

Change story: Reviewed blanket restrictions 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?

- Review blanket restrictions to ensure the rules that are in place are necessary or not

What did you do?

- Produced a questionnaire for both staff and patients to complete
- Questionnaire had a list of blanket restrictions and for staff and patients to decide to 'keep it' 'tweak it' or 'bin it'
- Both staff and patients to review outcomes to see if there are any consensuses

How did it go?

- Patients enjoyed and grateful for being involved in the process and decision making
- Good patient attendance
- Received good feedback from patients

What did you learn?

- Involving patients in the process and decision making makes it easier to change and update things on the ward, you get better buy in from both staff and patients
- This also helps build relationships between staff and patients
- Patients being involved makes them feel safe, supported and listened to.