

Positive & Safe News Letter

September 2021

Cheswold Park



A Message From Dr Charlotte Caton

The reducing restrictive practices committee not only continues to work towards reducing the level of restrictive practices used within the hospital (which data suggests is the case) but also to focus upon improving knowledge and making improvements within the hospital. One such way of improving knowledge has been through the excellent workshops provided by patients working with the Recovery College to provide information to staff about 'Restrictive Practices'.

This piece of work was requested by the Reducing Restrictive Practices Committee. Another project which has come from the Reducing Restrictive Practices committee was to establish a Patient Engagement Council which began this month. The council aims to promote patients being able to communicate their questions and get answers with the focus of promoting change through the relevant committees and governance structures within the hospital.

Finally the last project which is ongoing is the update the de-escalation suite in order to promote a more calming and quieter space to allow people to gather their thoughts and emotions whilst feeling safe and contained. Patients have provided valuable input into this process and are going to be involved in the redecoration process.

Dr Charlotte Caton

Good Practice From Positive & Safe Reviews

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

June - 16

July - 15

Aug - 6

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

Good Practice Identified In Reviews

Excellent use of communication as a de-escalation technique. Staff manage the environment extremely well to decrease risk. Thorough staff knowledge of PBS plans.

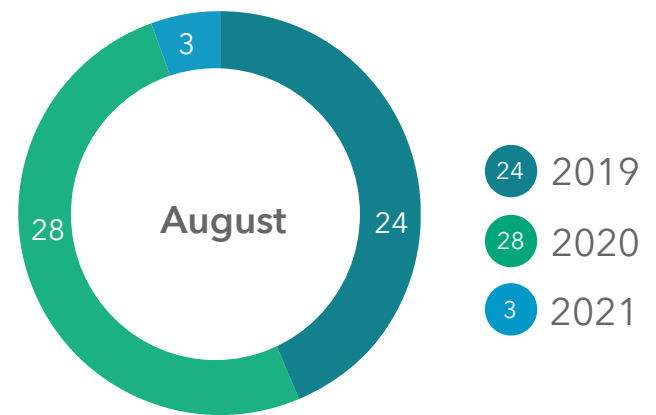
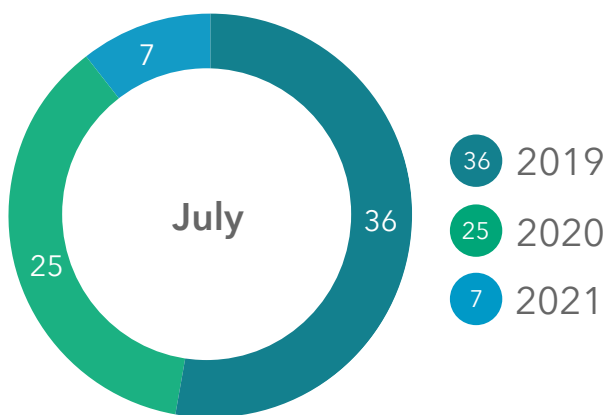
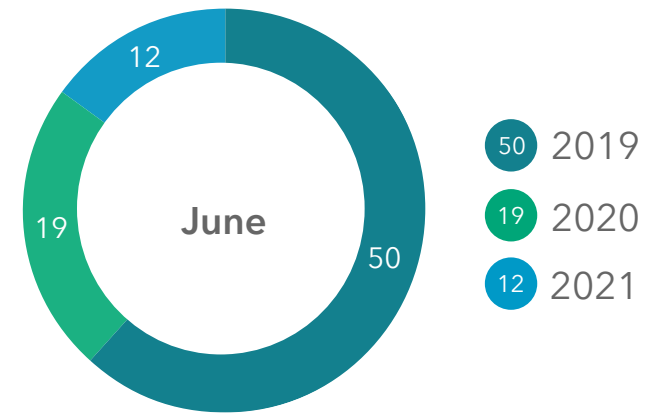
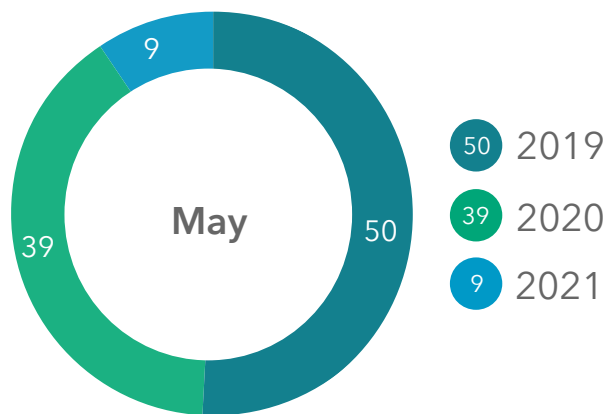
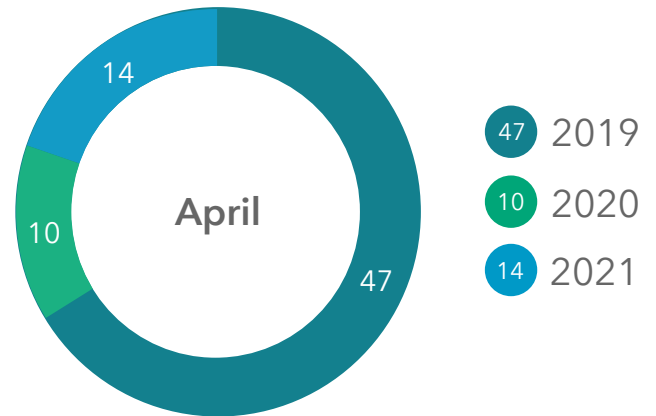
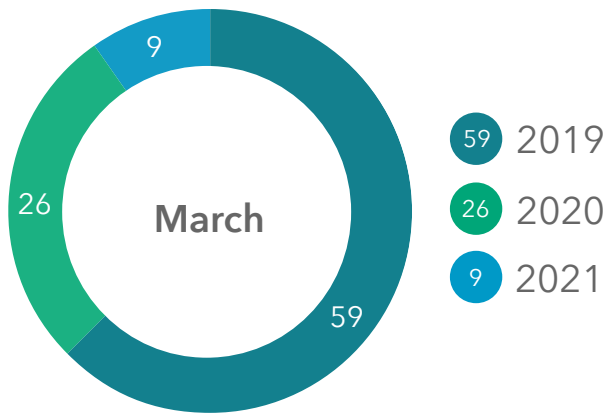
Policies That Went Live In August

- Supervision

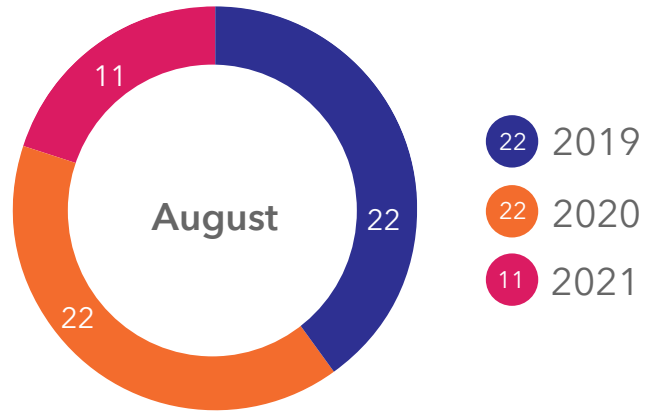
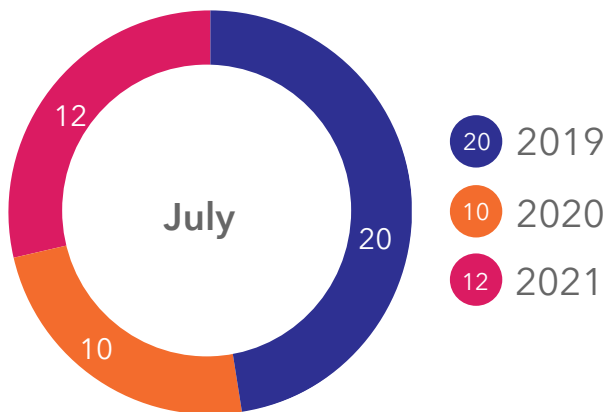
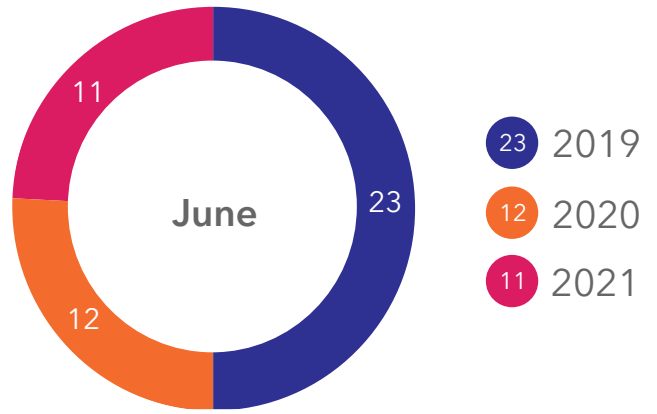
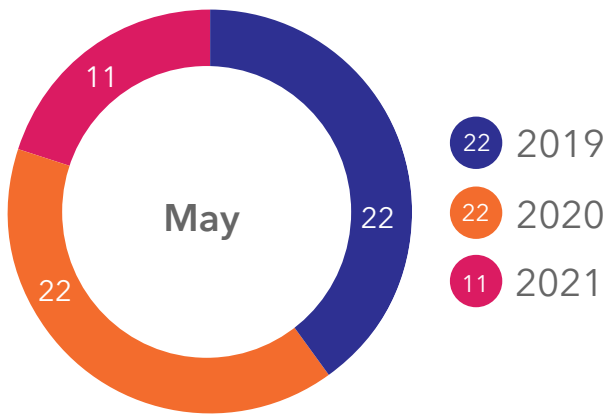
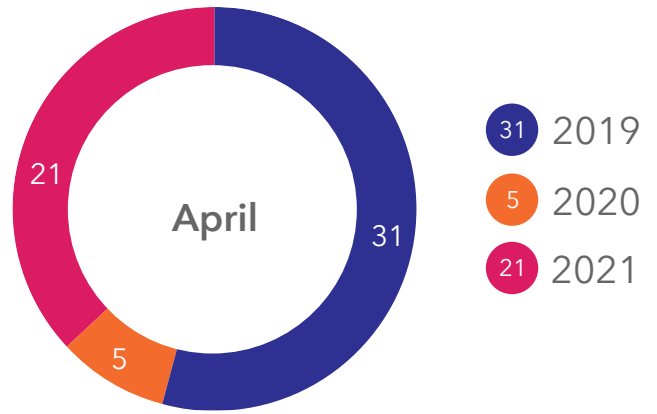
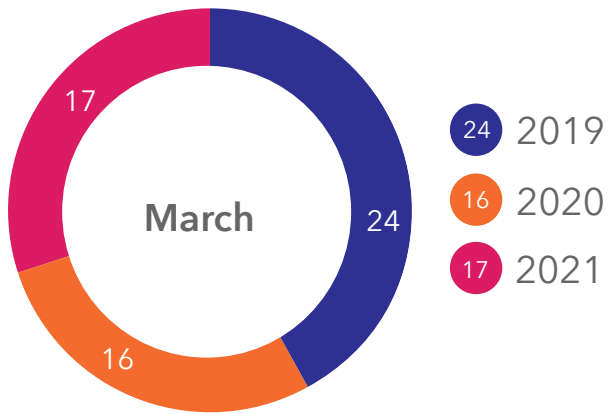
Restraint Reduction Network Update

CPH has now submitted its self-assessment to the Restraint Reduction Network and we are awaiting their feedback. Thanks to everyone for their continued hard work and commitment towards this.

Physical Interventions



Seclusion



Recovery College

Reducing Restrictive Practice Training

Over the last couple of months, we have been working with Recovery College to develop some staff training around Reducing Restrictive Practice, focusing on how practices impact us as service users.

During the training we use reflective exercises and personal accounts to encourage attendees to think about their professional practice and what changes they can make in order to work less restrictively, whilst still promoting a positive and safe environment within the hospital. We have now delivered a few sessions to office-based staff to good effect and have received some really positive feedback.

It appears to have opened a few people's eyes to how restrictive practices impact us as service users. We would absolutely encourage anybody who is yet to sign up to a session to get in touch with the Learning & Development Department to book their place.

It is only an hour out of your day and, we may be biased when we say this, we know that you will enjoy it and benefit from the session.

Number Of Feedback Forms Received

7

Weighting Marker	Question	Score
1	On a scale of 1-10, how did this course meet your expectations?	10.00
2	How would you rate (out of 10) the resources and materials used during the session?	10.00
Please rate your knowledge of restrictive practice, with 1 being the lowest and 10 being the highest.		
3	Before the Session	5.86
4	After the Session	9.86