



## **Experience Visit to The State Hospital - 27th March 2019**

### **Experience Day 6: Person-centred Care: the challenges of least restrictive practice within a high secure forensic mental health setting**

This visit will enable delegates working in the field of mental health to learn about how the State Hospital adopts a person-centred approach to support patients as they engage in the recovery journey. The hosts are also looking for opportunities to learn from delegates about approaches they use to creating a person-centred approach in their own settings.

Due to security restrictions at the hospital, this experience day is only available to delegates working in mental health. To apply to join, [please complete this form](#)

Although the State Hospital shares the same values, aims and challenges as the rest of NHSScotland, it is a unique service because it has the dual responsibility of caring for very ill, detained patients as well as protecting them, staff who work with them and the public from harm.

The State Hospital is the only high secure hospital in Scotland, providing a national service for Scotland and Northern Ireland. The service works closely with Forensic Network partners to support a pathway of care which enables the majority of patients to transfer to appropriate lower levels of security as part of the recovery journey.

Staff at the Hospital care for a maximum of 140 male patients, with 12 beds specifically allocated to patients with an intellectual disability. The majority of admissions are from the prison service, however most patients transfer to other NHS forensic services. The average age of patients is 42, the most common diagnosis is schizophrenia and average length of stay is 6 years.

**Please note, all visitors to The State Hospital require to provide photographic identification in order to access the environment.**

<b>09.00</b>	Departure from SECC by coach (escorted by Joanna Swanson, Scottish Government Person-centred Lead)
<b>10.15</b>	Arrival at The State Hospital and Security Clearance
<b>10.30</b>	Refreshments, Welcome & Introductions
<b>10.45</b>	Presentation: Setting the scene for the day / strategic overview – Mark Richards, Director of Nursing and Allied Health Professionals
<b>11.00</b>	<p>PP Presentation: ‘Competing Priorities: safe but person-centred’ (Clinical Pause Project) – Dr Gordon Skilling, Consultant Forensic Psychiatrist</p> <p><i>Automatically increasing a patient’s observation levels, resulting in a more intrusive staff presence, has historically been the means adopted to respond to deteriorating mental health, often with increased aggression. The ‘Clinical Pause’ process supports staff to take time out to reflect on causation and identify alternative ways of supporting the patient to work through these challenging periods. By adopting this approach, teams are able to evidence that there has been a reduction of the use of increased levels of observation. The wider impact of this positive trend includes more effective use of staff resources as well as continuity of access to services for the patients involved.</i></p>
<b>11.45</b>	<p>Tour of the Patient Activity and rehabilitation area (Skye Centre) – Skye Centre Manager and Lead Allied Health Professional, with opportunity to engage with Nursing, rehab and Occupational Therapy staff.</p> <p><i>The Skye Centre affords patients the opportunity to engage in a range of activities including Horticulture, Animal Assisted Therapy, Personal learning and Development, Sports and Fitness, Multi-faith Spiritual and Pastoral Care, shopping, managing finances with access to the patient Bank, Patient Library and Café, Community Choir, Chess Club, Book Club and Patient Advocacy Service. Tinto Health Centre provides access to a wide range of health care facilities including the GP, Dentist, and Physiotherapist.</i></p>
<b>12.30</b>	Lunch - Poster Sessions and opportunity to Network

<b>13.30</b>	<p>Presentation: Improving Observation Practice Project – Jackie McQueen, Lead Nurse, Colette Johnston, Staff Nurse (Project Lead)</p> <p><i>The Scottish Patient Safety Programme (Mental Health) Improving Observation Practice refreshed national observation practice guidance promotes human rights principles and recovery focussed practice. This way of working supports safe and reliable observation practice that values prevention, early recognition and response, in order to improve patient experience and reduce harm. This session explores the outputs emerging from a recent pilot of this approach in relation to patients subject to Level 3 Observations.</i></p>
<b>14.00</b>	<p>Workshop: An introduction the profession and practice of Art Psychotherapy Sharon Jeffrey, Art Psychotherapist</p> <p><i>Overview - covering regulatory bodies, theoretical framework, practice approaches and a small number of short clinical vignettes.</i></p> <p><i>Experiential - A themed Art Psychotherapy group experience</i></p> <ul style="list-style-type: none"> <li>● <i>Introductions (5 minutes)</i></li> <li>● <i>Art making (30 minutes)</i></li> <li>● <i>Reflection (10 minutes)</i></li> </ul>
<b>15.00</b>	<p>Plenary Discussion: An opportunity to reflect and share feedback Chaired by Monica Merson, Head of Corporate Planning and Business Support</p>
<b>15.30</b>	<p>Return to Reception for transport back to Glasgow</p>

Delegates will have the opportunity to network with a wide range of staff involved in the delivery of high quality forensic health services within the Hospital, who also contribute to development of national forensic services, including:

- Director of Nursing and Allied Health Professionals (AHP)
- Head of Corporate Planning and Business Support
- Consultant Forensic Psychiatrist
- Consultant Forensic Psychologist
- Person Centred Improvement Lead
- Clinical Effectiveness Team Leader
- Risk Management Team Leader / Scottish Patient Safety Lead
- Deputy Director of Security
- Professional Nurse Associate
- Lead Nurse
- Senior Charge Nurse
- Staff Nurses
- Occupational Therapists
- Art Psychotherapist
- Patient Learning Manager
- Rehabilitation Instructors
- Research and Development Manager
- Lead AHP
- Patient Activity Centre Manager
- Staff Learning and Development Manager