Self Injury: Changing Practice

A Harm Minimisation Approach in Lancashire

What (Methodology)
We came together regularly both virtually and in person to focus on a scoping review to inform:

- Development of Policy & Best Practice Guidance
- Implementation Strategy & Business Case

Who?
LCFT
Public
3rd Sector
Higher Education

Why?
To support and promote the adoption of an evidence-based approach to self-harm and harm minimisation across all LCFT services and inpatient settings so that every service user/patient can expect a consistent and helpful response from a supportive and confident member of staff.

Costs of enforced harm cessation

Service User
- Coping strategy taken away
- Possessions/possible tools to harm with removed
- Increase in distress, anger, frustration, guilt, shame etc.
- Use extreme lengths/methods of self-harm
- Taking any and every opportunity to injure

Staff
- Battles with service users, power and control
- “Them & us” poor relationships
- Increased restraint episodes
- Risk of injury/assault
- Lack of certainty/confidence
- Poor morale/negativity

Organisation
- Increased risk incident rates
- Staff sickness and turnover
- Increased length of stay
- Poor patient experience
- Financial impact (observations and resources)
- Pressure on services

Benefits of harm minimisation

Service User
- Taking more responsibility
- Better relationships with staff
- Not being restrained
- Feeling more empowered
- More opportunity to explore alternative coping strategies
- Feeling understood & listened to
- “Knowing where I stand”
- Consistency

Staff
- Good relationships with service user
- Feeling useful/job satisfaction
- Increase in morale
- Confidence in intervening
- Increase in skills
- Less restraint
- Less violence/injury
- Less stress

Organisation
- Reduced violent incidents
- Reduction in restraints
- Increased performance
- Patient satisfaction
- Reduced risk
- Staff morale, attendance and retention increased
- Decreased sickness

Results
- We started to distil the knowledge and evidence from the literature to create a policy to support a harm minimisation approach to Self Injury.
- We have produced a detailed review protocol.
- We have provided evidence that the proposed change in practice will result in a better experience for service users/patients.
- We identified further areas for research.

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