



Using a change theory diagram to generate change ideas at RDaSH Sandpiper Ward



Sandpiper Ward is an acute ward within RDaSH who joined the Reducing Restrictive Practice (RRP) project in January 2022 and have continued to be supported by the [Yorkshire and Humber Patient Safety Collaborative \(Y&H PSC\)](#). Initially they undertook baseline data collection over a 10 week period monitoring measures of restraint, seclusion & rapid tranquillisation

and have consistently continued to provide regular data on a monthly basis which is quite an achievement considering their ongoing challenges post pandemic and a change of ward leadership. In recognition of this they received a certificate of achievement



Working closely with the Managers & Senior Nurses, we looked at change ideas that could help support a reduction in restrictive practice using the [National Collaborative Centre for Mental Health \(NCCMH\) change theory driver diagram](#) to help generate change ideas, which is broken down into segments

By using this the ward realised that they were already implementing changes that were having an impact on patient safety & benefiting user experience with discussions that led to potential new ideas. On this basis we formulated a bespoke change theory driver diagram for the ward to demonstrate their progressive progress and new things they were going to test e.g. use of a white board to show when Consultant reviews were taking place



“It was a team collaborative idea that came about when we had a new consultant join the team. It has improved structure for staff, patients and relatives so everyone knows what is happening which has also helped with de-escalation” Ashley H, RMN



On the back of this we devised a visual dashboard that incorporated the last six months data. We included the dates that their change ideas had been implemented to demonstrate the effectiveness the ideas had had in reducing restrictive practice to share with the team. This is an evolving dashboard that will be updated on a two monthly basis to maintain momentum with the good practice the ward team is engaging in.

