

Positive & Safe News Letter



December 2021

Message From Deb Wildgoose

Chief Nurse

As we come to the final weeks of 2021 it is really important to take a moment to reflect on the significant achievements of the last year. A year ago we were just planning an enormous training plan to provide PMVA training to all our staff. We anticipated that we could achieve this in the first 3 months of the year. Many people felt that our ambition was too great, however with your commitment, persistence and contribution we managed to do this and have the critical mass of 91% trained to go live with PMVA in April 2021. From here we then embarked on positive and safe reviews for all incidents where a tertiary intervention was used. We have seen fantastic results from this and consequently much safer care for our patients and working experiences for yourselves.

Other key achievements include:

- Sustained reduction in the number of physical restraints
- Sustained reduction in the number of seclusions
- Sustained reduction in the number of staff injuries during restraint
- Sustained reduction in the number of patient injuries during restraint
- 91 Positive and Safe reviews feedback to wards
- PMVA instructors trained for every ward

So as we head in 2022 I want to say a huge thank you to you all for your time, effort and commitment to providing positive and safe

care to all our patients, thank you for all that you do every day and for being here. I wish you all a great Christmas and New Year and hope you get some time with family and loved ones and for those of you working over the this time, thank you. Without you we would not be able to achieve what we do. I look forward to our next challenges and celebrations of success in 2022.

Thanks

Deb



Annual Review From Recovery College

Earlier this year, Recovery College were invited to work with the wider clinical services team, alongside the SLT to put together a training package to support the hospital's commitment to reducing restrictive practice. With input from the wider hospital community, we developed a one-hour session that discussed restrictive practices and encouraged an environment for reflection that would encourage staff to evaluate their own practices in this area. To date we have:

- Delivered the training package to the majority of office-based and clinical services staff.
- Been approached by the Yorkshire & Humber Involvement Network to present at their next regional meeting about the project.
- Started work on a "Train the Trainer" package which will allow some succession planning for future service users to continue to deliver this package when our current team progress in their journey from Cheswold Park.
- Asked to develop an interactive, online version of the training with plans for this to be made available to other services in the Yorkshire & Humber Involvement Network.

The training package has been designed to be very interactive, with a selection of activities and group work to explore the various elements of restrictive practices and what we as a staff team can do differently to support our service users. We also hear directly from service users about times that they have encountered restrictive practices during their time in services and use these examples in reflective exercises.

In to 2022, the gold standard would be to roll out the training package across wards to all of our colleagues as well as building on our links with the Yorkshire & Humber involvement Network team. Watch this space for more details and exciting updates.

Rick Mason - Recovery College Lead



Physical Interventions & Seclusion Data

Nov 2019

Restraints 17

Seclusion - 12

Nov 2020

Restraints 18

Seclusion - 9

Nov 2021

Restraints 2

Seclusion - 4

Good Practice

From November

- Good management of the environment to reduce risk
- Good application of PBS plan