risks to ensure the appropriate actions and consequences can be discussed.

Do

- The walks will be chosen by activity coordinators to ensure the environments remain appropriate depending on patient risks. Patients will be reviewed, and any physical health condition taken into consideration.
- Section 17 will be completed by ward consultant and contingency plans highlighted.
- Activity coordinators and STR worker will arrange transport.

Study

- The walks have been helpful in allow patients time away from a busy ward environment and ensuring they have time in green areas away from CO2 footprints.
- We found that there were less incidents, the patients that engaged in the activity were more confident and that the walks allowed staff to assess patients in a less restrictive environment.

Act

- Although the walks work well, we are going to consider size of groups and frequency to see if we can increase.

