

Change story: Introduced a relaxation room on 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?

- To help with patient wellbeing.
- Somewhere nice for patients to relax when they are feeling agitated.
- To have another option / intervention to de-escalate challenging situations.
- To meet patient sensory needs – patients with autism to help with their recovery.

What did you do?

- Apply for dragon's den funding.
- Dragon's den bid successful.
- Funding was used to buy sensory equipment.
- Included patients and staff in developing ideas for the relaxation room.
- A patient helped to design where the equipment should go to reduce equipment damage.
- Developing a plan to evaluate the use and impact of having a relaxation room to support further development.
- Need Estates to install plug sockets and decorate the room
- Ensured the paint colour was calming

How did it go?

- It has been a long process getting all the elements and details in place e.g. requiring estates support regarding the infrastructure.
- Patients have felt valued being part of the process.
- Staff have learned a lot regarding sensory training on how best to use the room.

What did you learn?

- Importance to include patients in the process and decision making for a space that they will be using.
- Sensory training is essential. Without this awareness it could be harmful for some patients and now we can prevent that from happening and ensure it has a positive effect on patients.