

Mental Health

Rapid Cycles of Change

Evaluating your PDSA cycle



1. What was your idea?

Getting to Know me Board

We asked staff to write down their likes, dislikes, hobbies, and favourite quotes and we designed a get to know me picture wall that is best suited for our hospital.



2. How did it go when you first tested this idea

We started off by using the format on the safe wards website, and we had a lot of feedback from our staff, stating they did not want to put too much information on the website. Staff were also worried about sharing very personal information therefore, a lot of staff members did not complete this, as they didn't feel comfortable.

3. Have you made any changes to the idea after testing it?

We decided to ask questions that were not too invasive so that, people felt comfortable answering them.

It also helped to have senior staff in the organisation support this.

4. What did you learn from testing this idea?

We found that we had to be persistent and keep encouraging people to answer the questions and share a photo.

Delivered by:

Wessex **Patient Safety Collaborative**

The AHSN Network

Led by:

NHS England

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1. What was your idea? - **Afternoon Walks**

Service users discussed in community meetings that, they would like more walks during the day. We decided to ask the nursing team to do a walk in the afternoon.

2. How did it go when you first tested this idea ?

Nursing team struggled to have a set time in the day to facilitate this which meant it didn't happen all the time, service users wondered why this wasn't happening.

3. Have you made any changes to the idea after testing it?

We decided the best way to make it better for everyone, was not to have a set a time for this but, request when the ward is settled, the nursing team facilitate a walk.

4. What did you learn from testing this idea ?

Making sure all the team are aware to do this, as and when they can, and keep reminding staff to facilitate this.

Feedback Comments:

It helps to go for walks when you are sitting around a lot'

'I love going out for walk with the OT's and HCA's'

'I think it works well as, it means we have some more exercise'

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