

# End of programme change theory

Reducing Restrictive Practice

Reduction of the use of restrictive practice (physical restraint, seclusion, rapid tranquilisation)

Patients

Active participant in care

Recovery focus; patient involvement in care planning and schedules; family & carer involvement

Increased participation in activities

Focus on hours with more incidents; new and innovative groups based on interests; activity boxes; activity coordinators

Person-centred care

Personalised care plans; positive behaviour support plans; therapeutic and sensory interventions; sleep hygiene

Staff

Engagement between patients and staff

Safety bundles; RRP champions and peer support; increased staff presence & support; proactive (preventative) and least restrictive strategies

Engagement in quality improvement

Coproduction; regular protected time; visual displays of data; MDT involvement & community meeting agenda items

Good communication & transparency

Floorwalkers/coloured lanyards; visual displays of routines, preferences & staff allocation; newsletters & welcome packs

Channels of communication between staff

Safety huddles; RAG rating & support plans; MDT meetings; improved handovers

Training & the use of tools

Trauma-informed care training; simulation training; staff skills training at all levels according to identified need; use of data to promote learning; DASA/Broset/PMVA

Supervision & wellbeing

Trauma-informed; regular supervision; reflective practice; staff support groups & wellbeing tools

The ward

Physical environment

Trauma-focused environments; improved indoor & outdoor space; smoke free

Reviewing blanket restrictions & ward rules

Reduce blanket restrictions and unnecessary rules; personalise care planning; focus on community, mutual expectations, trust and shared responsibility

Ward routine

Increased focus on patient preferences and needs; morning groups/breakfast/tea or coffee; changes to increase staff availability



**IMPROVING MENTAL HEALTH SAFETY**  
Reducing restrictive practice

NATIONAL COLLABORATING CENTRE FOR MENTAL HEALTH