

## Reducing Restrictive Practice

## Reflecting on our project



### Change ideas we have tested include:

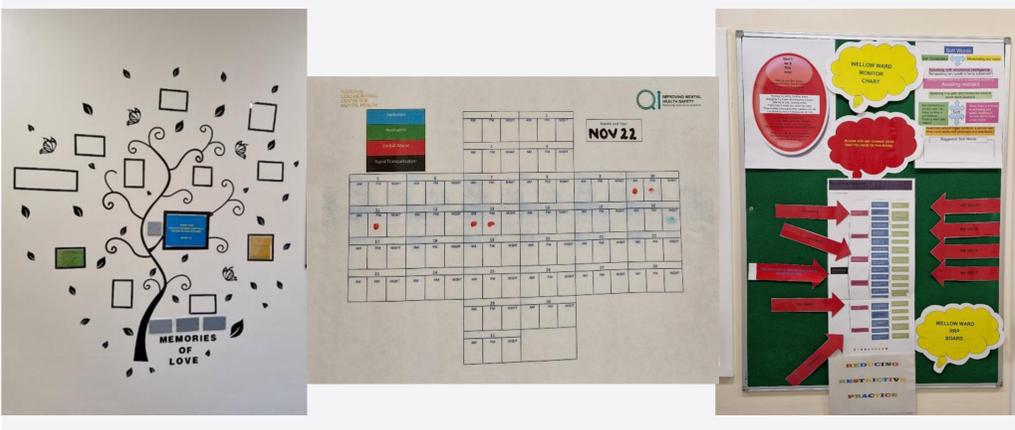
The ward has undergone some change ideas since joining the collaborative. As a team we have worked closely with our service users holding regular meetings, to discuss ways of moving forward. We have implemented the use of the service users being able to watch TV in their bedrooms and being an Acute ward this needed some serious planning and costs.

We have also changed rooms for the service users activities as, having a larger space will allow for more things to take place. We introduced drink bottles, as not being able to make their drinks allowed for the Nurse in Charge to free up more time to complete other jobs on the ward and reduced the number of requests, for drinks to be made. This change allowed more time to actually spend with service users.

### What our patients, staff and carers say

Wellow Ward celebrated the televisions being in the service users bedrooms by having a countdown launch. The Ward Manager cut the ribbon leading to the bedrooms, with each service user receiving their own remote control to switch on their televisions.

Carers feedback has been positive with regards to service users informing their families about the changes to the ward.



### Changes we have seen on the ward

- Since the installation of televisions in patient bedrooms, care staff have noticed a reduction in challenging behaviours.
- The ward atmosphere is more relaxed and calmer in the mornings.
- Having the televisions in patient bedrooms has not had negative impacts with regards to interactions such as activities or meetings.
- Staff have noticed since the introductions of televisions in the bedrooms, conflict amongst patients over what to watch has reduced, previously there was a booking system to watch TV on the ward!
- This has helped with the service user's peer relations on the ward.

### Looking to the future

Having TV's fitted in bedrooms is just the beginning of the positive changes being made on Wellow Ward.

We will continue to implement all of the highlighted 'change ideas' on the ward and continue to observe the continuation of improved wellbeing of the people on the ward who we support.

Our ultimate goal remains, to 'reduce the use of restrictive practices', in particular; reduce incidents of verbal abuse. Whilst this is the main goal, we are also looking forward to improving the quality of life of service user's currently residing on an Acute Ward.