

Self-harm Reduction on a Tier 4 CAMHS Ward

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Background:

- Marlborough House is a self-contained child and adolescent unit in Swindon
- 12 inpatient beds and 6 day patients
- Recent increase in number and severity of self-harm incidents was having a negative effect on the therapeutic environment and nursing morale

Aim: 25% reduction in all self-harm incidents within 1 year

Tests of Change:

1. Addition of a regular twilight shift to the nursing roster (3-11pm, Mon-Thurs)

- 73% self-harm incidents occur Mon-Thurs
- 62% self-harm incidents occur 5-10pm

2. Schedule of regular evening activities supported by the extra staff member

- Distraction may function as a positive way to cope with distress (Polanco-Roman et al., 2015)

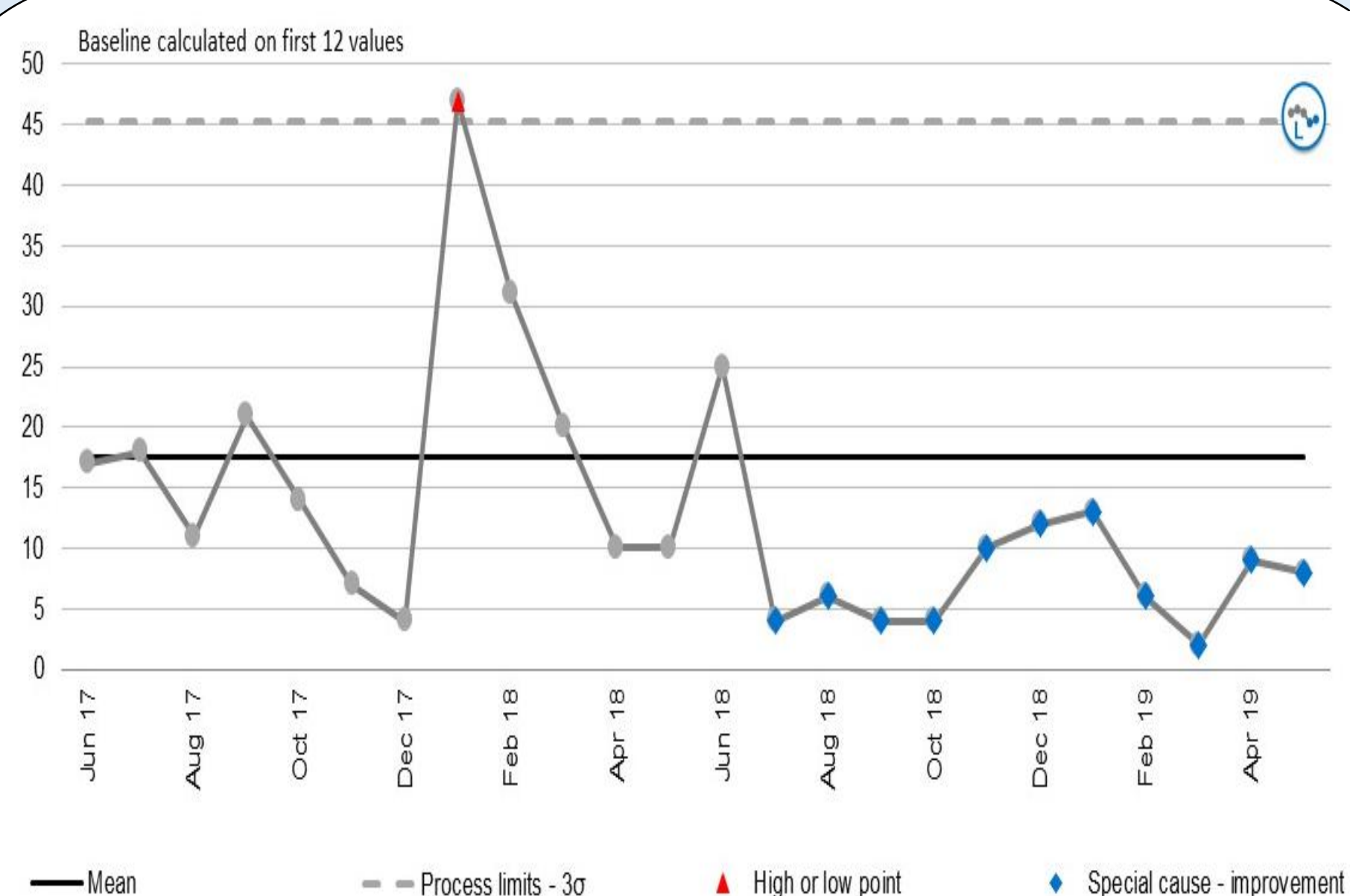


Figure 1. Self-harm incidents per month from 01.06.17-31.05.19

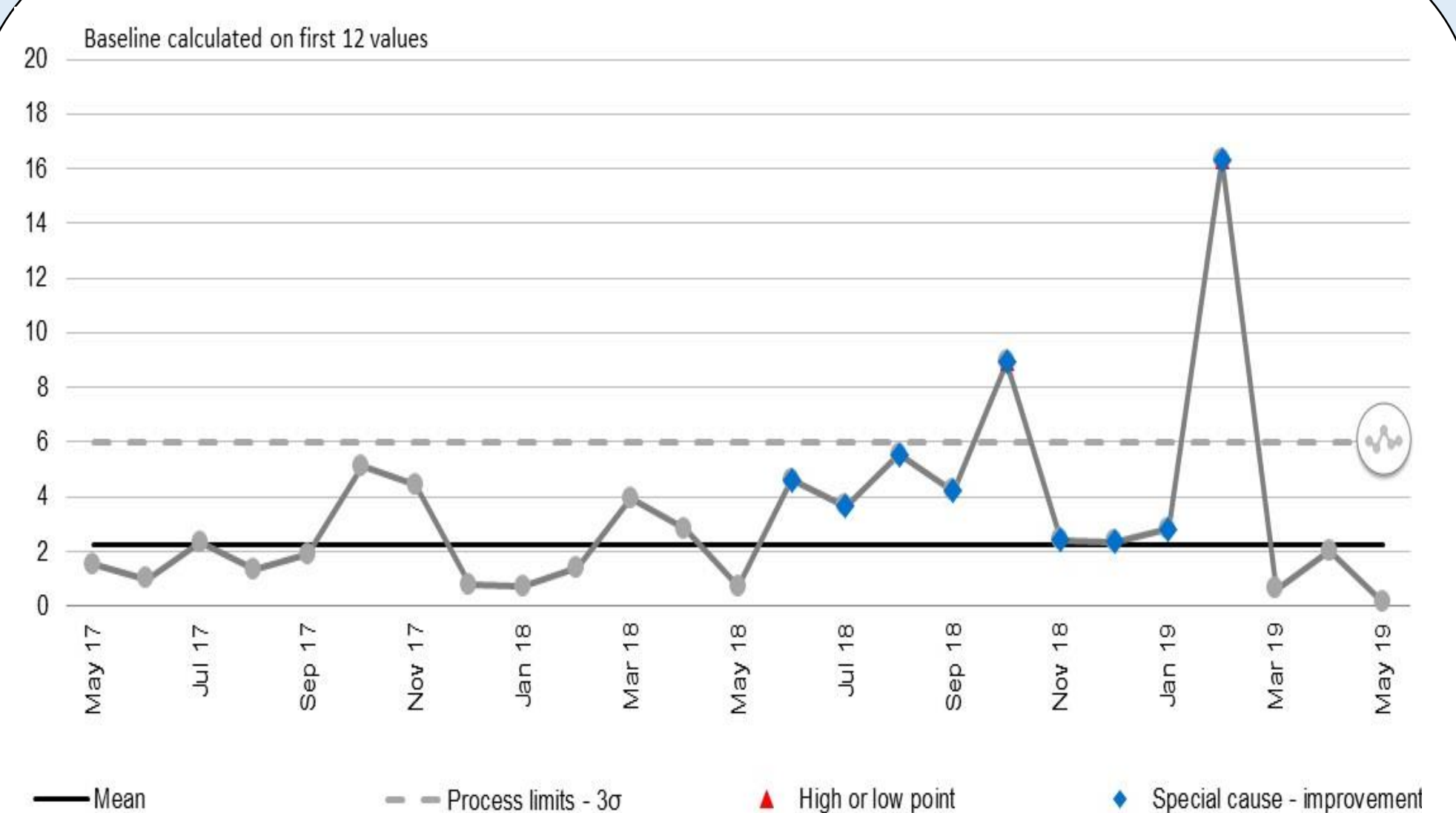


Figure 2. Average number of days between self-harm incidents per month from 01.06.17-31.05.19

Outcomes:

- 37% reduction in self-harm incidents
- 59% reduction in the use of restraint associated with self-harm
- 33% reduction in the number of patients self-harming
- 48% increase in the average number of days between self-harm incidents
- Filling additional twilight shifts with ward or bank staff rather than more expensive agency staff resulted in a **net cost reduction of £13,850**
- The reduction in incidents saves around 300 hours of staff time annually, resulting in an equivalent **cost saving of £5150 per annum should staff time need replacement, or the equivalent reduction in available time to care**