

Tuesday
21st
March
2023

PICU POST



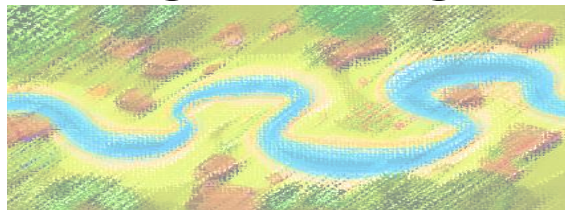
Northamptonshire Healthcare
NHS Foundation Trust



MAKING A
DIFFERENCE
FOR YOU,
WITH YOU

30p
cheap at twice
the price

The long and winding river



Service users felt that the illustration of a meandering river is a pictorial representation of an admission on Marina. One of the descriptions was that it is a flow, a winding one and sometimes hard to get to the end. They were included in the development and coproduction of many of these initiatives.

Let's Get Physical



We are fortunate enough to have an HCA who is a qualified PT that is allocated specifically for fitness once a week. Encouraging service users to channel their energy safely, allowing them a controlled environment to get rid of aggression, agitation. This builds stronger relationship with staff, demonstrates a trusting, adult, and & therapeutic relationship.

A Sense of calm



Carefully care planned and structured use of the state-of-the-art sensory room allows us to apply the relevant steps appropriately and effectively for service users when needed. Further nurturing the trusting reciprocal respect that is encouraged on the ward

What's the secret?

We wanted to share some of the tools that we have effectively utilised to reduce the number of incidents, restraints, and seclusions on the ward.

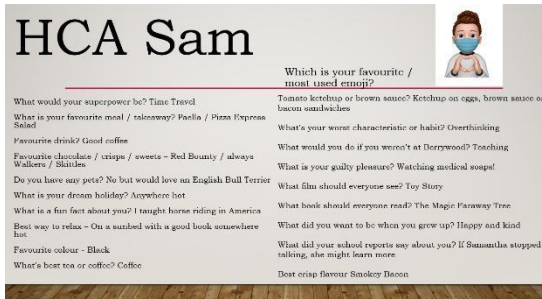
These include some changes in methodology, the introduction of more visual communication, a more proactive attitude and more open thinking.

Most of the interventions have required no additional budget and have been simple and straightforward to introduce.

The underlying factor has been consistency and persistence, they have required a certain amount of tenacity from the whole medical team, not just the nursing staff

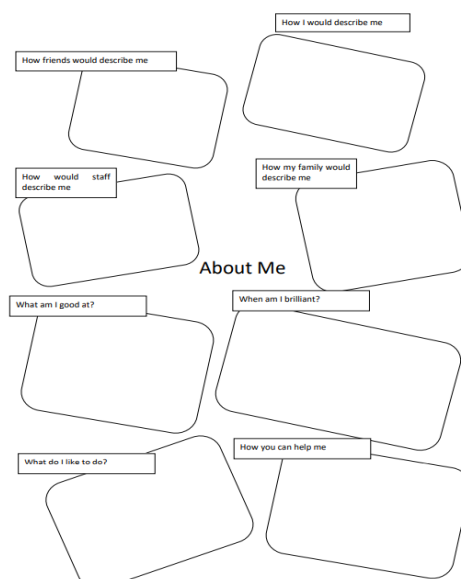
Knowing Me Knowing You

Sitting together at mealtimes encourages normalised conversations



We ask lots of questions about our service users so we share unimportant information about us.

Daily one to Ones with allocated staff & one to one booklet help to strengthen relationships & recognise behaviours, as do daily one to ones with staff.



The hot potato that is smoking

We recognised that taking away someone's coping strategies when they are at their lowest ebb has a significant impact on their wellbeing and emotional wellbeing. By allowing services users to have managed smoking time and for them to hold onto their tobacco not only reduces conflict but is also a demonstration of how the simplest least restrictive measures can reap significant rewards.

Busy hands

The introduction of a dedicated Activity Worker means that there is more OT style input without the need for specific outcomes, this results in less time for idle hands and minds. Attention was given to times when behaviour when considering the availability of the Activity Worker.



Coming soon to a PICU near you

A new look de-escalation room and dining room are planned to further enhance the visual communication

Marina figures plummet

The gradual and gentle introduction of these initiatives have shown a 75% decrease in the use of floor restraints & restraints across the board



They're your responsibility now

Working closely with family and carers creates a consistent and informed approach to care (a bit like when your parents knew what the teachers were doing).

The writing is on the wall

The floor to ceiling blackboard wall allows for ample space for expression, artistic or otherwise, it also encourages quick distraction games when the ward is bubbling. Who can resist grabbing the chunky chalk?
