Reduction of seclusion episodes by 50%

**Aim Statement:**
To reduce seclusion episodes by 50% in an acute mental health unit.

The reduction of seclusion was obtained through early detection and organised management plans to reduce escalation of aggression.

**Team members**

**Sponsors:**
Dr Nick O’Connor (Former Clinical Director, NSRMHS)  
Sue Capel (Former Service Director, NSRMHS)

**Project team members:**
Ricky Cavanagh, Briana Wynen, Lauren Ash, Andrew Nichols (Senior Nursing Staff RNSH)  
Dr Tracey Fay, Dr James Telfer (Senior Psychiatrists)

**Quality Advisor:**
David Archer

**Evidence and guidelines:**
- In NSW there were nearly 3700 episodes of seclusion in 2016–17.
- RNSH Mental Health Inpatient Unit, 28 episodes of seclusion have been recorded in 2016/17
- Review of seclusion, restraint and observation of consumers with a mental illness in NSW Health facilities (Dr Murray Wright, Chief Psychiatrist 2017) produced 19 recommendations
- The NSW Government has made a major commitment to preventing the use of seclusion and restraint in NSW Health facilities.

**Journey so far:**

- Project team discussions with representatives of MDT
- Risk assessment tool modified to adopt the ward environment
- Risk related clinical MDT management pathways developed
- Acute behaviour disturbance medical response developed
- Training to front line staff and junior doctors completed
- All patients admitted to HDU receives a BVC - Evaluated
- Effects on reducing the number of seclusion episodes - TBE

**Overall Outcome of Project:**
- All nurses in the ward have been trained to use the BVC
- Audit in November 2018, 74% of the patients admitted had BVC recorded.
- The seclusion episodes went down to zero on the month when project was started.
- The holiday period has affected the focus.
- The results so far have not seen a dramatic reduction. Better results are expected in the long term

**Results:**

**Seclusion Episodes**  
(# of seclusions in the month)

**Seclusion Frequency**  
(# of consumers secluded / # of consumers admitted)

**Plans to sustain change**
Similar project with modified implementation strategy will be introduced in another unit.  
New leadership needs to be identified to continue support the project.

**Plans to spread /share change**
Overall results will be reported once the one year period is completed.