



Reducing restrictive practice in community learning disability settings

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Background

- ▶ As part of SBSS Band 6 development role, the Specialist Behavioural Nurse has been asked to develop a project that aims to reduce restrictive practice used in community settings.
- ▶ The Welsh Government's Learning Disability Strategic Action Plan 2022 to 2026 outlines a number of different strategic and priority areas. One strategic priority area is to *Promote Positive Behavioural Support (PBS) and Trauma informed care in health, social care and education*. The actions aligned to this area are: -
 - *Implementation of the Reducing Restrictive Practice Framework published in July 2021*
 - *Ensure the Welsh Government's Reducing Restrictive Practices Framework principles are promoted, understood and embedded in training and services across health, social care, education and childcare. To include appropriate monitoring, recording and reporting.*
 - *Work with sectors to ensure they consider and agree actions to support effective implementation of the Restraint Reduction Framework in childcare, education, health and social care*

Aims of project

- ▶ The overall long-term aim of the proposed project is to support service providers / staff to identify if they are using any restrictive practices when supporting individuals with a learning disability
- ▶ We hypothesise that many restrictive practices that are placed upon people in their own homes are in place because those supporting them don't realise they are restrictive.
- ▶ It is hypothesised that once awareness of restrictive practice is raised, that this in itself will drive change and may, in turn, lead to a reduction in restrictive practice.
- ▶ When a behaviour is measured it often changes (like using a fitbit to track steps) and so we hypothesise that measuring the number of restrictive practices in place in a property will result in a reduction in these over a period of time
- ▶ It is felt that the project proposal detailed above would be accessible, easily replicated and have the most impact with minimal effort and time. This will enable it to be utilised by many service providers and professionals across North Wales's learning disability services.

Plan

Stage	Action	Rationale
1.	Develop a self-assessment audit tool to be used by support providers.	There will be an audit tool which documents a list of restrictive practices. The tool will allow for a binary response which identifies if a restriction is or isn't in place.
2	Share within Specialist Behavioural Support Service for feedback.	Feedback will be gathered which may lead to further restrictions being identified or amendments being made.
3.	Create a Microsoft forms version of the audit tool and embed YouTube videos around restrictive practice into the form.	Using Microsoft forms will allow for data to be easily analysed and graphed. It is also easily accessible to providers. Embedding YouTube videos into the form will give the staff completing the forms education around restrictive practice, in the moment.

Stage	Action	Rationale
4.	Test the Microsoft Forms audit tool with SBSS staff to check for any unforeseen issues.	To identify any issues and make adjustments as required.
5.	Amend the form with any feedback received and test again.	Issues identified will be resolved.
6.	Work with the manager of a BCUHB residential service to identify houses to complete a pilot of the audit tool.	A small sample will be identified to complete the audit tool. This will be a manageable size.
7.	Meet with the house manager to explain process and answer any questions relating to the audit tool.	The house manager will be aware of the process and will have an opportunity to ask any questions related to the project.

Stage	Action	Rationale
8.	Test reliability of the audit tool in two houses with the house managers. This will involve the house managers completing the audit tool and another independent person completing the audit separately and then comparing results.	Testing the audit tool will identify whether there is reliability by different people completing and having similar results.
9.	Evaluate the reliability of the audit tool.	If the reliability is poor then Further amendments will need to be made. If reliability is good then this shows that there is strength in the reliability of the audit tool and we can progress to the next stage.

Stage	Action	Rationale
10	Complete the audit tool with other houses within BCUHB.	This will give baseline data.
11.	Wait for a 6-month period.	This will allow any changes to be made following completion of the audit tool.
12.	Repeat the audit tool.	This will give a second set of data and allow for comparisons to be made.
13.	Compare the data between the baseline and the repeat.	This will identify if there has been any change between the first and second sets of data.

Stage	Action	Rationale
14	Evaluate whether there has been any change.	This will show whether there has been any change and whether restrictive practice has reduced or increased.
15	Produce a report to share findings.	This will share the findings of the project with interested parties.
16	Review process and identify next steps.	This will identify any changes to be made if the project were to be repeated.



Thank You for listening!
Are there any questions?