

In these unprecedented times, we want to thank you for all you and your teams are doing to keep our service users safe and well.

This will be the last of our newsletters for the restrictive practice programme. We sadly won't be able to celebrate together next month the amazing achievements we have seen across the country through this programme. Instead, we urge you to hold on to the things that you have learnt help your services to reduce the use of restrictive practice, and apply your knowledge and skill with quality improvement to test, learn and adapt your way through the current immense challenge to our healthcare system.

Take care of yourselves, and those around you, over the coming weeks, and we look forward to celebrating together the restrictive practice work in the Autumn.

Amar and the Mental Health Safety Improvement Team

Final RRP Learning Set postponed

As we come up to the end of the 18-month programme, we were due to have our final celebratory learning session on 21st April at RCPsych. In light of Covid-19, we will not be able to come together as planned on that day unfortunately. We will however plan a final celebratory learning session in the Autumn, once things have returned back to relative normality.

We need you! (to share your story)

We want every team to showcase their learning and stories from the collaborative at the final learning set. While the event is being postponed we'd like to capture your learning and stories now while it is still fresh in your mind. Some ideas from the coaches include:

- Create a poster
- Make a video
- Record a podcast
- Create a story board
- Write your story
- Write a song



Have fun and get creative with this. Please send us your story by **15th April 2020**, but if this deadline is difficult please get in touch with your QI coach who will be happy to help.

Data entry

Please don't forget to enter all your ward data for the programme, including this month's data by **15th April 2020**. If you need any help please contact your QI coach who can provide support with data entry.

Don't forget!



Hawthorns 1 PICU (Southern Health NHS Foundation Trust) have produced their own fantastic newsletter detailing their journey on the Reducing Restrictive Practice programme. To find out more about some of the changes the team have implemented on their ward you can see their newsletter [here](#) and follow them on Twitter [@Hawthorns1PICU](#).

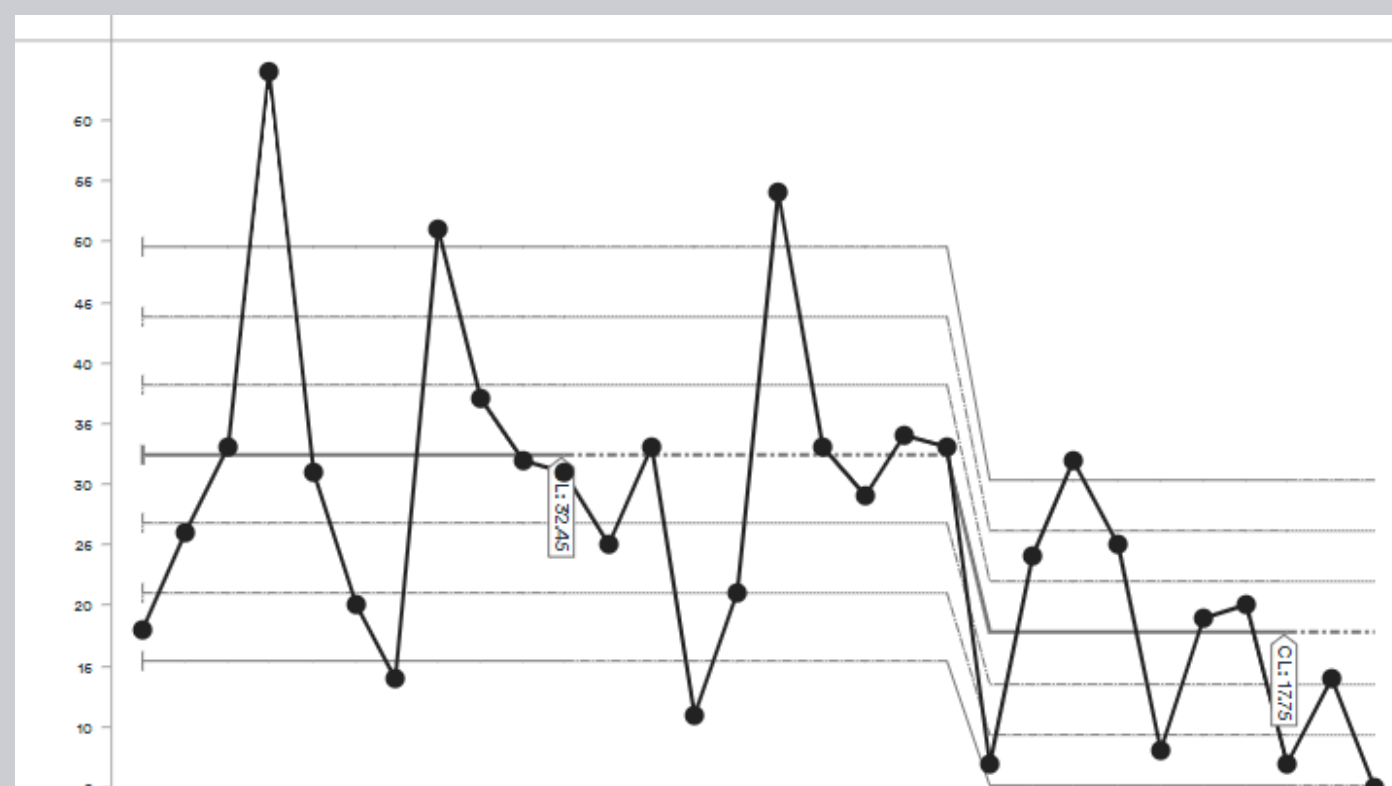
The team have created a culture on their ward in which staff and patients feel able to suggest and test change ideas. This has resulted in a 58% reduction across all three types of restrictive practice. Congratulations Hawthorns 1 team!

Will your ideas stick?

At **Galaxy PICU's** recent project meeting (East London NHS Foundation Trust), the team discussed whether all the change ideas they've introduced throughout the collaborative are still being carried out. This point in the programme is a great opportunity to reflect on all the change ideas you've introduced, whether those ideas are still being carried out and if not, what steps you can take to make sure they are implemented in everyday practice. It's also a good time to see whether there are any improvements you can make to your ideas!

- To ensure your ideas are sustained and implemented on the ward, [here](#) are the slides from November's learning set where this topic was covered.
- If there are any ideas you need to implement, how about taking [this worksheet](#) to your next project meeting?

Celebrating **MacArthur PICU's** (Black Country Partnership Foundation Trust) recent aggregate data shift, which continued to look great in February, now showing a 70% decrease in RP. Well done to the team!



Nostell ward's (South West Yorkshire Partnership) service users in collaboration with the [EDITION Project](#) have created an 'insiders guide' providing useful ward information and words of wisdom to service users new to the ward. You can get more information on this resource by contacting QI Coach [Saiqa Akhtar](#) who will direct you to Claire Wilkinson at Nostell ward.

