

Change story: Introduced Friday afternoon meetings to put a plan in place for when the MDT are not present on the ward – Hope & Horizon 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?

- There was an increase in incidences during the night and at weekends when the MDT were not present on the ward.

What did you do?

- Friday afternoon meetings have been introduced to put a plan in place to deal with potential incidences when the MDT are not on the ward.
- For example, 80% of incidences are emotional behaviours. Therefore, staff should use emotional containment.

How did it go?

- Staff find these meetings 'handy' and helpful
- Staff are made aware and understand triggers.
- Staff are made aware of calming strategies for the young people.
- Verbal de-escalation is now frequently used rather than restrictive practice.

What did you learn?

- The Friday afternoon meetings help to avoid potential flare-ups, such as those related to expected leave not happening.