

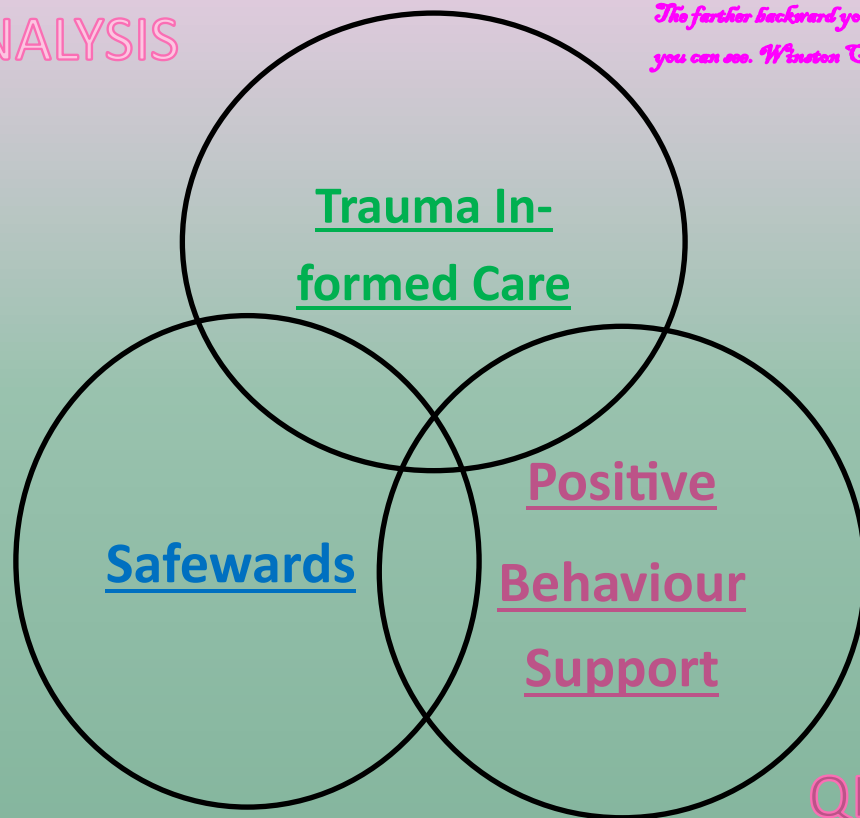
A blended approach to reduce restrictive practices

PERMA

Positive emotion, Engagement, Relationships, Meaningful activities, Accomplishments. By using positive psychology the PERMA model allows a truly holistic Human Rights based approach to our care creating an enabling culture. A culture where both patients and staff will thrive and reach their true potential of wellness and wellbeing. The PERMA model has been introduced into handovers to blend the 'Positive Words' from Safewards with the PERMA model from PBS to improve wellbeing, create capable and enabling environments and reduce restrictive practices.

DATA ANALYSIS

The further backward you can look the further forward you can see. Winston Churchill



WHAT ARE OUR PRIORITIES?

- Implement the PERMA model on all inpatient wards
- Review data and past QI initiatives
- Introduce service specific training around Trauma Informed PBS and provide bespoke training for the services as required
- Work in partnership to ensure best practice
- Introduce Trauma Informed PBS care plans
- Therapeutic restoration
- Reducing restrictive practices steering group

WHAT WILL THE IMPACT BE?

- Improved patient and staff safety
- A reduction of restrictive practices that would normally result in restrictive physical interventions
- Working with patients to understand what has happened to them rather than what is wrong with them
- A greater understanding of the function of behaviours and adaptive communication

QI PROJECTS

PERMA