



Mental Health Safety Improvement Programme

Reducing Restrictive Practice on Afton Ward

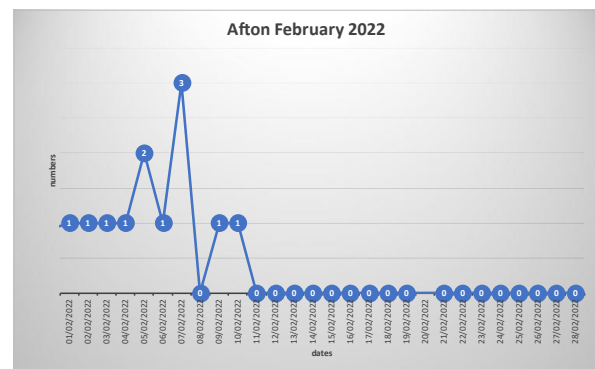
Afton is a 10-bed acute admission unit for older people experiencing severe mental health problems based at St Marys Hospital on the Isle of Wight. In September 2021, the team on Afton supported by the QI lead joined the MH SIP. This shows their progress to date:

1. Project team

Clinical staff based on the ward working with the QI lead and patient engagement leads formed the ward-based project team and agreed to meet every 2 weeks to develop ideas and maintain momentum.

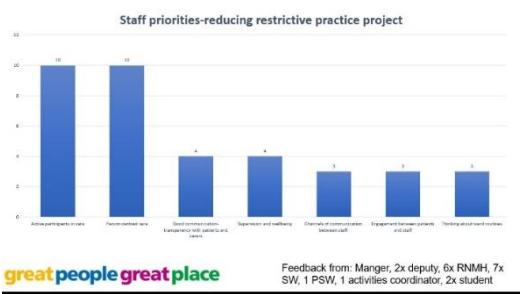
2. Safety crosses

The team started to collect data to show the numbers of restrictive interventions using safety crosses in August 2021. Overall, the numbers were low and the most frequent was physical restraint used to support giving personal care.



3. Patient and staff engagement

Staff were all asked about what they saw as their priorities for the ward and what were the areas they felt were important. There were two clear areas of priority: active participants in care and person-centred care. Service user feedback was also gained.



It is important for staff to get to know the person

Activities are not always accessible or relevant for all.

It is not always easy to sleep -ward can be noisy

Don't always know what is on care plans

Delivered by:
 Wessex
Patient Safety Collaborative
 The **AHSN** Network

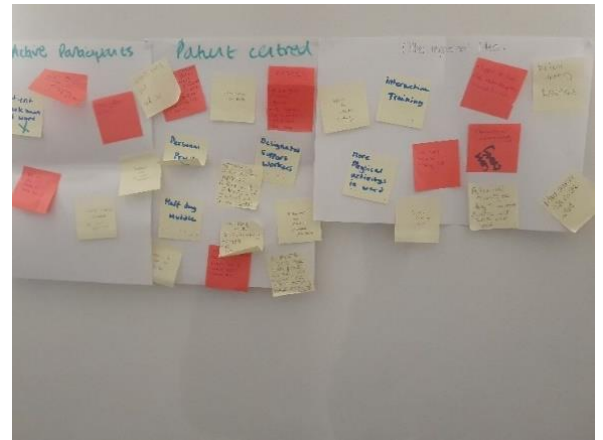
Led by:
NHS England
NHS Improvement

4. Workshop

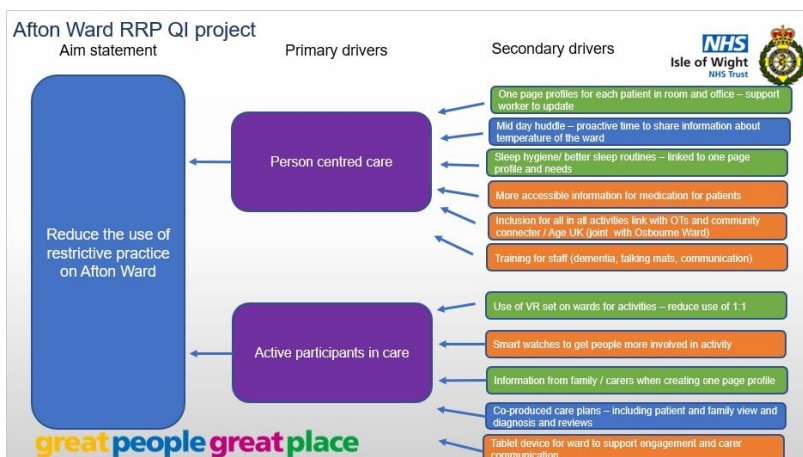
Staff gathered for a couple of hours to reflect on the data and insights gathered, discuss change ideas and agree next steps

17 March 2022
11:00-13:00

| Time | Activity | Lead |
|-------|---|------------------|
| 11:00 | Introductions | |
| 11:05 | Overview of the MH national programme and Wessex perspective | Heather |
| 11:10 | Afton update <ul style="list-style-type: none"> o Safety cross data o Staff priorities | Gemma |
| 11:25 | Patient perspective | Colleen / Tia |
| 11:40 | Afton driver diagram – generate ideas to develop and start to test | Rachael |
| 12:30 | Action plan <ul style="list-style-type: none"> o 30 days o 60 days o 90 days Next steps / next call date | Gemma / Rachael. |



5. Plan and testing



Developed one page profile for each patient (inc sleep preferences)




Started to use VR headsets (increased activities)

6. Next steps

- Embed 'One Page profiles' into practice – "you can write all the 'about me's' you like; but if your staff don't have time or inclination to read them, you may as well p*** into the wind!"
- Develop the role of support workers to embed the all about me
- Get moving in May and more VR
- Further use of tech including smart watches and sensory lighting
- Audit and review of the one-page profiles
- More patient and family feedback