



The Restraint Reduction Network Community of Practice: Case Study Template

We want to hear about what you've been working on to reduce restrictive practices. Share your experiences with the Restraint Reduction Network community of practice.

In no more than 800 words tell us what you did.

The following template and questions are just a guide. Please tell your story in a format that is most authentic for your story.

Case study title

Author name

- Which organisation or service do you work for?
- What type of service/population do you work with?

Section 1

Describe the restraint reduction measure and how you have introduced it and/ or implemented it in your place of work.

- Was it a policy/procedure change? Was it an environmental change/ adaptation? Did you introduce new equipment or technology? Or did you implement a specific tool/strategy or initiative?
- Any staff development activities undertaken are always relevant and worth mentioning in your description.

Section 2

Let us know why this change was needed

- What was the problem?
- How was it identified?
- What were the possible solutions?
- Why did you select this particular solution?

Section 3

Detail how the change was bought about

- If relevant, how did you collect and analyse any data required to help focus planning/ development?
- Was there any collaboration involved?
 - With patients/service users?
 - With other disciplines?
 - With external representatives?

Section 4

Let us know the impact of your work!

- What were the results? Data or graphs can be used to illustrate quantifiable reductions, whilst quotes or patient/staff/family/public feedback can illustrate qualitative results

Section 5

Let us know what you might do differently to help others consider the best way forward in implementing or introducing a similar scheme of work in their organisation or service.

- Did you come across any barriers, such as lack of time or resources?
- Were there competing priorities?
- Did other staff buy into the project?

Tell us you overcame these challenges and what the solutions were

Please send the completed case study to Emily Robinson: e.huggard@bild.org.uk