

Positive & Safe News Letter

August 2021



A Message From Our Head of Nursing Operations

Dear All staff

Following feedback from staff and by reviewing incidents over a period of time, we made the decision to move from Maybo to PMVA in 2020. This was to ensure the safety of our staff and patients.

We have been working towards accreditation from the Restraint Reduction Network- part of this was the successful introduction of Positive and Safe reviews. These have provided us with valuable feedback so that we can analyse incidents, feed these back into patients Positive Behavioural Support plans which overall provides person centred individualised care.

Since the introduction of these you can see from the data below that we have seen a reduction in our restrictive practice. The number of restraints and seclusions have reduced however these remain proportionate to the risk presented.

We have also seen a huge amount of positive feedback and good practice during times where our patients are finding life difficult. There can sometimes be huge misconceptions when we discuss a least restrictive approach, and it can be difficult to get the balance right. Our aim is simple- to manage risk in the safest way possible for our patients and for our staff.

I also want to highlight the importance of de-briefs for staff. De-briefs provide us with a forum for support- we work in a challenging environment and our days at work can be difficult. I encourage you all to use this resource and following an incident and to promote this on the wards.

Kelly Hynes - Head Of Nursing Operations

Good Practice From Positive & Safe Reviews

A reduction in incidents that require a Positive and Safe review Steady Progress evident:

May - 19

June - 16

July - 15

Staff are using proactive strategies to manage incidents before they escalate.

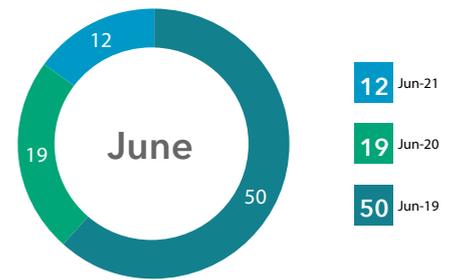
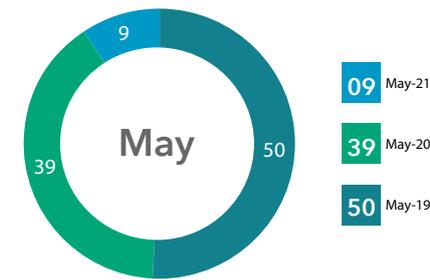
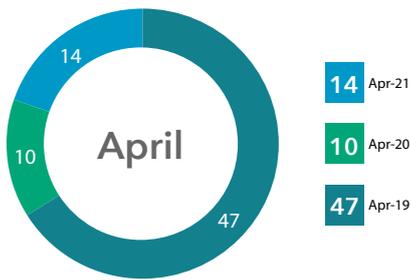
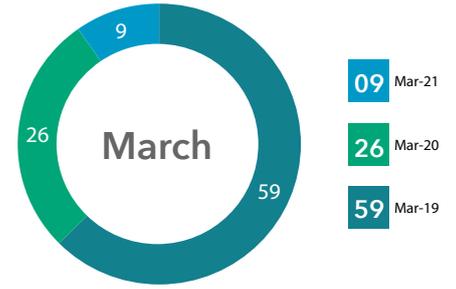
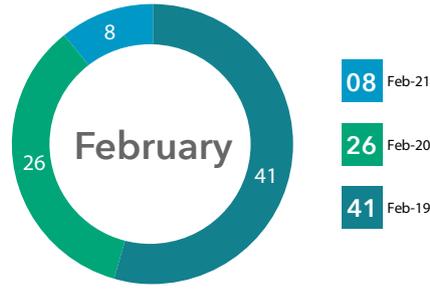
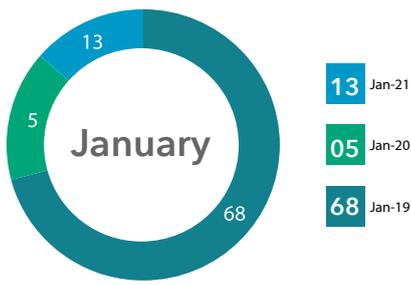
Staff are using PBS and My Safety Plans which is showing a reduction in tertiary interventions.

Where restrictive strategies are used it is for the shortest time possible.

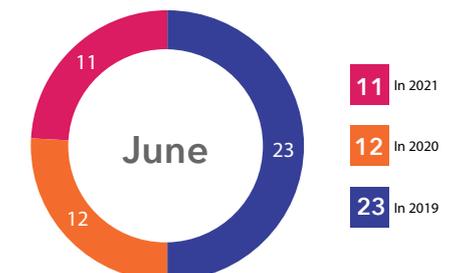
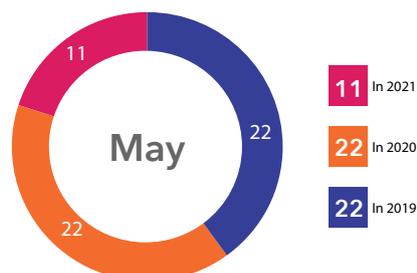
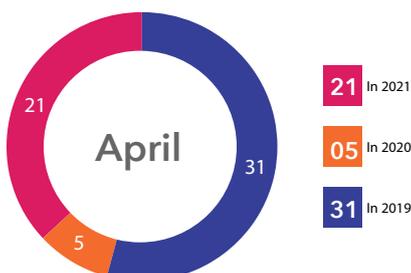
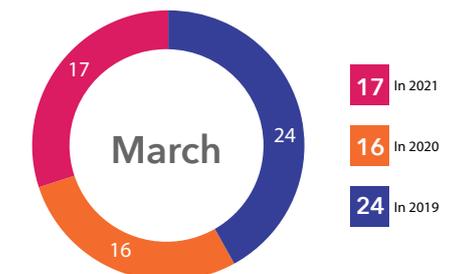
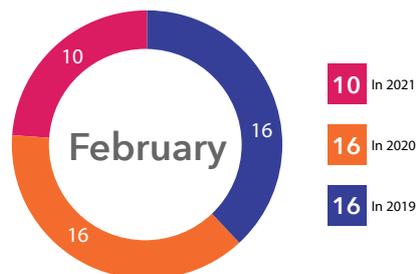
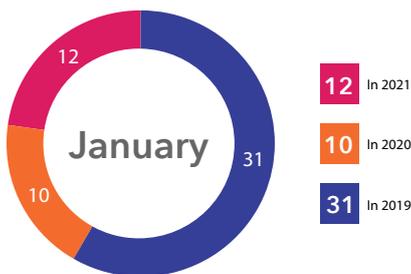
Policies That Went Live In July

- Positive & Safe Management of Violence & Aggression
- The Safe & Exceptional use of Mechanical Restraints

Restraints



Seclusion



What Our Patients' Say

Tips for New Starters

Hello to all our new starters and welcome to Cheswold Park Hospital. We have put together some information for you to help you support patients in times of distress.

Get to know us as people

At the end of the day, we are human beings with personalities, interests and hobbies. Spend time in your first few weeks getting to know US. Talk to us on the ward, have a coffee with us, find out what our interests are.

Speak to existing staff about our triggers and how to support in times of crisis

A lot of patients do not like to be asked about what upsets them or what can trigger anger/distress, so speak to existing staff on ward and find out what kind of situations can cause distress. Also speak to staff about how to support us in times of crisis.

Don't spend all your time in the office

We often see new staff sitting in the office a lot. Please don't do this. If there is a new face on the ward, we would like to get to know this person. We are here 24 hours a day, 7 days a week and the ward is essentially our home. Would you go to a stranger's house and sit in the hallway and say nothing to anyone?

Have a sense of humour

This can be a difficult place to work, there's no hiding that, so it's important to look after your own mental health and share a laugh when the opportunity arises.

Look for the little things

When we are not ourselves, prompt us to talk. Ask if we are ok. Sometimes, we are bored and are looking for a little bit of human interaction.

Garden Access

On garden access? Don't stand by the door watching over us if you can avoid it. Come and sit with us and chat. Hospital can be a lonely place for many of us and a friendly face can make a huge difference. Watching us from the door makes us feel paranoid at times.

Get Involved

If we are doing activities on the ward, get involved. You will learn so much about us and we get to know you better. It will make your day more enjoyable too.



Theme Of The Month

Debriefs - Reception will now be handing out Patient and Hot Debrief forms when seclusion books are collected - This is a reminder for all staff that we should check on the well-being of each other as well as check in with our patients to learn any lessons about how to better support them to manage their anxieties and distress in the future (so named nurses can update PBS and My Safety Plans).



The psychology team are available to support our patients currently engaging in psychology - so please offer this option to our patients if they refuse with nursing staff. If a patient does agree to a debrief with the psychology dept, please email them directly so that they are aware of this. Once completed please upload the patient debrief to ECR attachments and then upload the hot debrief and patient debrief to the Ulysses of the incident.