Reducing restrictive Practice On Jupiter Ward

Melissa day (Deputy ward manager), Joe Sullivan (Occupational Therapist), Ioanna Prifti (Activities Co-Ordinator)
Jupiter Ward

23 bed Mixed Acute Mental health Ward

Springfield University Hospital

South west & St. Georges Trust
Challenges identified in initial meetings

- Smoking breaks / leave
- Discharge and admission planning
- Contraband – lighters, drugs, etc.
- Bank staff / low permanent staff
- 1930’s building – difficult environment
- Boredom / inactivity
Initial ideas for reducing restrictive practice

- Shared meals with service users
- Regular staff reflective practice
- Psychology input for staff and service users
- Debriefs after incidents
- Zoning
- Ward information packs and carer’s packs available throughout the ward
- Increased activities – art groups, therapy dog, gardening group, creative writing group
- ‘Here to help’ Lanyard
Initial ideas for reducing restrictive practice

- Sensory/relaxation room in the process of being put in place
- Named nurse posters in bedrooms
- Information about community activities available
- Volunteers on the ward to increase activities
- Community meetings
- Involvement from previous service user in community meeting
- Mutual expectations
- Project to improve progress notes and documentation – SBAR used in all progress notes
- Extending the visiting hours
- Opening the nurse office door
Strategies / changes implemented

Activity time table
• Longer groups
• 1:1 engagement box
• Art groups
• Current affairs
• Daily walking group
• Gardening allotment group
• Therapy dog
• Creative writing
• Smoothie group

Ward rules environment changes
• Phone chargers
• In-house training to boost nurse’s confidence
• Here to help lanyard
Introduction of new and exciting activities.... Fluid painting
Exhibition of art work at the recovery college
Gardening Group
Norman the therapy dog
Cooking and smoothie groups

With Produce grown in Jupiter veg patch
Daily walking group and other groups
Relaxation room developments

Before

So far
Nursing Staff

- More in house training for nursing staff (eg. Self harm first aid, burns first aid, restrictive practice monitoring form, clustering, risk assessment, care planning)
  → Increasing confidence in their own ability
  → Less likely to turn to restrictive interventions

- Dissemination of positive feedback (Carers and service users, Student nurses, student doctors, visiting professionals)
  → Boost moral
  → remind team they are doing a great job!

- Here to help lanyard
October Safety Cross

Month and Year: OCTOBER 1991

Respectful
Open
Collaborative
Compassionate
Consistent
## December Safety Cross

![Safety Cross Diagram](image)

- **Month and Year:** December 19

### Diagram Description
- The diagram represents a calendar with highlighted dates indicating the need for specific actions.
- **Areas of Interest:**
  - Days with highlighted areas may indicate areas requiring attention or intervention.
  - The legend in the top left corner provides context for the highlighted areas:
    - **Seclusion**
    - **Restraints**
    - **Rapid Tranquilisation**

### Action Areas
- Days with highlighted areas should be noted for follow-up actions.
- The diagram is a visual tool to identify patterns or trends over the month.

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**NHS Trust:** South West London and St George’s Mental Health
Run Chart data
Challenges to making change

- Serious incidents
- Changes in the staff group
- High numbers of admissions/ discharges –
  - average 20 admissions a month
  - Length of stay 40 days
- Resistance from staff – “no comment”
- Staff involved in the project having a large workload
- Loss of psychologist
Improvements

• Recruit more key nursing team
• Data collection –
  • reliant on one person
  • Include record of engagement from staff (a positive safety cross)
• Patience –
  • Volunteers
  • New room
  • Staff / culture changes
Example Success Story

• Service user on 1:1 observation and requiring daily rapid tranq IM injection
• Staff utilised activity box
• Positive and meaningful engagement with 1:1 staff
• 1:1 downgraded to intermittent and no further incidents requiring RT IM injection
Feedback example:

To staff!

We would like to say a massive thank you!

For everything you all have done!
Humby says thank you and God bless.

With love

Family! x

Everything is appreciated!
Words can not describe.
Thank you!

Any Questions?

Ioanna Prifti – Activity Coordinator
Melissa Day – Deputy ward manager
Joe Sullivan – Occupational therapist

Jupiter ward,
Springfield university hospital,
Glenburnie road,
Tooting,
London – SW17 7dJ
0203 513 6267