

Change story: Reviewed blanket rule regarding courtyard access at Prospect Place

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?

- Reviewed blanket rules with patients. Patients identified they would like to have more freedom in accessing the courtyard.

What did you do?

- Increased access times to the courtyard.
- Developed patient specific care plans for certain patients to gain access to the courtyard.
- If patients would like to access the courtyard they can now ask a member of staff to ensure there is staff available to observe the courtyard due to safety reasons.

How did it go?

- This has been a success on 2 out of 3 units at prospect Place.
- Staff still need to be available to ensure staff are available to monitor the courtyard.

What did you learn?

- Being responsive to people's needs and developing patient care plans.
- Listening to patients and reviewing the change and tweak as necessary using PDSA.
- The courtyard now closes at 1am and opens at 6am. However, if patients do want access to the courtyard during closed hours staff will facilitate this after assessing risk e.g. staff capacity.
- This is working well and patients aren't getting frustrated as there are not being restricted.