

Reducing Restrictive Practice QI Collaborative **launches at BSMHFT**

On Tuesday the 23rd of March 2021, the Trust saw the launch of the Reducing Restrictive Practice Collaborative, a 12 month project, supported by the QI team and the Institute for Healthcare Improvement (IHI) that aims to reduce restrictive practices on our in-patient wards.

The aim of the collaborative is to reduce restrictive practice on wards by utilising the Model for Improvement and the IHI Breakthrough Series Collaborative model. Measuring the success of changes implemented will include studying the number of restraints, prone restraints, seclusion, rapid tranquilisation and blanket restrictions.

Drivers for Change include:

- 2020 Quality Accounts
- Positive and Proactive Care Expert Panel
- No Force Act 2018
- National programme demonstrated positive change
- Patient feedback
- Improved Patient Health, wellbeing and experience, measured by systems such as the audits and feedback via the team project groups.
- Better outcomes for patients, measured by length of stay, re-admissions, and feedback
- Staff Moral, measured by cultural and staff survey/feedback
- Staff recruitment and retention, provided by stats.
- Lower staff sickness/injuries
- BSMHFT statistics for Restraint, Prone Restraint, Seclusion and Rapid Tranquilisation

The programme has been designed in collaboration with experts and experts by experience, with the aim to support wards to carry out Quality Improvement through regular learning days and dedicated support from the BSMHFT Quality Improvement Team. This will be achieved by providing the tools and resources for selected teams to develop their own Quality Improvement plans.

Led by, Dr Renarta Rowe (Consultant forensic psychiatrist and Deputy Medical Director for Quality and Safety), Sam Howes (ANP and Core Skills Training Lead) and Nick Conway (Improvement Lead for Secure Care) the programme is made up of around 20 Project Teams from across the Trust.

As well as having support from the Positive & Proactive Care Expert Panel, the project is also supported by IHI in the form of Johnathan MacLennan and Angela Zambeaux.

Executive and senior sponsorship is being provided by Dr Hilary Grant and Dawn Clift.

The launch of the collaborative was carried out on Microsoft Teams with items of the day's agenda including an outline of our Quality Improvement journey so far in relation to reducing restrictive practices, some of our approaches that we will be using, and an introduction to the QI methodology. The collaborative launch was very honoured to have Aji Lewis in attendance, as well as two of our QI EBE Ambassadors Rhea Winter-Moore and Mustak Murza, who all provided moving testimony as to the importance of this work for those that attended.



Project teams and staff in attendance were able to get a first glimpse of the projects and subsequent change ideas that the collaborative is looking to implement which included:

- Consideration of ways to improve service user experience of restrictive practice
- Use of care plans and advanced statements to reduce restrictive practice
- Increasing awareness and use of de-escalation and Safewards
- Improving recording of restrictive interventions when it occurs
- Exploring the use of interventions such as sensory boxes and self-soothe boxes
- Exploring changes to MDT meetings and admission processes to reduce the need for restrictive practice

Speaking about the collaborative and the launch event, Rhea Winter-Moore, EBE QI Ambassador with lived experience of restrictive practices said: “I truly believe that the RRP QI collaborative is fundamental for change not just within our Trust, but for paving the way for national reductions. The time has come for the new law to be implemented in practice.

“I feel the RRP QI launch could not have gone better, a challenging task for my team to host and deliver online but they really pulled through. I found the content very engaging and was honoured to sit alongside Aji Lewis to give my point of view from experience. I think the day from my viewpoint was a roaring success. I'm proud to work with the QI team and excited to get things moving forward!”

Nick Conway, Improvement Lead for Secure and Offender Health, said: “The team behind this collaborative have all worked tremendously hard over the past few months. I'm really proud of the fact that we've involved staff from multiple levels of our Trust in this, as well as being in the privileged position to have such great input from our EBE QI Ambassadors.

The launch itself couldn't have gone better, and it was amazing to see such a hunger to get involved in this work from all over the Trust. I want to give special thanks to Aji Lewis and our EBE QI Ambassadors Mustak Murza and Rhea Winter-Moore, who courageously told us their stories and gave testimony as to why this work is so vital. I and the rest of the team are so excited to see what improvements happen over the next twelve months.”