

The Round Up

Your Monthly Round Up of what's happening at St Andrew's Healthcare

Blending our care to benefit women in secure services



Dr Katina Anagnostakis,
Lead Clinician,
Women's Medium Secure Services &
East Midlands Adult Secure
Provider Collaborative (IMPACT)

February saw the final piece of our Women's Blended Services slot into place with the move of Women's medium secure admission ward (previously Sunley) to 10 bed Bracken ward in FitzRoy House. Alongside Willow and Maple, Bracken will adopt the innovative blended clinical model for women who require specialist care in a secure setting. With a focus on relational over physical security, this model moves away from the traditional medium or low secure pathway. The new 'whole system' approach is proven to help women feel safe and open to therapeutic treatment, with the aim to significantly reduce their time in hospital. Bracken will remain as an admissions ward, with patients being quickly transferred to either Willow or Maple to progress through the blended model before moving to an appropriate non-secure or community service. **For further information call or email leva in our Admissions Team on 0800 434 6690.** To find out more about our innovative blended model for women click on the links below:

[Video 1: Animation video with Sue Denison, Expert by Experience](#)

[Video 2: Clinician views about the Blended Service](#)

Amazing Covid-19 vaccination uptake

Since reporting last month that our Northampton hospital site was declared a mass vaccination site, there has been a monumental effort by staff and volunteers to vaccinate as many staff as possible.

In three weeks, we have managed to **vaccinate 70% of staff**, which will help to protect patients, staff and families. In Birmingham, Essex and Winslow the roll out of vaccinations alongside our NHS Partners is also very encouraging.

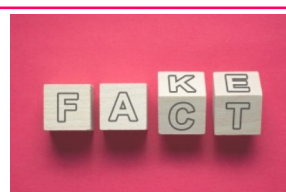


Although this is good news we remain vigilant, with daily updates from our leadership team who continue to monitor any infections and remind staff about hand hygiene measures, PPE and social distancing guidelines. Staff are also required to complete lateral flow tests at home twice weekly.

The effect of this hard work is that the number of patients with confirmed Covid-19 has fallen dramatically, reaching zero at the start of week commencing 22nd. We currently have 1 patient with Covid-19 with this ward now in isolation. [Click here](#) to read our latest coronavirus guidance.

Busting some myths causing vaccine hesitancy

As the Covid-19 vaccines are rolled out across the UK, our Head of Research, Kieran Breen, busts some of the myths that are causing vaccine hesitancy, helping to reassure the public that jabs are safe. [Click here](#) to read his article in the local Chronicle and Echo newspaper.



St Andrew's launches Annual Report

The report entitled 'A Message of Hope and Reflection' outlines the charity's activities during 2019/20 and its plans for the future. The publication captures numerous patient and staff perspectives, with focused pieces around services, education and research as well as an appreciation of our diverse workforce and volunteers. [Click here to read the full report.](#)



Events

Mental Capacity Act : MCA Good Practice Guidance - Tuesday 27 April 2021

Delivered by our Academic Centre, this online conference aims to develop clinical skills looking at new features in the MCA, duty of care, capacity dilemmas and best practice guidelines. **To find out more and book your place visit the [event page](#) on our website.**

Conference Review: Working with Moral injury in Mental Health Settings – Tuesday 9 February 2021

Exploring the conceptual and clinical issues relating to Moral Injury, our conference saw over 150 professionals attend. 94% of delegates reported that they would change their work based practice as a result of attending the conference and 100% said that they had learnt something new.

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Reducing restrictive practice: Berkeley Close GF share their insight

Berkeley Close Ground Floor is a specialist female rehabilitation brain injury ward. With 12 beds, the ward accepts new admissions as well as offering treatment and long-term rehabilitation to residents. Patients have a wide range of complex needs, which include verbal and physical aggression, alongside cognitive deficits and high levels of impulsivity.



Despite the typical high acuity of the patient cohort, Berkeley Close has not had any seclusions since December 2018.

This impressive outcome results from new ways of working, following a review of restrictive practices and patient needs. Improvements were made in key areas, such as positive behavioural support, care plan reviews, restrictive practice reviews with patient involvement, reflective practice, staff support and increased psychology input.

Tracey Austin, Clinical Nurse Leader, explained a culture shift in staff mentality; "Restrictive measures (such as seclusion) is no longer seen as a priority in order to make an area safe. The work has embedded a new culture on the ward, so that for anyone joining the ward these improved methods of de-escalation are a natural process."

It is evident that this approach is working; there has not been a seclusion for two years, despite the ward still recording a high number of incidents. Records show that the primary tool being used to manage incidents on the ward is verbal de-escalation, with restraint being used in just a minority of cases.

Jon Crane, Nurse Manager, also spoke of the importance of staff being present to build a therapeutic relationship with patients and open communication between the patient and the clinical team. **For further information about our brain injury services call or [email](#) Maya in our Admissions Team on 0800 434 6690.**

REDUCE - ing restrictive practice

As part of our drive to implement least restrictive practice for every person in our care, in Autumn 2019 we launched a project to minimise the use of seclusion across our charity.



A key aim of the project was to reduce our seclusion rates, and time in seclusion, by one third by September 2020. In February the charity was able to report a **34% charity-wide reduction in the average length of seclusion.**

This project has recently expanded in scope to reduce **all types** of restrictive practices and interventions, and now includes recommendations from our Zero Tolerance working group, which looked at reducing violence and the impact of violence on our staff and patients.

Led by Ash Roychowdhury, Clinical Director, the project consists of eight work streams that include co-production of care, evidenced based models, safety and prevention culture and seclusion environment. These groups have led to developments such as Positive Behavioural Support, Safewards, decommissioning seclusion rooms and increased areas of de-escalation / sensory rooms, so seclusion is used as a last resort, and the implementation of Continuous Quality Improvement across the charity.

Angela's story

"I am who I am now because of St Andrew's. The staff and doctors here have helped me so much. They helped me become what I am today. I've recovered well and I'm ready to go home, so I'm going home."



In February we shared Angela's story. Angela has spent three years in the Neuropsychiatry pathway at St Andrew's but after intense therapy from our specialist multi-disciplinary teams she has recovered well and returned to her home area closer to her husband just before Christmas. Angela had complex physical and psychological needs and it is testament to the support she got at St Andrew's that she has been able to look forward rather than backwards in her life.

[Click here](#) to view her story.

How 'hedgehogs' are helping improve hand movement in people with brain injuries

Our patients with acquired brain injury have been getting creative by modelling hedgehogs as part of a St Andrew's study to improve mobility. St Andrew's Physiotherapist Jyothi Kraleti and Senior Occupational Therapist Gemma Ruggieror were the brains behind the project. Jyothi explained that they were inspired by a similar study with Parkinson's disease patients which improve hand dexterity following an eight week course. [Click here](#) to find out more and watch our short video.



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Your Questions Answered by our Peer Support Workers

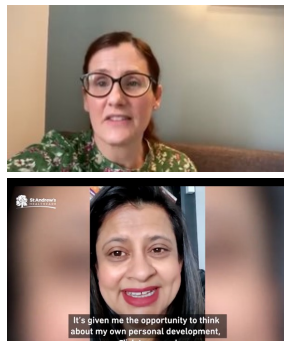


This month saw the launch of the Charity's latest stigma busting film, aimed at answering some of the public's most controversial questions around mental health. Is it hard to hold down a relationship? Have you ever been kept in a padded room whilst staying in a psychiatric hospital? Do they always drug you to keep you quiet? Or have you ever faced stigma because of your mental health challenges? Tackling the questions are a group of St Andrew's peer support workers who all have lived experience of mental health challenges, and now work at the Charity using their own experiences of mental health distress to inspire hope and support others who are struggling. [Click here](#) to read our full article and view the film. Why not also follow the campaign across [social media](#) by using #BreakTheStigma and together we can break the stigma.

Celebrating #NationalApprenticeshipWeek

During #NationalApprenticeshipWeek in the middle of February we asked some of our staff and Holly Taylor, our Head of Learning and Development, to talk about their choice to further their learning, and how their apprenticeships have or are helping their career development.

[Click here](#) to view our staff videos
[Click here](#) to view the perspective of Holly, our Head of Learning and Development



Recognising our staff

Due to the pandemic we have been unable to hold the charity's usual monthly internal recognition CARE awards celebrations, but that hasn't stopped our leadership team recognising individuals virtually. Our CARE awards recognise staff who have displayed our CARE values in their roles and contributed towards delivering exceptional patient care.

Our CARE values are; Compassion, Accountability, Respect and Excellence. The awards have recently been joined by an individual and team CEO Outstanding Contribution CARE Award. Our winners during the month included Gemma Buxton and Tallis Neuropsychiatry ward team.

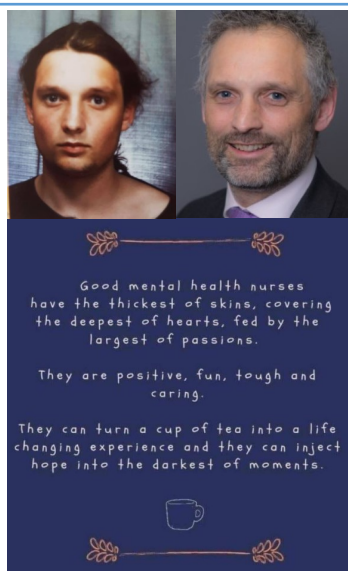


Career Opportunities

For the latest job or volunteering opportunities visit our [St Andrew's Careers page](#) on Linked In or our [website](#).

National Mental Health Nurses Day

Not one to shy away from a selfie, our Deputy CEO, Jess Lievesley marked #MHNursesDay 2021 with a photo from his student nurse ID in 1993. This lad has certainly come a long way in helping to shape our clinical and commercial developments. The day saw a number of poignant messages shared between staff, recognising their significant contribution to the benefit of patients during a year when circumstances have been extremely difficult. We thank you all.



Gemma was nominated by Martin O'Dowd, Head of Physical Healthcare for being such a fantastic advocate for the health and wellbeing of our patients. Martin said: "Gemma is a remarkable Physical Healthcare Assistant - she goes about her day with good humour and a positive attitude, which makes her a joy to manage."

Tallis ward - for their outstanding teamwork, comradery, resilience and collective sense of humour during a few really tough weeks. Liz Jackson, Head of Operations said: "The Tallis team have cared for several positive patients, whilst preventing the virus from spreading - all of this has been done, whilst introducing a new nursing model, which has reduced the need for enhanced support."