

Reducing Restrictive Interventions – Positive Practice Process

The development and maintenance of therapeutic relationships are crucial enablers in the delivery of recovery focused care. The use of restrictive interventions to manage risk in clinical services can compromise relationships and ultimately impact negatively on the culture of services.

Developments in policy and practice have helped shift the emphasis from crisis management to a focus on prevention through organisational learning. Thoughtful, planned and strategic change, which is subject to rigorous local evaluation, in terms of its impact on both service users and staff, has been a priority within Northumberland, Tyne and Wear NHS Trust (NTW) and is outlined in the NTW Positive and Safe Strategy.

The attached process map was developed in collaboration with the North East Quality Observatory Service and provides a tool to support the implementation of a consistent standard of safe and therapeutic practice across all services.

The content is in line with the legislative requirements outlined in the Mental Health Act Code of Practice (2015), other relevant legislation, such as the Human Rights Act 1998. The process map has been informed by contemporary evidence and brings together the recommendations outlined in key publications, the NTW organisational strategy and policy to maximise the safety, welfare and human rights of service users, staff and others.

The Reducing Restrictive Interventions – Positive Practice Process provides prompts to encourage the review of practices and philosophies of care in order to embed a culture of safety and organisational learning. The overall aim is to make prevention uppermost in the minds of all parties.

A series of familiarisation sessions have taken place with clinical teams, printed copies of the posters (that can be written on and wiped clean) have been distributed and discussions to progress evaluation are occurring.



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