



Spotlight on Mental Health

Improvement Academy

September was an exciting month for patient safety in the region's mental health community with our first seclusion event bringing together clinicians, managers, policy makers (Department of Health) and the CQC, Royal College of Nursing and local universities from Yorkshire and Humber. Lyndsey Charles gives further details below.



Reducing Seclusion event—25 September

The use of seclusion within mental health and learning disability services is fraught with the risk of various adverse effects for both patients and staff. Reducing seclusion is a priority for many health care providers. This event provided an opportunity for frontline staff to meet, discuss and share their experiences and challenges in creating improvement to reduce the use of seclusion within their services.

The Improvement Academy is supporting work on Westerdale Ward, a forensic low secure, male acute admission ward in York. Westerdale is using McGuire et al (2011) 6 core strategies for reducing seclusion as a framework for its improvement plan. Delegates discussed seclusion within their services; the improvement actions that have been carried out which has led to a reduction in seclusion use and the barriers and challenges that has prevented them from reducing seclusion further.

At the Reducing Seclusion event on 25 September it was agreed to create a Community of Practice giving networking and support. The Department of Health and Care Quality Commission is to discuss and unpick the issue of "what is seclusion" and will examine the confusion in the delivery of safe, effective, high quality care. For further information Lyndsey Charles can be contacted [here](#).



Pictured Professor Carl Thompson and Professor John Baker

CLAHRC and the Improvement Academy's Patient Safety Collaborative Project

What drives polypharmacy/high dose prescribing behaviour in acute inpatient mental health environments? Polypharmacy and high dose prescribing in Mental Health exposes service users to unnecessary harm, reduced life expectancy and yet remains stubbornly resistant to improvement. It is a complex issue, requiring a change of behaviour by a whole team rather than just the prescriber.

Understanding the behaviour(s) in question might be a useful means of both explaining and improving prescribing and making care safer for these patients.

This is one of the Improvement Academy's Patient Safety Collaborative priority areas and a focus for the NIHR CLAHRC for Yorkshire and Humber's "Evidence Based Transformation" theme. Professors Carl Thompson and John Baker have developed a collaborative programme of improvement. Their plan is to utilise the Academy's "Achieving Behaviour Change" methodology so that they can begin to assess the barriers and levers to ideal practice and then use behaviour change theory to implement best practice. They will work together to look at the interventions required to change prescribing behaviours, test those interventions and evaluate the impact. They also plan to take a new angle of service user co-production and input into understanding the behaviour and design of any interventions. The Improvement Academy will be facilitating and working directly with, "front line" teams and will be focusing the initial work with two to three teams from across our Yorkshire mental health organisations. If you are interested in working on this subject, contact Professor John Baker or Professor Carl Thompson [here](#). Further details of this exciting work can be read in their blog 'A shared Approach to Patient Safety in Mental Healthcare' [here](#).

Lyndsey Charles Improvement Fellow and Improvement Academy Project Manager for Seclusion



Lyndsey Charles has been on part time secondment with the Improvement Academy since August 2014. Qualifying as an Occupational Therapist in 1997, Lyndsey has worked most of her clinical career in Forensic and Learning Disability services. Lyndsey is currently employed by the Leeds Partnerships Foundation Trust as Allied Health Professional Lead for Learning Disability Services, where she is responsible for the professional leadership of Occupational Therapists, Physiotherapists, Speech and Language Therapists and Dieticians that deliver specialist health services for adults with learning disabilities that live in Leeds.

Child and Adolescent Mental Health Services (CAMHS)

Work has commenced with Mill Lodge, Child and Adolescent Mental Health In Patient service in Leeds. Each member of the staff team has had the opportunity to meet and discuss their improvement ideas in respect of improving patient safety and reducing harm. Staff members were invited to complete a culture survey. A high response rate of 62.5% was achieved and plans are in place to share the results with the team. The aim is that the culture survey report will enable the team to identify the key improvement priorities that they wish to target and, with support from the Improvement Academy, begin to develop a plan to address these.

