

Introduction of Safety pods to reduce restraints in CNWL Mental Health services

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Background

CNWL has an ongoing commitment to reduce restrictive interventions, with the aim to enhance patient safety and experience.

Reducing violence and aggression is a trust quality priority and there are a wide range of training and interventions that have been implemented across the organisation. Safety pods are another tool to augment this ongoing workflow.

Safety pods are essentially bean bags that can support safe patient care during times where de-escalation and restraint is being considered. There is evidence that the use of safety pods can significantly reduce prone and all restraints. Data has also shown that injury to both patients and staff can be reduced and that the time spent in a restraint situation is reduced.

What are safety pods?



They are specially designed bean bags that maintained the body angle at 135 degrees, which optimised chest expansion and lung function, and minimised head trauma during restraint

How and when are they used?

The pods support a seated restraint that is more comfortable for patients and makes it easier to give and receive IM medication
For patients who feel safer using them generally
To exit a seclusion room

Training

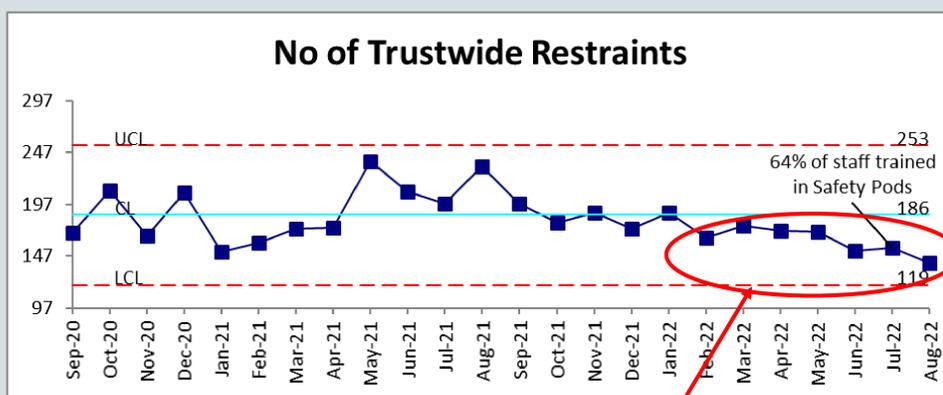


Initially delivered bespoke training to over 600 staff on site

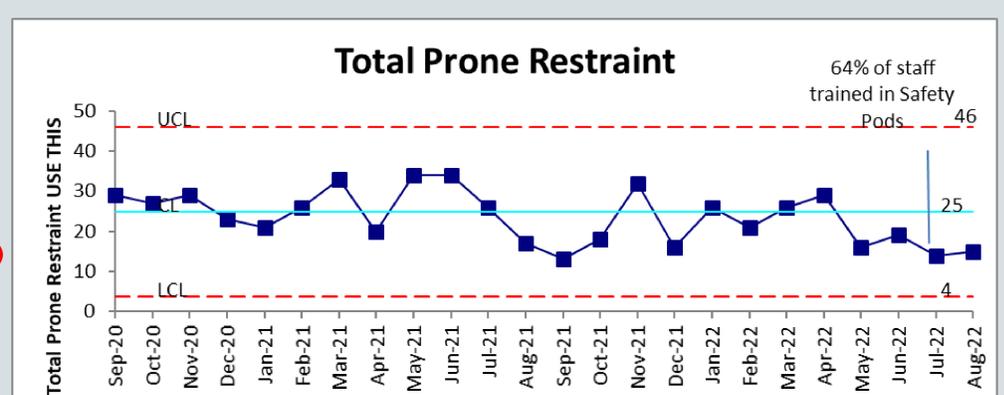


Training now included in all 3 and 5 day Physical Intervention training

Results so far: ongoing reduction in restraints



Significant reduction



Uptake of use of safety pods

Use of Safety Pods

	Apr 2022	May 2022	Jun 2022	Jul 2022	Aug 2022	Sep 2022
Total	21	28	14	15	12	11

Whilst the use of restraint continues to reduce, we believe that further reduction with the active use of the safety pods is possible.

The initial allocation of one per ward needs to be increased and the wards have been asked to order these directly according to their need

We will continue to enhance safety by further reduction in restraint by utilising this important piece of medical equipment.

Staff and patient feedback

A full QI project is planned with the intention to gain patient and staff feedback from experience.

Overall so far staff and patient feedback very positive

Next steps

The Safe Practice Team are in contact with services to understand any potential barriers in using the Safety Pods; this involves considering where the pods are located, staff awareness, and any training or advisory support that can be provided.

We want to understand what are the barriers or reasons the safety pods are not being used