

Change story: Introduced therapeutic 1:1s with all patients twice a week – Blake ward

Programme aim:

- To reduce restrictive practice by 25% in mental health, learning disabilities and autism inpatient services by testing and scaling the reducing restrictive practice [change package](#)

What problem were you trying to solve?

- Ensuring all patients were having quality time with support staff.
- Ensure patients aren't feeling neglected.
- Staff felt they were neglecting patients as certain patients were taking up more staff time.
- To encourage more therapeutic 1:1 time rather than having 1:1 observations.

What did you do?

- Discussed with staff and patients on how to solve this issue.
- Introduced 1:1s with all support workers and patients twice a week.

How did it go?

- Patients like having structured and regular sessions and feel that every patient is getting equal time with support workers.
- Need to ensure this practice is embedded into BAU.

What did you learn?

- To be organised regarding entering protected 1:1s in the weekly planner to ensure patients are having the therapeutic 1:1s.
- Need to involve more staff in the RRP programme to ensure long term change and sustainability.