



A Message From Our Chief Nurse

Dear All staff

Since I arrived at Cheswold Park Hospital last year I have been impressed by the approach and work of the staff. This has been further enhanced through the new approach to managing and caring for patients who are distressed and disturbed through implementing PMVA and the wider Positive and Safe approach.

The next step in Positive and Safe is to ensure all of you, as the most valuable asset to the Hospital, receive regular updates, learning and feedback on the care provided and how we may improve our services.

So I am delighted to launch the first of our Positive and Safe newsletters to you all and ask that you take the time to read, reflect and also contribute to our ongoing learning and improvements to patient care.

Dr Deb Wildgoose - Chief Nurse



What Our Carers Say

"Any strategy that endeavours to reduce restrictive practices is a very worthwhile project. Being restrained by another person must be distressing for all involved and it was quite moving to read the patient input into this. As to the other forms of restriction, I can only imagine the long-lasting trauma that some interventions can cause.

As a parent worrying about your child's wellbeing & safety never goes away and anything to ease those concerns are always welcome.

It is commendable that CPH aims to move to a cultural understanding that the use of a restrictive intervention constitutes a 'treatment failure'!

Cheswold Park Hospital has launched the following policies in June:



Debrief Policy



Incident Reporting and Management Policy



Seclusion Policy



Patient access to phones and mail management policy

What Our Patients' Say

A group of service users at Cheswold Park Hospital have worked alongside the Recovery College and OT to develop a tutorial session hoping to raise awareness surrounding reducing restrictive practice.

We have assessed case studies and restrictive measures to provoke discussion about how to prevent un-therapeutic methods of practise to create the best possible environment and the highest level of care. Challenging behaviour can arouse high levels of friction between staff and service users but reducing restrictive practice hopes to curb this friction, generate high-quality care and offer the best possible solutions to problematic incidents.

We hope to achieve the lowest possible amount of forced medication, restraints and seclusions and by delivering this session raise awareness to eradicate bad practice in the hospital and unjust use of the mental health act. We hope to incorporate the tutorial into existing training and induction programmes to plant the fruitful seed of therapeutic care into new members of staff and their existing colleagues.



Good Practice Feedback From Positive & Safe Reviews



Lots of De-escalation of patients is evident in viewing the CCTV



Patients are being given space and time during periods of anxiety and distress



Staff appear to be utilising PBS to inform practice



Staff are applying good holds which tend to be the least restrictive in the circumstances.



Our Recovery College

Over the last few weeks, the Recovery College has been involved in supporting patients to develop a bespoke training package which empowers students to confidently talk about restrictive practices and work WITH staff to raise awareness around current practices and to develop effective strategies to reduce these as part of the hospital's Reducing Restrictive Practices Strategy 2021. Experience has been drawn from across the pathways from experts with very different experiences in mental health services to ensure the training we collaboratively develop is as beneficial as it can be. Our students are also working together to develop this training package in a range of delivery options including online and face to face.

All of this has been done in true Recovery College style by working across the disciplines, including OT, Psychology, our PMVA Team and Workforce Development Team to make sure that we consider as many angles as possible.

Rick Mason - Recovery College Lead