

Positive & Safe News Letter

October 2021



Report from Emma Baldry (Wentbridge Service Manager)

Positive and Safe Reviews

We have been using the Positive and Safe review process on Wentbridge since they were introduced to CPH and continue to work with the Positive and Safe team in our aim to reduce the number of restrictive practices on the ward.

Following any intervention that has led to seclusion or a physical restraint we will attempt to carry out a debrief with the staff team, preferably within a couple of days of the incident. This can sometimes prove a challenge as it can be difficult to find a time to do this when the relevant staff are free. We use the cold debrief form which we keep in our Positive and Safe file in the office.

We also try and carry out a patient debrief as they often have real insight into what has increased their anxiety to a point where an incident has occurred. Sometimes the patient is not ready to engage or does not want to engage with this. This is fine and we would never push a patient to be involved.

We also receive a Positive and Safe review from the PMVA team which identifies good practice and may make some recommendations in relation to the incident.

Using the cold debrief, patient debrief and Positive and Safe review we would decide if the patient's PBS or My Safety Plan needed updating and make any amendments necessary.

Restraint Reduction Network Accreditation

CPH has now received feedback from the self-assessment, and this contains only 5 small action points, which is very positive and which will be completed by the end of October. The next stage of the process is observation of the training course which hopefully should be completed by the end of the year'

Report from Recovery College

The De-Brief Process: A Patient's Perspective

I have had several de-briefs following incidents on the ward, and after periods of seclusion. I find them really useful because it allows me to reflect on my behaviour as well as what led up to the incident. I really like the one that has the pictures on because it helps me to understand the questions better, and I feel like my answers are better because of it.

Part of the de-brief asks what staff could do differently to support me in the future, and this part has been really useful because staff have listened to what I have said and work better with me during difficult times which really helps. I also like that I can do my de-brief with staff that I get on with too, because I can be more honest about what I say.

Good Practice from P&S reviews

The number of incidents that generated a Positive and Safe review remains steady and re-enforces the good work being done on the wards

July 15

Aug 6

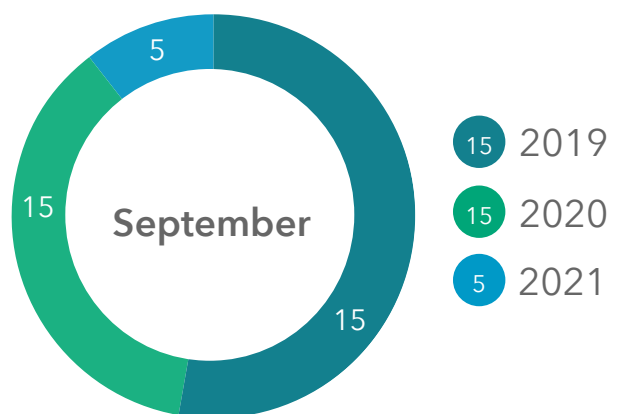
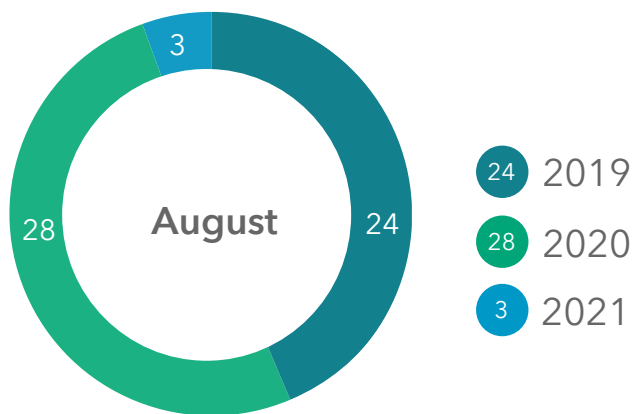
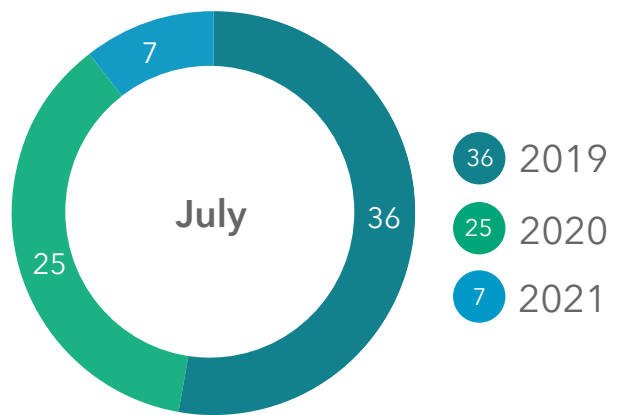
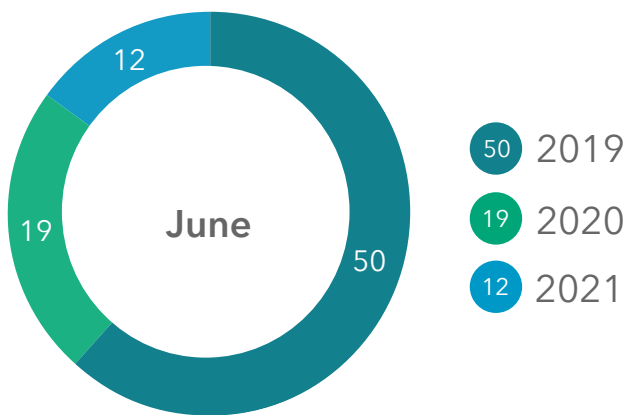
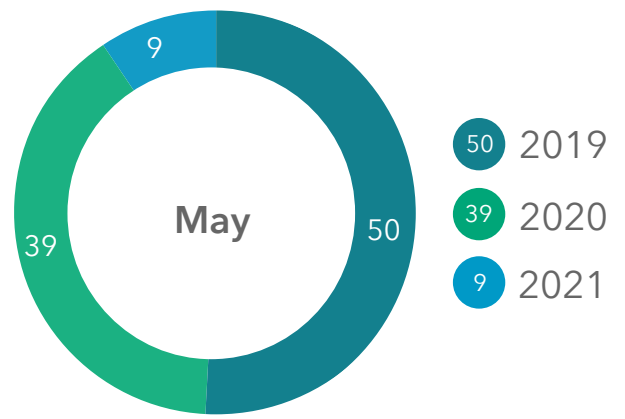
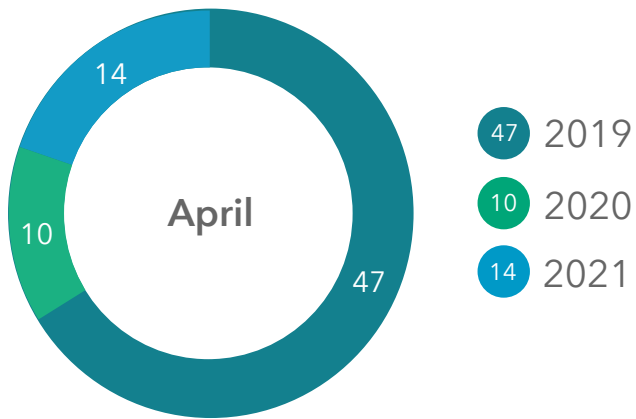
Sept 9

Staff are using low stimulus environments to help de-escalate patients

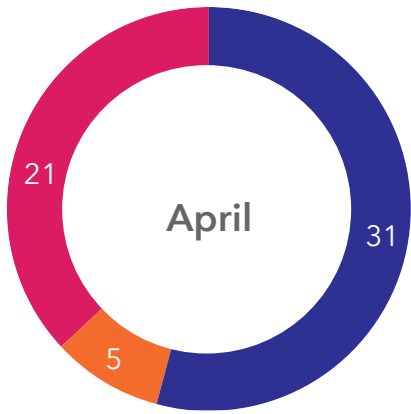
Staff are using the least restrictive holds for the shortest time whilst still maintaining safety

Staff are removing themselves from incidents if they recognise themselves as a potential trigger, and it is safe to do so

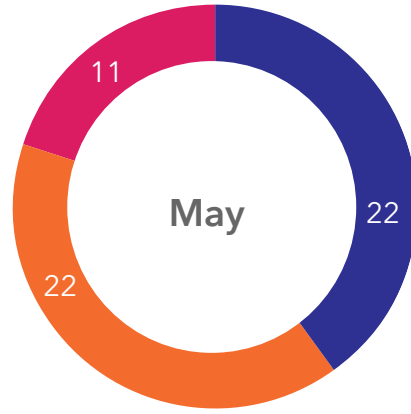
Physical Interventions



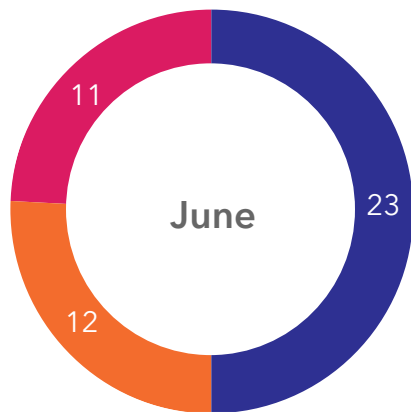
Seclusion



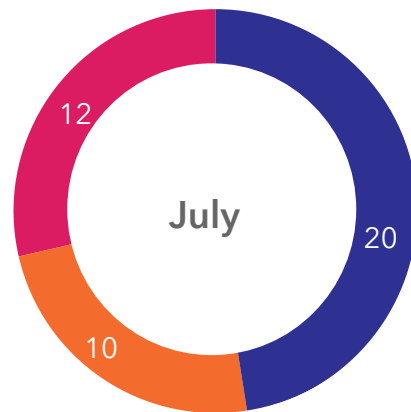
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- 5 2020
- 21 2021



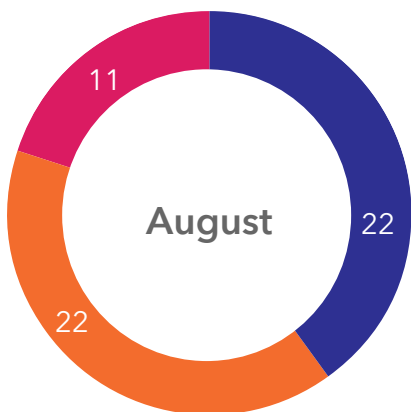
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- 22 2020
- 11 2021



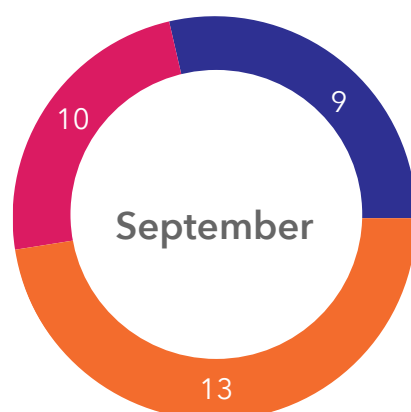
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