

Change story: Patients allowed to have shampoo and shower gel in their rooms 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?

- Patients getting frustrated as have to ask staff for shampoo and shower gel.
- Patients were unable to freely have a shower when they wanted.

What did you do?

- Allowed patients to keep shampoo and shower gel in their room.

How did it go?

- Patients felt empowered as they could manage their own shampoo and shower gel.
- Patients could freely have a shower when they wanted as didn't need to ask staff for shampoo and shower gel.

What did you learn?

- Making small changes can make a big difference to patients.
- Giving back responsibility to patients gives patients dignity.