

## Mental Health

### Older Persons inpatient services Community of Practice to support Reducing Restrictive Practices

Southern Health NHS  
Foundation Trust

#### What was our idea? - To set up a Community of Practice for Older Persons teams.

We knew that Older Persons mental health is a speciality which might benefit from a community of practice. Our aim is to provide a forum for sharing of ideas and learning about supporting our older patients and making our OPMH wards safer and less restrictive places.



All OP MH wards within the organisation were invited and it was supported by the AHSN, RRP lead and Practice Development Nurse.

#### First meeting 5 July 2023

Attended by teams from Poppy, Rose and Melbury wards. Discussed a range of change ideas including:

- The Hug Doll <https://hug.world/>. A Sensory product designed for people with dementia and being tested on Poppy ward.
- Good Practice around the use of RP to support the provision of personal care: personalised care planning, time and focus on best interests.
- Developing workshops to focus on blanket rules and adopting the 4 Rs (rules, reason, rights and review) plus justification to support this process.
- Bedding options (blanket vs duvet) and the possibility of giving people a choice.
- Tea Trolley rounds – the pros and cons.
- Bespoke away day for OP MH recovery workers from Rose and Poppy ward.

We will meet every month to continue the conversations.

Delivered by:

Wessex **Patient Safety Collaborative**

*The AHSN Network*

Led by:

**NHS England**