

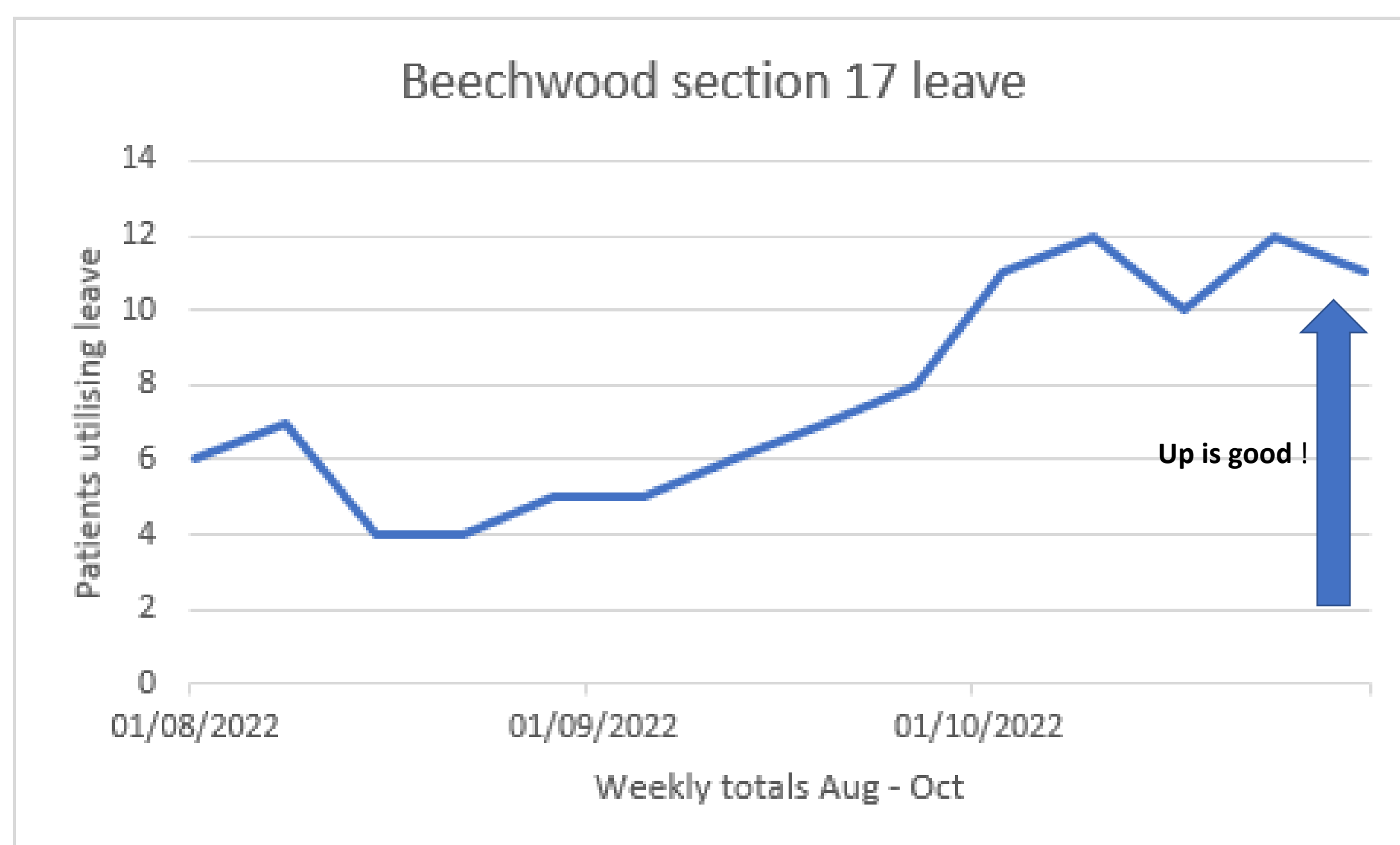
# Reducing Restrictive Practice

Reflecting on our project

## Increasing the opportunities for section 17 and other leave.

Beechwood is a 18-bedded Older Persons functional mental health ward at Parklands Hospital in Basingstoke. We have low levels of restrictive practice with very rare times when we use physical restraint or rapid tranquilisation, so we wanted to think more broadly about how we could improve the experience and outcomes for the men and women we care for.

We recognised that Section 17 was given on admission, often escorted only for the purposes of facilitating emergency/hospital visits. We wanted to understand more about this, being curious about leave not being used as much as it is written up, so may be restrictive and also may not be being best used to support preparation for discharge. It was recognised that COVID-19 restrictions impacted on usual practice. We also then began to think about leave for all of our patients, whether they are detained under the MHA or not.



## Change ideas we have tested include:

**Data collection:** We started to collect lots of data about the number of people that were using section 17 leave and asking questions about this.

**Service User Meetings:** We have encouraged patients to be more involved in the section 17 leave planning. This became an item raised in the morning meetings.

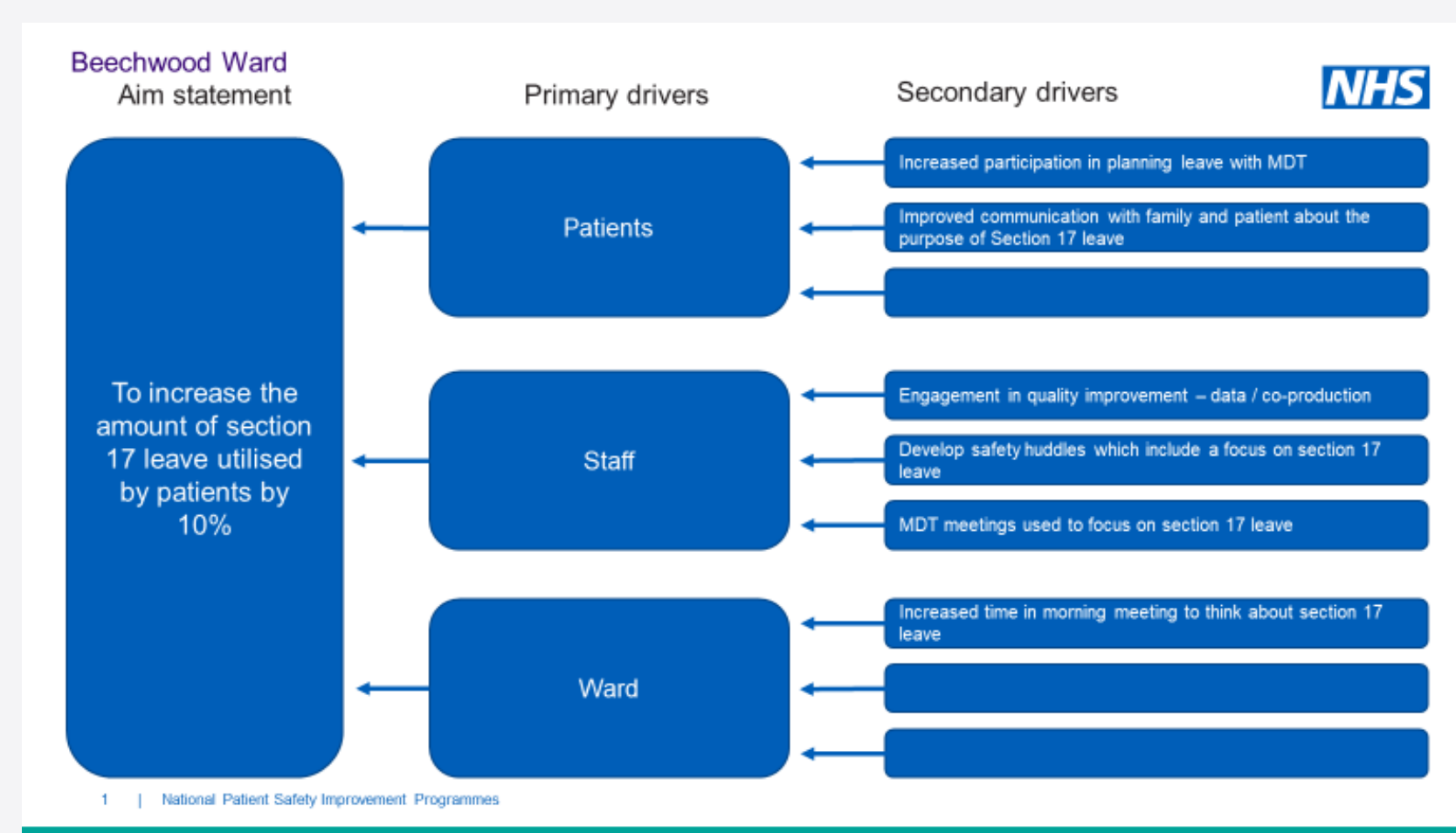
**Safety Huddles:** a daily chance for the team to think about section 17 leave and plan for this.

**Patient and family feedback :** We asked families about leave. Our data showed us that families did not always understand what section 17 leave was and felt worried about this. We have improved our communication about section 17 leave. We now ask more about this, linking it with preparing for discharge and supporting family where possible to get involved with this.

## Changes we have seen on the ward

At the start of the project, 6 of the 18 patients on the ward were utilising section 17 leave. Now we are averaging 10-11 so an increase of 54 % of people getting out.

The driver diagram shows the changes that we have made:



## What our patients, staff and carers say

Some families shared that they were worried about section 17 leave and that it could be unsettling for the person.

*'I think it would be cruel to let them experience leaving the ward and have to return, unless that's what she wanted to do, then I would be happy for that to happen'*

Patient feedback about leave includes :

*'it gives people something to look forward to and helps their mental health and reduces their isolation'*

*'it's a thrill to me ... I'm an outdoor person and its lovely to get out in the fresh air'*

*'Being shut in all the time is not my norm'*

*'The leave lifts my spirits'*



## Looking to the future

Looking to the future, we will continue to gather data on the wall chart

We plan to continue collecting data, via safety huddles, involving and asking service users and their families their opinions and thoughts on section 17 leave, with the hope to improve on family knowledge. We are currently developing an information leaflet to add to the welcome pack we send to all families on admission. This leaflet will highlight section 17 and inform families/carers what this is and what it is about

Changes we have embedded thus far: we will continue forward with the safety huddles and the patient meeting, we are hoping that this project will be carried out in all OPMH wards, we may then be able to get a better oversight of if this project will help in reducing incidents.

How will staff and patients continue to be able to suggest change ideas? This will be achieved by continuing to ask questions and have meetings to reflect on where we are and where we would like to go. This is a big project and we would like to gain a lot more data until we are able to bring in the changes that we would like to see on the ward. We are hoping by the summer (July) 2023, we will have the evidence that we want to enable us to create at least one section 17 leave facilitator/recovery worker role for the ward.