

# Sexual Safety QI Project Phoenix Unit

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NATIONAL  
COLLABORATING  
CENTRE FOR  
MENTAL HEALTH



We created our ward charter on expected behaviours in regards to sexual safety on Phoenix and reinforced this in a poster. These were both displayed in the new sexual safety notice board.

### Expected standards of behaviour on Phoenix.

1	I respect myself
2	I treat others with respect and dignity
3	I never use coercion or punishment to engage in sexual activity with another person.
4	I seek consent before engaging in sexual activity with another person and understand they can change their mind at any time.
5	I try to be aware of how my behaviour makes others feel, and will change my behaviour if someone tells me it makes them uncomfortable, or I will ask for help with this if I need to
6	I respect the rights of others to space and privacy
7	I understand there are consequences for being sexually inappropriate with service users, staff or the community
8	I will speak up if I have been hurt, harassed or assaulted physically or sexually
9	I speak up if I see or hear about someone else being hurt, harassed or assaulted either physically or sexually

# HOW SAFE DO YOU FEEL?

At Phoenix your safety is our number one concern. Both patients and staff alike deserve to feel safe from any form of sexual harassment or harm. This could include:

- Unwanted sexual advances.
- Derogatory comments towards others.
- Crude gestures/jokes.
- Touching without consent.

If this happens, we pledge to:

- Take all complaints seriously.
- Investigate claims.
- Take appropriate action and hold those responsible accountable.
- Regularly monitor and enquire how safe you feel.

**Please talk to us if you have any worries or questions regarding your sexual safety.**



# In addition we:

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- Had regular meetings with a service user rep from the ward to discuss action plans and new ideas.
- Provided service users with an easy read book entitled 'Sex and your body' to be used during sessions.
- Had sexual safety as a standing item at the community meeting and staff meetings.
- Incorporated sexual safety into the progress notes and had daily one to ones with service users about how safe they feel.
- Allocated a sexual safety lead champion (Linda Lutchmayah).
- Created a suggestion box for staff and service users to express concerns anonymously.
- Added sexual safety to admission checklist, Phoenix leaflet, welcome pack, operational policy and induction pack.
- The psychologist discussed sexual safety concerns with service users and carers.

# Challenges throughout the project

Challenge	Actions taken to improve this
Staff were initially uncomfortable discussing sexual safety with service users.	<ul style="list-style-type: none"><li>• Discussed these concerns at reflective practice.</li><li>• Spoke with staff during supervisions about this.</li><li>• Offered advice about how to broach the subject with patients.</li><li>• Hannah gave a presentation to staff called 'Let's talk about sex' to build confidence in this area.</li></ul>
Service users found information collection repetitive.	<ul style="list-style-type: none"><li>• Educated service users on the project and the reasons behind it.</li><li>• Incorporated filling in the cards into activities so the environment would be relaxed and there would be an immediate distraction.</li><li>• Praised and thanked service users for their cooperation.</li></ul>
Some service users have ongoing delusions of being called a 'pervert' and are at risk of feeling targeted when the topic is brought up	<ul style="list-style-type: none"><li>• Made sure the delivery of the message was generalized to include everyone in community meetings and used the word safety instead of 'sexual safety' when in groups.</li></ul>

# Sexual safety incident during the project

Incident	Actions taken
Service user touched another patient inappropriately when queuing for lunch	<ul style="list-style-type: none"><li>• Incident reported under 'sexual assault' cause group on Ulysses.</li><li>• Staff allocated to the dining room at meals time to be vigilant and maintain close observation of service user.</li><li>• Named nurse/staff to meet with service user to discuss inappropriate and unacceptable behaviour.</li><li>• Named nurse/staff to encourage service user to reflect on incident and use one to ones and ward rounds to increase understanding on this subject.</li><li>• Named nurse/staff to meet with victim of incident to praise her for reporting and encourage her to report any time she feels unsafe.</li><li>• Debrief offered to victim of incident.</li><li>• Named nurse to update both patients risk assessment and care plans in place to safeguard both.</li><li>• MDT to discuss and review patients leave.</li> <li>• Result – incident was a one off.</li></ul>

# What has been the impact of the project so far?

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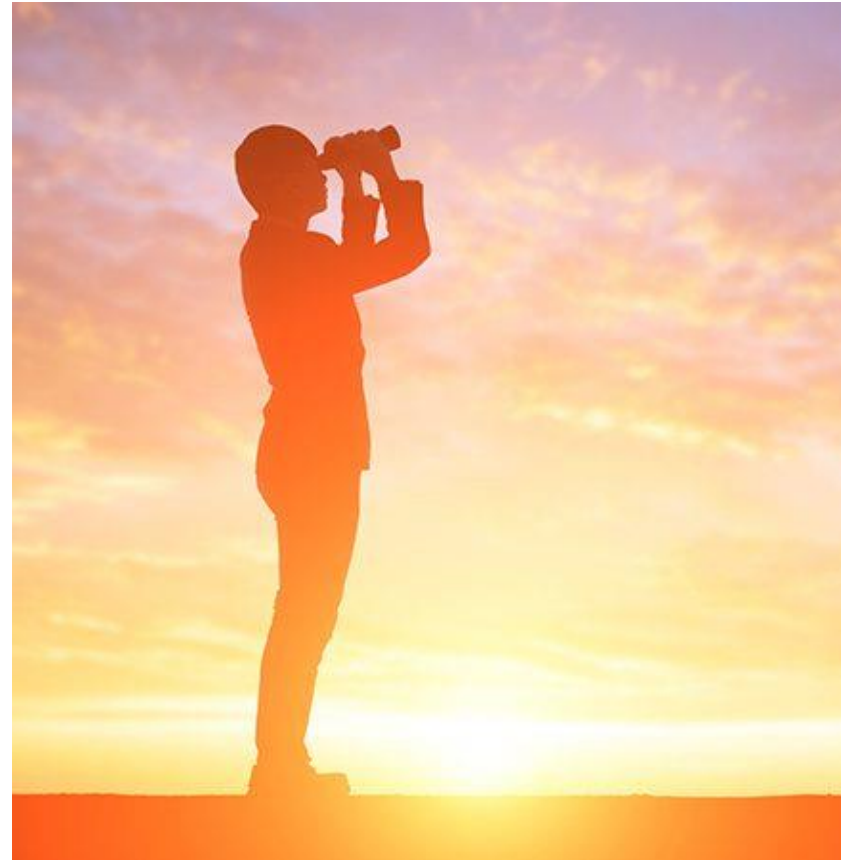
- Culture change within team when discussing these issues and an increased confidence by staff talking about sexual safety with service users.
- More accurate reporting of sexual safety incidents and higher confidence from staff to report sexual safety incidents.
- Decreased incidents of sexual safety in the past 6-7 months.
- Improved progress notes which include topic of sexual and general safety.
- A safer ward environment for all - The conversation of sexual safety is kept open so service users and staff are more likely to feel safe and secure reporting an incident and knowing there is consistent ground rules / handling of incidents.



# Future actions

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- Training for staff by the psychologist on 'sexual safety and trauma informed care'.
- The door separating the male and female doors will be locked so inaccessible to male patients.
- Continuation of data collection and the subject being a set topic.
- New activities including journaling and the recovery group to give service users the opportunity to talk about past sexual trauma which will help us to tailor service user sexual safety needs.



Thank you for listening... Any questions?

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