

Safewards Implementation Toolkit

Trial of the Safewards Model and Interventions into
ACT Public Health Services



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Message from the ACT Health: Chief Nursing and Midwifery Officer

Welcome to the ACT Health trial of Safewards Champions Training, your attendance today and your work in the future is greatly appreciated by our the TASC Team and the broader ACT public health services.

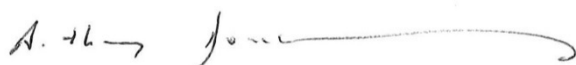
Thank you for being part of this important initiative. ACT Health is very fortunate to roll-out the evidence based Safewards Model to four trial sites within ACT public health services. As an active participant you are leading the way for others who will be implementing the Safewards Model across the ACT.

The ACT Health Directorate is extremely fortunate to have Lisa Spong, a Reducing Restrictive Interventions Trainer from Bendigo Health providing education today and throughout the program. Lisa Spong has been instrumental with the implementation of the Safewards concept across Victoria.

The TASC Team are also working closely with other experts from the Victoria Safewards Program that was implemented by the Department of Health and Human Services, that include Professors and Consumer Researchers who have provided key insights into implementing and sustaining Safewards.

Implementation of the Safewards Model is supported at the designated trial sites by the Nurses and Midwives: Towards a Safer Culture (TASC) Project and the Chief Nursing and Midwifery Office (CNMO). The TASC and the CNMO look forward to collaborating with you in providing innovative care to our community in line with the values of the ACT Health Directorate.

Once again thank you for your dedication to creating a culture of safety for all staff, consumers, and visitors within ACT public health services.

A handwritten signature in black ink, appearing to read 'A. Dombkins', followed by a long horizontal flourish.

Anthony Dombkins

Chief Nursing and Midwifery Officer

ACT Health Directorate

27 October 2020

Key Contacts

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Introduction

Purpose

The ACT Health Safewards Implementation Toolkit will be used by staff and consumer/consultant participants in the Trial of the Safewards Model and Interventions. The Toolkit is divided into four parts:

- Trial of the Safewards model and interventions in ACT public health services
- Background
- Governance Structures and Arrangements
- Evaluation

The Nurses and Midwives: Towards a Safer Culture (NM TASC) project will work with identified Safewards pilot sites across the Canberra Health Services (CHS) and Calvary Public Hospital Bruce (CPHB) to identify existing processes and resources to support implementation of the Safewards model and interventions. NM TASC will guide the development of additional resources where these are needed. Identified pilot sites include:

Canberra Health Services

- High Dependency Unit (HDU), Adult Mental Health Unit (AMHU)
- 7B

Calvary Public Hospital Bruce

- Older Persons Mental Health Inpatient Unit (OPMHIU)
- 4 West

Summary Checklist

- ☐ Safewards Leads and Champions training complete
- ☐ Local Working Groups established
- ☐ Local Safewards governance structures established
- ☐ Overall implementation planning complete
- ☐ Implementation plan for individual interventions complete
- ☐ Ongoing education scheduled with education team
- ☐ Formal launch date and promotional materials confirmed

Trial of the Safewards Model and Interventions in ACT Public Health Services

Objectives

NM TASC project team in collaboration with ACT Public Health Services are committed to working towards finding ways to reduce the use of restrictive interventions and improve safety.

The objectives of the Trial of the Safewards Model and Interventions in ACT Public Health Services is to:

- improve relationships between staff and patients,
- increase safety,
- reduce coercion,
- spend less time on containment to invest in better engagement,
- reduce assaults leading to fewer injuries,
- produce an environment that is peaceful and conducive to supporting people,
- foster a collaborative approach between the ACT Health Directorate and the trial sites to share key learning.

Outcomes

The anticipated outcomes of the Trial of the Safewards Model and Interventions in ACT Public Health Services include:

- reduction in the use of restrictive interventions,
- increased awareness and identification of strategies to address causes of conflict within units,
- plan for sustainable cultural and practice change within units,
- improved consumer and staff experiences,
- a safer ward environment for all through reduced frequency of conflict and containment events.

Safewards Training & Education

Safewards Leads and Champions Training

The NM TASC Project has engaged the services of a Reducing Restrictive Interventions Trainer from Bendigo Heath, Victoria. The Reducing Restrictive Interventions Trainer has extensive experience in leading the Safewards training since 2014, in the initial trial of Safewards in Victoria from 2014-2016. This trainer also has also delivered face to face Safewards training to local health services in NSW, Tasmania, and South Australia.

Participants of the Safewards Leads and Champions Training will be provided with:

- Safewards Virtual Workshop Schedule and Workbook
- Safewards PowerPoint Slides
- Safewards Lay Terms and Definitions
- Journal Articles

Safewards Webinars

The Safewards webinars will introduce new interventions to the Leads and Champions in a stepped approach. The webinars will be recorded and made available to share for the pilot sites as part of ongoing education.

Ongoing education for each intervention will need to be planned at each pilot site and a record of attendance and activities maintained using your organisations template.




Scheduling of attendance at webinars and ongoing education for each intervention will need to be done in conjunction with your education team. Please feel free to share the above timeline with your education team if they are not attending the Safewards Leads and Champions one-day training session.

Safewards Community of Practice (CoP)

The Safewards Community of Practice (CoP) is an important way to maintain motivation, celebrate success and build relationships so the pilot sites can support each other and share ideas outside of their local working groups. Membership is inclusive of any service considering or currently implementing Safewards in the ACT. Each pilot site will nominate representatives who can attend and participate in the Safewards CoP meetings. These representatives are responsible for reporting and sharing information about their project and be the conduit to share learnings from other Safewards CoP participants back to their service.

Timeline of Key Events

This timeline of key events provides each pilot site with specific goals to assist with the trial of the Safewards model and interventions. These events outline the timeframes that will lead pilot sites in the right direction to smoothly transition through the phases of the project.

Week	Date	Event	Responsibility
1	9-13 Nov 2020	Safewards Champions Training	TASC Project Officers
2	16-20 Nov 2020	Safewards Champions Training	TASC Project Officers
		Initial implementation planning at local pilot sites and establishment of local working groups.	Pilot Sites, supported by TASC
3	23-27 Nov 2020	Safewards Champions Training	TASC Project Officers
		Initial implementation planning at local pilot sites and establishment of local working groups.	Pilot Sites, supported by TASC
4	30 Nov - 4 Dec 2020	An introduction to the Safewards Model and Interventions (Recorded sessions will be made available)	Lisa Spong Reducing Restrictive Interventions Trainer
		 Call out for Safewards Intervention Champions	Leads/Champions
5	7-11 Dec 2020	An introduction to the Safewards Model and Interventions (Recorded sessions will be made available)	Lisa Spong Reducing Restrictive Interventions Trainer
		 Call out for Safewards Intervention Champions	Leads/Champions
6	14-18 Dec 2020	An introduction to the Safewards Model and Interventions	Lisa Spong Reducing Restrictive Interventions Trainer
		 Call out for Safewards Intervention Champions	Leads/Champions
7 & 8	Christmas/New Year Break		
9 & 10	4-15 Jan 2021	Ongoing introduction to the Safewards Model and Interventions	Leads/Champions

11	10-18 Jan 2021	Formal launch of Safewards at local pilot sites 18 January 2021	Leads/Champions/TASC Project Officers
12	18-24 Jan 2021	Introduce interventions 1&2	
		Mental Health Stream Webinar Tuesday 19 January 2-3.30pm	Lisa Spong Reducing, Restrictive Interventions Trainer Supported by TASC
		Medical Stream Webinar Wednesday 20 January 2-3.30pm	Lisa Spong Reducing, Restrictive Interventions Trainer Supported by TASC
		Submit Status Report	Leads/Champions
13	25-29 Jan 2021	Ward Training on interventions 1&2	Leads/Champions
14	1-5 Feb 2021	Ward Training on interventions 1&2	Leads/Champions
		Community of Practice <i>"Quality Improvement and Change Management"</i>	Quality and Safety Hosted by TASC Project Officers
		Conduct Fidelity Audit	Leads/Champions
15	8-12 Feb 2021	Introduce interventions 3&4	
		Mental Health Stream Webinar Tuesday 9 February 2-3.30pm	Lisa Spong Reducing, Restrictive Interventions Trainer Supported by TASC
		Medical Stream Webinar Wednesday 10 February 2-3.30pm	Lisa Spong Reducing, Restrictive Interventions Trainer Supported by TASC
		Submit Status Report	Leads/Champions
16	15-19 Feb 2021	Ward Training on interventions 3&4	Leads/Champions
17	22-26 Feb 2021	Ward Training on interventions 3&4	Leads/Champions

		Community of Practice <i>"Reducing Restrictive Practices"</i>	ACT Chief Psychiatrist Denise Riordan Supported by TASC
		Conduct Fidelity Audit	Leads/Champions
18	1-5 Mar 2021	Introduce interventions 5&6	
		Mental Health Stream Webinar Tuesday 2 March 2-3.30pm	Lisa Spong Reducing, Restrictive Interventions Trainer Supported by TASC
		Medical Stream Webinar Wednesday 3 March 2-3.30pm	Lisa Spong Reducing, Restrictive Interventions Trainer Supported by TASC
		Submit Status Report	Leads/Champions
19	8-12 Mar 2021	Ward Training on interventions 5&6	Leads/Champions
20	15-19 Mar 2021	Ward Training on interventions 5&6	Leads/Champions
		Community of Practice <i>"Understanding patient experiences"</i>	TBA, Supported by TASC
		Conduct Fidelity Audit	Leads/Champions
21	22-26 Mar 2021	Introduce interventions 7&8	
		Mental Health Stream Webinar Tuesday 23 March 2-3.30pm	Lisa Spong Reducing, Restrictive Interventions Trainer Supported by TASC
		Medical Stream Webinar Wednesday 23 March 2-3.30pm	Lisa Spong Reducing, Restrictive Interventions Trainer Supported by TASC
		Submit Status Report	Leads/Champions
22	29 Mar- 2 Apr 2021	Ward Training on interventions 7&8	Leads/Champions
23	5-9 Apr 2021	Ward Training on interventions 7&8	Leads/Champions

		Community of Practice <i>"Using your own skills therapeutically"</i>	TBA Supported by TASC
		Conduct Fidelity Audit	Leads/Champions
24	12-16 Apr 2021	Introduce interventions 9&10	
		Mental Health Stream Webinar Tuesday 13 April 2-3.30pm	Lisa Spong Reducing, Restrictive Interventions Trainer Supported by TASC
		Medical Stream Webinar Wednesday 14 April 2-3.30pm	Lisa Spong Reducing, Restrictive Interventions Trainer Supported by TASC
		Submit Status Report	Leads/Champions
25	19-23 Apr 2021	Ward Training on interventions 9&10	Leads/Champions
26	26-30 Apr 2021	Ward Training on interventions 9&10	Leads/Champions
		Community of Practice <i>"Alignment of Safewards and the NSQHS (2nd ed.)"</i>	TBA, Supported by TASC
		Conduct Fidelity Audit	Leads/Champions
27	3-7 May 2021	Submit Status Report	Safewards Leads/Champions
		Evaluation/Final Report	TASC Project Officers
28	10-14 May 2021	Evaluation/Final Report	TASC Project Officers
29	17-21 May 2021	Evaluation/Final Report	TASC Project Officers
		Community of Practice <i>"Short, Sharp and Sustainable"</i>	TBA Supported by TASC

Background

Nurses and Midwives: Towards a Safer Culture Project

In 2016, the Australian Nursing and Midwifery Federation (ANMF) ACT Branch advocated for a broad reaching, in-depth review of workplace safety, including a review of Occupational Violence and Aggression (OVA), Challenging Occupational Behaviours and Safe Work Practices to improve the safety of Nurses and Midwives. In the same year a commitment to developing a strategy was made in the Parliamentary Agreement of the 9th Legislative Assembly of the Australian Capital Territory (ACT). The former Minister for Health and Wellbeing and the Minister for Mental Health initiated the development of a Strategy for Nurses and Midwives being the *Nurses and Midwives: Towards a Safer Culture* (NM TASC)- The First Step Strategy, launched by both Ministers on 14 December 2018.

Governance of the Strategy is developed under the auspices of the ACT Chief Nursing and Midwifery Officer (CNMO), ACT Health Directorate. Since the significant re-structure of the ACT public health system in 2018, the ACT Health Directorate now has a focus on system wide strategy, planning and policy and strives to work collaboratively with the ACT public health services to ensure the priority actions of the NM TASC Strategy are met.

One priority action to significantly impact and effect change in the ACT public health services is the implementation of the Safewards model and interventions.

The Safewards Model

The development of the Safewards model and interventions originated in the United Kingdom (UK) by Professor Len Bowers and colleagues for use in mental health inpatient units. The trial found a 14.6% decrease in **conflict** and a 23.6% decrease in **containment** (Government of Western Australia, 2016).

The objective of the Safewards model is designed to reduce **conflict** and **containment** or restrictive practices within in-patient units by identifying and addressing the causes of behaviours in staff and patients that may result in harm (**conflict**) and reduce the likelihood of this occurring.












The term **conflict** encompasses certain patient behaviours that as stated can result in harm. **Conflict** in Safewards presents as violence, verbal aggression, suicide and acts of self-harm, alcohol or drug use, property damage, and absconding (leaving the ward without permission and missing out on care) (Government of Western Australia, 2016).

Containment focuses on the methods staff use to control and manage events within the in-patient settings. In Safewards, **containment** presents as:

- Forcing medication
- Seeking one off doses that are only used to sedate in order to control behaviour
- Increased monitoring or observation of patients (including use of nurse specials)
- Restrictions placed on patients including transferring them to a more secure unit, seclusion and restraint.

Staff are required to be trained to use a range of methods to manage patient behaviours and units in a concerted effort to reduce restrictive or coercive interventions. This also requires staff to use this training to review their own behaviours and responses to **conflict** and the strategies used to manage challenging behaviours.

Table 1: Examples of **conflict** and **containment**

Conflict	Containment
 aggression	 PRN medication
 rule breaking	 coerced IM medication
 substance abuse	 special observations
 absconding/missing	 seclusion
 medication refusal	 manual restraint
 self-harm/suicide	

The Safewards Interventions

The Safewards interventions have been designed to address the various **flashpoints** outlined in the model and to reduce **conflict**-originating factors. The Safewards interventions provide preventative actions that are taken to increase safety and mutual support for staff and patients.

Safewards interventions and associated resources can be found in the [Appendices](#) of this document. Interventions include:

• Know Each Other	• Reassurance
• Clear mutual Expectations	• Bad News Mitigation
• Positive Words	• Soft Words
• Mutual Help Meeting	• Calm Down Methods
• Discharge Messages	• Talk Down Methods

Other interventions more commonly used in medical inpatient units include:

• Perception & Awareness	• Senior Nurse Rounding
• Clean & Tidy	



Partnering with Consumers

Local pilot sites will wherever possible engage consumers or representatives of their service to partner and participate in the trial, including membership of the local pilot site working group. Extensive consideration has been given to ensuring consumers with lived experiences are supported and able to provide leadership within the Safewards project. The Safewards Victoria pilot evaluation identified that having a consumer or peer worker active with one or more interventions is a key element for success (Hamilton, B. et al, 2016, Safewards Victorian Trial Final Evaluation Report, p.7).

Consumer organisations and consultants involved in the Safewards trial include: Health Care Consumers' Association (HCCA)

- ACT Mental Health Consumer Network (ACT MHCN)
- Carers ACT
- Consumer Consultant and Peer Workers, Adult Acute Mental Health Services, Mental Health Justice Health Alcohol and Drugs (MHJHADS) Division, CHS

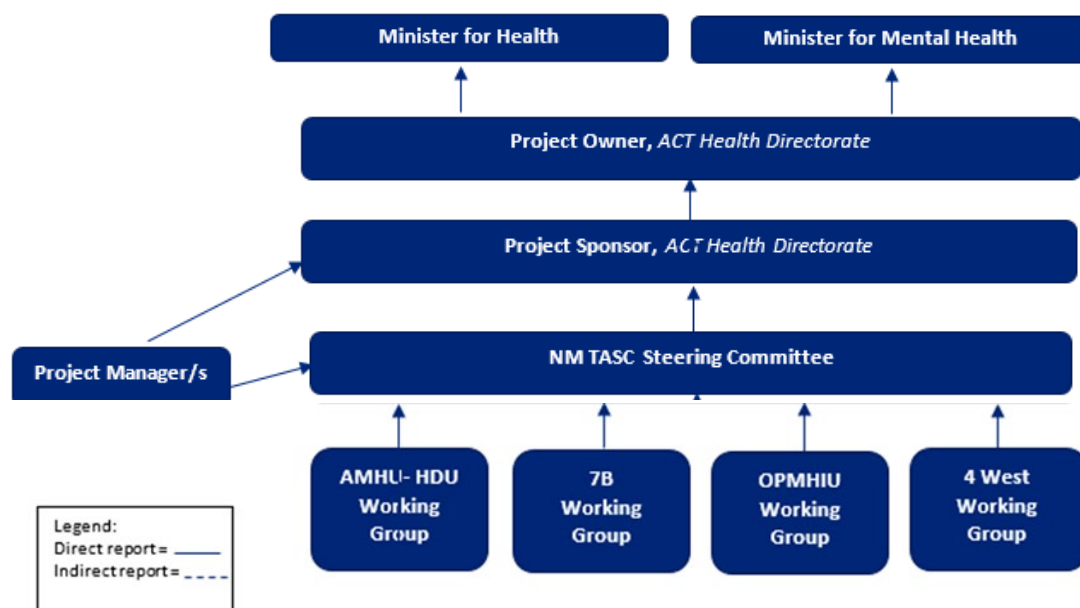
The scope of Safewards consumer engagement may include, but not limited to:

- Advisory roles
- Membership on local working groups
- Training and workshop delivery
- Implementation planning
- Participation in the Safewards Community of Practice
- Ongoing sustainability and quality improvement process
- Evaluation

Consumers will be reimbursed according to ACT Health policy by the NM TASC team.

Partnering with Consumers is a key component of Safewards as part of the National Safety and Quality Health Service (NSQHS) Standards to ensure we continue to create and maintain a health service in which there are mutually beneficial outcomes (Australian Commission on Safety and Quality in Health Care, 2019).

Governance Structures and Arrangements



Nurses and Midwives: Towards a Safer Culture Steering Committee

The Nurses and Midwives: Towards a Safer Culture (NM TASC) Steering Committee will enact the stewardship role of the ACT health system, be the decision making body, providing oversight to ensure a coordinated approach to the Trial of the Safewards Model and Intervention across ACT Public Health Services. This Committee is chaired by the Chief Nursing and Midwifery Officer of the ACT Health Directorate. Other membership will include from the identified pilot sites the Assistant Directors of Nursing (ADON), HCCA and ACT MHCN Representative and the identified Quality and Safety Officers of CHS and CPHB. The NM TASC Project Officers will be ex-officio members.

Local Safewards Working Groups

The Local Safewards Working Groups will be chaired by a nominated Safewards lead and be responsible for delivery of the Safewards model. Membership of the Local Safewards Working Group will include interprofessional staff and Consumer Consultant/Peer Worker/Representative, with further consideration of membership from Quality and Safety, see [Appendix 3 Working Group Terms of Reference](#). The NM TASC Project Officers will be available to assist the working groups.

The NM TASC Project Officers will provide support to Safewards Leads/Champions and Local Safewards Working Groups to:

- establish Safewards governance structures including action minutes of each meeting, status reporting and data collection methods, see [Appendix 3 Action Minutes Template](#)
- commence localised pilot site implementation plans, see [Appendix 3 Implementation Plan Template](#),
- engage staff to become champions of Safewards interventions in their local pilot sites,
- review existing resources and commence planning for the purchase and/or development of Safewards resources.

Reporting

Regular status reports will be written by the Safewards leads about progress and next steps. The status report will be submitted to the NM TASC project team who will table the report at the NM TASC Steering Committee for Executive Sponsor review see [Appendix 3 Pilot Site Reporting Template](#). The NM TASC project team will be responsible for providing briefs to the Project Owner and Ministers as required.

Project Budget

The NM TASC project will allocate \$10,000 to the identified pilot sites to support them in the Trial of the Safewards Model and Interventions in their service. This budget will aid in the purchasing and maintenance of equipment, development and printing of resources and the backfilling of identified staff to attend training. It is a requirement of each site to include budget spent and report this to the NM TASC Steering Committee through the established Status Reporting Template. Payment will be made to the relevant service on production of invoices to the NM TASC project.

The below will be financially supported by the NM TASC project budget:

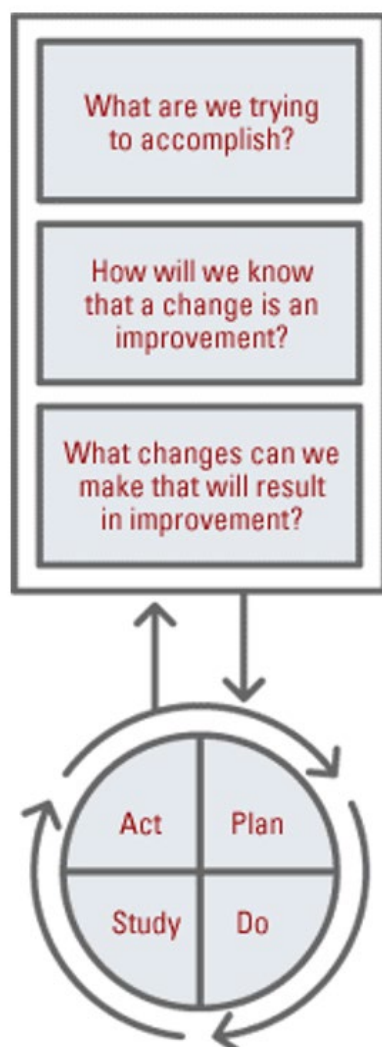
- Safewards Champions Training Program
- Re-Imbursement of consumer representatives on local Safewards Working Groups

Evaluation

Quality Improvement (QI)

All ACT Health services are committed to continuously improving the quality of care and services we provide. Evaluating the quality of our work should be an integral part of our business. The NM TASC Project Team promote the use of the Model for Improvement when conducting QI Activities. The Model for Improvement asks three fundamental questions:

1. What are we trying to accomplish? (Aim)
2. How will we know a change is an improvement? (Data collection)
3. What changes will result in an improvement? (Interventions)



It is important to keep evidence of evaluation and improvements in your work area to demonstrate that work has been done to evaluate and improve services. This is particularly important for accreditation purposes.

Data Collection

The data collection for the Trial of the Safewards Model and Interventions into ACT Public Health Services will be completed in 3 stages which includes pre, during and post implementation.

- Stage 1; Planning Phase prior to the Safewards trial (November 2020-January 2021)
- Stage 2; Trial Phase of the Safewards trial (January-April 2021)
- Stage 3; Evaluation Phase of the Safewards trial (May 2021)

Data Measures

1. Implementation Fidelity Checklist ([Appendix 6](#))
2. Safewards Pre and Post Training Surveys
3. Training sessions and attendance

Benefit Identification		Benefit Measurement		
Benefit Description	Baseline Date	Baseline Measure Description	Target Measure Description	Data Collection Responsibilities
Staff Satisfaction of Safewards	Nil	Nil Available	Post Implementation Staff Survey	NM TASC
Increased Training for Staff Safewards Interventions	Nil	Nil Available	Safewards Training Numbers	Local Working Groups
Increased staff satisfaction with training in Safewards Interventions	Nil	Nil Available	Safewards Training Surveys	NM TASC
Increased use of Safewards interventions	Nil	Nil Available	Implementation Fidelity Measure	Local Working Group
Decreased Seclusion rates	FY 2018-2019	HRT (Coded Data)	HRT (Coded Data)	NM TASC
Decreased rate of reportable interventions: Forcible giving of medication, and restraint	FY 2018-2019	MAJICeR data base	MAJICeR register	NM TASC
Improved Consumer Experiences-Feedback	FY 2018-2019	CFET data report	CFET data report total and targeted	NM TASC
Improved Consumer Experiences-Patient Experience	FY 2018-2019	ACT public health services quarterly performance report	Increase in overall PEX score	NM TASC
Increased Consumer Experiences Mental Health Specific	Nil	Nil Available	Post Discharge Consumer Survey	NM TASC

Service Evaluation

A Safewards Trial Service Evaluation will be conducted by the NM TASC Project Team. This will be used for future implementation and sustainability planning across services.






The Service Evaluation will include a focus group conducted at each pilot site. This will be occurring in February-March 2021, depending on availability. The focus groups will be facilitated by the NM TASC Project Team, we will communicate with the pilot site leads to arrange a time that will work best for your teams.

At the completion of the Safewards project, a formal Closure Report will be generated to provide a summary of the Safewards project including an overview of the objectives, outstanding items, evaluation and lessons learned.











Appendix




All attachments will be available electronically, should you require paper versions please contact NM.SaferCulture@act.gov.au

Appendix 1: Safewards Champions Training Resources





Safewards Champions Virtual Workshop Schedule and Workbook	 Safewards Workbook-Revised !
Safewards Champions Training PowerPoint Slides	Will be available soon
Safewards Champions Training Journal Article 'Consumer Recommendations for enhancing Safewards'	 Consumer recommendations for e
Safewards Champions Training Journal Article 'Safewards Impact in Inpatient Mental Health Units in Victoria, Australia: Staff Perspectives'.	 Safewards Impact in Inpatient Mental Healt
Safewards Lay Terms and Definitions	 Safewards in Lay Terms.docx
Understanding patient characteristics and experiences information sheet	 Safewards - Positive words - Understandin

Appendix 2: Safewards Model and Interventions Resources









Examples of Discharge Messages information sheet	 Safewards - Discharge messages e
Mutual Help meeting- information sheet	 Safewards - Mutual help meeting - A4 pat
Examples of Soft Word posters	  Safewards - Soft Soft Words MOTD words - A4 posters.pdstatements bordered,j   Soft Words Stop Soft_Words.pdf v2.pdf
Calming Methods excel spreadsheet of suggested suppliers	  Copy of Resources Excel Sensory list.xlsx Equipment 09_10_20
Examples of Mutual Expectations	  Clear Expectation Clear Expectations 3.pdf 1.pdf






	 Clear Expectations 2.pdf  Clear_Mutual_Expectations_web_download
Other Safewards Interventions Perception & Awareness Senior Nursing Round	 Powerpoint slides Perception and Aware

Appendix 3: Governance Resources


Terms of Reference Template for adaptation by local working groups	 Safewards Working Group TOR Template.
Action Minutes Template for adaptation by local working groups	 Action Minutes Template.docx
Status Reporting Template	 Safewards Reporting Template
Implementation Plan Template	 Safewards Implementation Tem

Appendix 4: Recommended Readings

Safewards Victoria Final Evaluation Report	 safewards-final-evaluation-report.pdf
Implementing Safewards in Acute Medical Care- A Pilot Study Safewards Report June 2018	 Safewards Report June 2018.pdf
The Safewards Model Safewards: A new model of conflict and containment on psychiatric wards Len Bowers, Professor of Psychiatric Nursing	 Bowers_Safewards A new Model_2014.pdf  Bowers 2014 Safewards A new moc  Bowers et al 2015 Reducing conflict and Safewards the empiric  Bowers et al 2014  Fletcher_et_al-2017-Safewards Vic outcorr
'Outcomes of the Victorian Safewards Trial in 13 wards: Impact on seclusion rates and fidelity measurement'	 Fletcher_et_al-2017-international_Journal_

'Safewards: Changes in conflict, containment, and violence prevention climate during implementation'	 Safewards NSW Article.pdf
Reducing conflict and containment rates on acute psychiatric wards: The Safewards cluster randomized controlled trial	 Bowers_Reducing-co nflict-and-containmer
Fletcher J, Spittal M, Brophy L, Tibble H, Kinner SA, Elsom S, Hamilton B: Outcomes of the Victorian Safewards Trial in 18 wards: Impact on seclusion rates and fidelity measurement. International journal of mental health nursing 2017, 26:461-471.	 Fletcher_et_al-2017-I nternational_Journal_
NHS Safewards Randomised Control Trial	 NHS Safewards RCT.pdf
Safe in Care, Safe at Work	 Safe in Care Safe at Work ACMHN Extend


Appendix 5: Consumer Handouts

Provide information on the Safewards model and interventions, its importance and where to get more information. This information sheet is currently in draft for testing prior to being submitted to the Consumer Handouts Committee for approval.	 ACT-Health-Consum er-Information-Sheet.
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Appendix 6: Data Measures

Organisational Fidelity Checklist	 Organisational fidelity Checklist.pdf
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Appendix 7: Safewards Community of Practice

Safewards Community of Practice Promotional Poster	 Safewards Community of Practic
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Appendix 8: Recommended Websites



ACT Health Directorate Safewards- Nurses and Midwives: Towards a Safer Culture

The below website contains a [Safewards presentation video](https://www.health.act.gov.au/health-professionals/nursing-and-midwifery-office/towards-safer-culture/safewards) from the 2018 Consumer and Carer Quarterly Forum on Safewards and will feature the successes of the trial as it progresses

<https://www.health.act.gov.au/health-professionals/nursing-and-midwifery-office/towards-safer-culture/safewards>



Safewards United Kingdom

The Safewards website provides a description of the model in lay, easy, and technical terms. It also provides a detailed explanation and resources on the 10 interventions and information on planning, implementation, and evaluation of the Safewards model and interventions.

www.safewards.net/model



Victorian Safewards- Department of Health and Human Services

The Victorian Safewards website holds valuable information related to:

- The Safewards Story
- Safewards in Emergency Departments
- Safewards Evaluation and locations
- Safewards Consumer Advisory Group
- Safewards Faculty
- Safewards Collaborative
- Safewards Community of Practice
- Safewards Videos and Training Resources
- Safewards news and forums

<https://www2.health.vic.gov.au/mental-health/practice-and-service-quality/safety/safewards>



Centre for Psychiatric Nursing- University of Melbourne, School of Health Science

The Centre for Psychiatric Nursing (CPN) is a resource for Victoria's mental health nursing sector. Their mission is to advance and support mental health nursing practice through research, education and sector consultation.

<https://healthsciences.unimelb.edu.au/departments/nursing/about-us/centre-for-psychiatric-nursing>

The CPN have conducted the below research:

- Evaluating Safewards Victoria
 - Since 2014, CPN researchers have led the evaluation of the Victorian government funded implementation of Safewards in the state of Victoria. The implementation of Safewards in Victoria is the most substantial and systematic in the world to date.
 - <https://healthsciences.unimelb.edu.au/departments/nursing/about-us/centre-for-psychiatric-nursing/research/evaluating-safewards-victoria>
- Views on seclusion and restraint, and ways to reduce their use
 - This study explored Australian views about a range of restrictive practices including seclusion, mechanical restraint, physical restraint, chemical restraint and emotional restraint.
 - <https://healthsciences.unimelb.edu.au/departments/nursing/about-us/centre-for-psychiatric-nursing/research/views-on-seclusion-and-restraint,-and-ways-to-reduce-their-use>

Appendix 9: Online Forums

As the Trial of the Safewards model and interventions in ACT public health services progress, it is useful for front line staff to make connections with others via online Safewards forums. They can get advice from others on usual adaptations and overcoming common hurdles. ACT Health does not govern these online forums and they need to be used at the discretion of staff.



Facebook

This is a group for health care professionals to assist with resources for making wards safer places for staff and consumers. It is a private Facebook page; people are required to be added to the group.

<https://www.facebook.com/groups/safewards/>



Twitter- @Safewards

The Safewards Twitter page provides news and dissemination about making psychiatric wards safer places.

<https://twitter.com/Safewards>

ACKNOWLEDGMENT OF COUNTRY

ACT Health acknowledges the Traditional Custodians of the land, the Ngunnawal people. ACT Health respects their continuing culture and connections to the land and the unique contributions they make to the life of this area. ACT Health also acknowledges and welcomes Aboriginal and Torres Strait Islander peoples who are part of the community we serve.

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