

Who we are and what we do?

Balcary ward is a six bedded Intensive Psychiatric Care Unit (IPCU). It is designed to care for patients with mental health problems and associated behavioural difficulties which seriously compromise their physical or psychological wellbeing and / or that of others. As a result they cannot be safely assessed or treated in an open acute inpatient facility.



The DASA...another 12 months on



IPCU Pathway Project

How it's going? Intensive care – step up/step down – process being developed and under on-going review. Data still to be collected and analyzed however it is predicted that admissions/transfers to Balcary have reduced with the introduction of “in-reach” support.

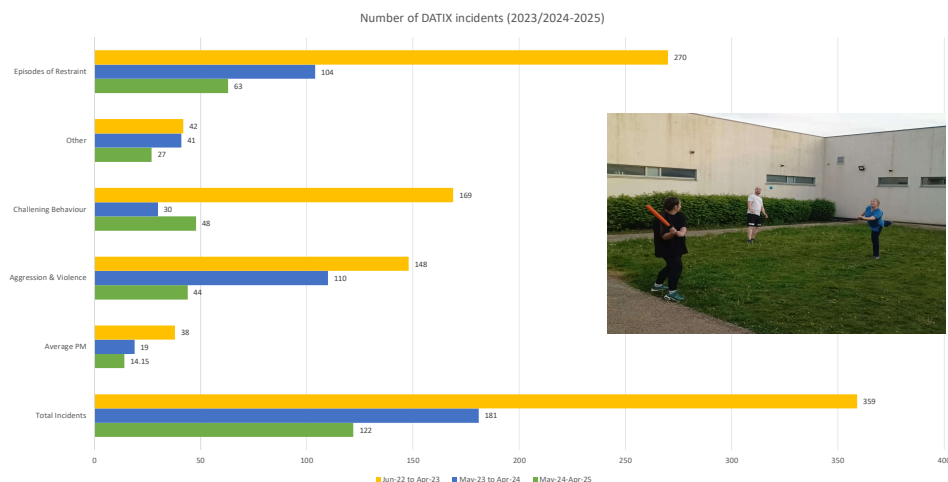
Focus: To develop a pathway that supports the least restrictive and more collaborative approach for those identified as requiring intensive nursing care or increasing levels of risk.

Ideas for Change?? To effectively triage the appropriateness of admissions/transfers into and out of Balcary and consider less restrictive approaches compared to that of a locked environment.

Impact and Learning

Ongoing success of the DASA has shown a sustained reduction in A&V related incidents since it's introduction in 2023

- 66% decrease in the total number of incidents
- 70.1% reduction in aggression and violence
- 76.6% reduction in episodes of restraint



IPCU IN REACH WORK

Our in reach support, as part of the IPCU Pathway Project, involves collaborating with our adult and older adult acute wards when patients are identified as presenting with increased risks or significant deteriorations in their mental state. Historically, the processes for transfers/admissions into Balcary were not always clear and at times, based on risks that could have been managed in open acute wards with increased interventions. Given that being in a locked ward restricts a patients liberty, we were keen to devise interventions that were less restrictive.

Since work began on the pathway, we have supported our acute colleagues with;

- Care planning for low stimulus interventions
- Robust and pro-active medication plans
- Frequent reviews and attendance at MDT's
- Utilisation of the DASA for patients who pose A&V risks

The in reach approach has been well received by our colleagues hospital wide and we plan to consider how we analyse data to evidence the predicated reduction in admissions and transfers.

Where we're at now...

Through on-going collaboration with our AHP colleagues and patient participation, individualised DASA care plans have been developed and implemented which centre on specifically tailored interventions dependant on the DASA rating score.

Feedback from staff and patients has driven further enhancement of activity programmes, with anticipated secondary benefits including reduced medication use, lower staff absence, and shorter hospital stays. Data collection and analysis are ongoing, supporting the initiative's continued success and sustainability.

In recent weeks, with the support of our AHP colleagues and Endowments, Balcary Ward have managed to secure several items to support both individual and group activities with a variety of garden games which have been very well received.



In keeping with the success of the DASA work, The Balcary Team have since been nominated for a Scottish Health Award and more recently have been short listed for the RCN Nurse of the Year Mental Health Award. “This nomination is a huge honour for our team, and it speaks volumes about the dedication, resilience and skill of everyone working on Balcary Ward.”

“Every day, they go above and beyond to ensure people in crisis are met with compassion, dignity and the highest standard of care. To see that recognised at a national level is incredibly rewarding.” General Manager, Justin Murray.