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Learning Disabilities Managed Care Network

A U T U M N 2 0 1 8

Celebrating Success

Congratulations Allison Ramsay OBE

Initially I was stunned to receive the letter advising that I had been nominated for such a prestigious award. It has been nerve wracking waiting on publication of the awards and now feel overwhelmed by all the messages of support and congratulations.

I view the award given "for services to Learning Disability Nursing" as a shared achievement with the LD Nursing Staff at NHS FV. I have the greatest respect for the LD nursing staff, their caring and compassion evident daily and the high standard of care they deliver.



I joined the workforce at FV Health Board in May 1979 as a nursing assistant, intending to work only for the summer months. However I enjoyed working with people with learning disabilities and I was encouraged by other qualified nurses to undertake nursing as a career.

I qualified in May 1983 and over the next 10 years had various posts within inpatient settings (RSNH) and community learning disability nursing before taking on a combined clinical and management role in 1994. During the next few years the focus for people with learning disabilities was on living in community settings and a hospital closure plan was put in place.

Appointed Lead Nurse, Learning Disabilities in 2001 the role focused on the LD Nursing contribution to support patients return to community settings; the development of enhanced community learning disability services and a new assessment & treatment facility - Loch View.

Services in Forth Valley for people with learning disabilities have continued to develop since then, in particular health and social care services have become more integrated with joint NHS and Local Authority Community Learning Disability Teams; benefiting patients, their families and carers as well as the staff who work in the service.

The Scottish LD Senior Nurse Group was the other significant group that was established early in my Lead Nurse role courtesy of Michael Brown and Mike McCue. I was a supporter from the start - definitely a follower at that point! Reflecting now on the achievements of the SNG there are similarities with the MCN in that the SNG has improved ways of working nationally in LD Nursing. Additionally the SNG evolved to become much more influential nationally regarding policy and practice.

The Lead Nurse LD post was varied and very rewarding, working with so many different people and services and supported by General Manager Kathy O' Neill and Executive Nurse Director Professor Angela Wallace.

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Under Construction

Celebrating Success

(Continued)

I am so appreciative of the support I have had throughout from LD nursing staff in Forth Valley, in the LD MCN and the SLDSNG and non-nursing health colleagues across services. I had a great career, cannot believe that it went so quickly (surely it wasn't that long since I qualified....?).

I finally discovered that Executive Nurse Director Professor Angela Wallace, with assistance from General Manager Kathy O'Neill, had submitted the nomination for the Queen's Birthday Honours. I remain overwhelmed by the nomination and the positive messages of congratulations. If I was successful in my career then it was because I worked with skilled, knowledgeable and caring people who were willing to share. Thank you to all colleagues.

Scottish Learning Disability Nursing Network (SLDNN) 'Unsung Hero' Award

At the recent SLDNN Annual Conference Alan Lawson was presented with the 'Unsung Hero' Award in recognition of his outstanding contribution to learning disability nursing. Alan is the Liaison Nurse in the Scottish Borders, he continually strives to improve the experience for people with a learning disability accessing healthcare in the Borders. Alan regularly goes above and beyond expectations, coming up with new and innovative ways to support the people he works with.



In response to receiving the award Alan said *"I am very proud to receive this award as a member of Scottish Borders Learning Disability Service. As a team, with our colleagues in NHS Borders, we strive to improve standards of care and communication to promote a positive experience for people with learning disabilities accessing mainstream healthcare."*

Feedback from a patient Alan supported says it all *"The service received from the LD liaison nurse in the BGH is outstanding."*

Keys to Life

Pauline MacDonald, Scottish Government

Work is currently underway in the development of the next phase of *The Keys to Life*, the Scottish Government's learning disability strategy. Engagement stakeholder events are currently taking place up and down the country.

Keep up to date at <https://keystolife.info/> and <https://www.sclld.org.uk/>

MCN Update

Dr Jayne Crow, Consultant Psychiatrist in Learning Disabilities
and Learning Disabilities MCN Clinical Lead.



Over the last few months we have been progressing a number of the MCN priorities making progress in a number of areas that have felt stuck for some time. All these activities are overseen by 2 main MCN groups and 2 subgroups:

The **Quality improvement group** has continued to monitor activity against the work plan and provide oversight for the HEF and PBS subgroups. They are progressing the Royal College of Psychiatry Learning Disability inpatient accreditation process. It is hoped that the William Fraser and Islay units (Lothian) along with Lochview (Forth valley) will be included in the next uptake of units in the new year. Over a 3 year period units will work towards achieving formal accreditation against the inpatient standards. Mayfield unit (Fife) has successfully completed formal accreditation again being recognised at an excellent level.

There are also a number of user engagement projects that are being performed across the region. The MCN will continue to support the medical staff patient feedback project with a plan to repeat this late 2018/early 2019. This documentation and implementation is currently being considered within Lothian to support other disciplines to obtain patient feedback and inform service development.

There continues to be a national meeting related to female forensic inpatient beds across all levels of security. The need for low secure female beds has also been highlighted within the MCN. We have Learning Disability representation at this large national group. The national group will make recommendations to the Scottish government which will help inform more local service development opportunities.

The new website is currently under development and it is hoped that by the end of the year there will be a fully functioning resource that people can access for MCN updates and educational resources. Elaine Kwiatek has joined the MCN team as short term project manager to undertake this work.

The **Learning and development group** continues to meet on a regular basis and are currently progressing seminar days in quality improvement, epilepsy and transitions. These dates will be confirmed later in the year. The popular support workers course has also been finalised for an 8 week period Oct – Dec 2018 running in east Lothian at the Brunton hall. There has been uptake for places from health and social care as well as private care providers.

The physical activity event at Falkirk stadium has been successfully run for another year and participants enjoy presentations on the physical and mental health benefits of physical activities and how to access suitable activities in local areas. There were stands from disability sports, PAMIS and park run to name a few. The group also had the opportunity to try their hand at boccia and the accessible bikes. The MCN plans to build on this well received event and hopes to host more local service user events that will have come and try sessions from local clubs.

The **Health equalities framework group** has continued to meet on a regular basis and the project manager post has been continued for another year. Heather Duff is tasked with completing a number of agreed actions from the group. This will include the development of an updated HEF tool to meet our regional needs. The next phase of the HEF audit has also been running through September. Analysis of this new data and previous data will be supported by ISD services. It is hoped that this joint working will produce some robust results that can be shared in local and regional reports and submitted for new posters and publications to share with those outside the region.

MCN Update

(Continued)

The **Positive behavioural support group** has meet for a second time. This group has health representation from all boards, university representation from Napier, Linda Hume, and Scottish government representation, Anne McDonald. Lengthy discussions were help to help progress key areas of development including education and supervision. Future discussion has been held with NHS education for Scotland and they will send representation to attend the next meeting. Plans will also be developed to progress service provider input in the future. Due to the high number of actions identified by this group a PBS project managed role to progress these actions in a timely manner is being investigated.

Positive Behaviour Support

Tracy Goodfellow, charge nurse specialist PBS team, NHS Lothian and Sharon Horne-Jenkins, Head of learning disability psychology, NHS Forth Valley

Developing local capacity and the competence of everyone involved in the delivery of evidence-based and high-quality supports to people with a learning disability and challenging behaviours is critical to the successful implementation of PBS. The PBS Academy developed standards to assist with guiding practice and training in this area. They were developed, in part, in response to the final report of the post Winterbourne consultation examining services in the UK in February 2016, Time for change: the challenge ahead. This report acknowledged PBS as the recommended framework for working/supporting people with a learning disability and at risk of behaviour that challenges.

Challenging behaviour can be:

"...described as challenging when it is of such frequency, intensity or duration as to threaten the quality of life and /or the physical safety of the individual or others and is likely to lead to responses that are restrictive, aversive or result in exclusion"

Royal College of Physicians 2007

Challenging behaviour remains a significant problem in family and supported accommodation settings for people with intellectual and developmental disabilities (Department of Health, 2007)

Almost half of residential care services report the use of restrictive responses such as physical intervention (Deveau & McGill, 2009)

Challenging behaviour is associated with placement breakdown (Phillips & Rose , 2010) and the subsequent, costly removal of individuals to more restrictive, out of area settings (Goodman *et al*, 2006)

Generally , challenging behaviour is treated as an individual, health related problem requiring treatment by psychologists, psychiatrists or other behavioural support professionals (Royal College of Psychiatrists *et al*, 2007).

Challenging behaviour should also be seen within a social construct and is determined by the context it takes place in.

What is Positive Behaviour Support and why should staff use this methodology?

Positive Behaviour Support

(Continued)

“Positive Behaviour Support is a set of research-based strategies used to increase **quality of life** and decrease problem behaviour by **teaching new skills** and **making changes** in a person’s environment’

Carr *et al* 2002

PBS is an approach which inevitably leads to a focus on the context in which challenging behaviour is occurring – “ the central independent variable in PBS is systems change “ (Carr, 2007 p4)

Improvement of the quality of life for the individual

Value based

Reductions in Challenging Behaviour

The maintenance of changes over time

The absence of aversive or restrictive approaches

Increase in skills and confidence of support/staff

As part of developing skills and knowledge within staff teams NES developed an educational resource called **Improving Practice**. This resource is aimed at all staff, health and community support workers, who work with people who may display behaviour that is perceived as challenging. The resource is in a workbook format and designed for staff to work through supported by a facilitator. It is structured as follows:

Unit 1: an introduction to values-based care and behaviour

Unit 2: Positive Behaviour Support

Unit 3: building blocks to a meaningful life

Unit 4: person-centered approaches to managing crisis

This resource can be used for individual learning, learning as a group or team, in a facilitated learning event or as a mixture of all of these depending on what suits each team. However it is recommended that group discussion remains a critical element of this which will help with an individual’s experiences within a broader context and enhance learning for all.

Improving Practice should be seen as the first step in developing a broader PBS knowledge base but more in-depth training and support by other professionals may be required if multi-professional assessments and support plans are required.

BILD have also developed a number of accessible resources including a short animation BILD animation (<https://www.youtube.com/watch?v=epjud2Of610>).

Across the region different areas offer a different approach to PBS services with Lothian currently offering a specialist PSB service and other areas having expertise within community and inpatient multidisciplinary teams. There continues to be many discussions happening around PBS within Edinburgh and the best ways to take this forward at this time. The SPBT are working alongside the HSCP’s in all areas (East, Mid, West and Edinburgh) to develop this.

There is recognition that a regional approach would be of benefit to inform education, training and resource development across health, social work and third sector/private organisations. There is also supervision and peer support requirements for PBS practitioner at all levels of experience. These factors along with others are being discussed within the MCN PBS group and guidance on future regional developments will be available via the new LDMCN website in due course.

Recent Seminars & Events



Cancer Care for People with LD : 23rd July 2018

This Seminar was held in the Scottish Health Service Centre, Edinburgh. The aim of this seminar was to bring professionals together to give an insight internationally about the incidence of cancer from cradle to grave. To explore education and treatment pathways for supporting people with intellectual disabilities for those who support them. Evaluation requests will be sent out to attendees soon.

Physical Activity : 18th September 2018

This full day seminar was held in Falkirk Stadium on the 18th September. This seminar aimed to raise awareness of the importance of people with learning disability engaging in physical activity as well as how to help people with learning disabilities get involved in physical activity.

The learning outcomes of the seminar were :

- ◇ To understand the benefits of physical activity for the physical health of people with learning disability
- ◇ To understand the benefits of physical activity for the mental health of people with learning disability
- ◇ To be aware of strategies you can use to help a person with a learning disability understand what an activity involves
- ◇ To recognise how an activity could be changed to suit the individual needs of the person
- ◇ To identify some organisations in your area that offer physical activities for people with learning disability

Support Worker Course October—December 2018

The October—December 2018 support worker course has been held in Brunton Hall, Musselburgh, from 25th October through to 13th December.

Forthcoming Events

Support Worker Course February—April 2019

This course is scheduled for 21st February to 11th April 2019 and will be held in Forth Valley

There is no charge for attending LD MCN Seminars, but booking is ESSENTIAL as places are limited.



To book a place on one of our Seminars, please complete the form overleaf. Alternatively please send an e-mail noting your interest to : karen.lee@nhslothian.scot.nhs.uk or claire.smyth@nhslothian.scot.nhs.uk

The new **LD MCN Website** is currently under construction with SHOW and details will be circulated in due course

Please feel free to forward any relevant information that you would like added / uploaded to :
karen.lee@nhslothian.scot.nhs.uk

LD MCN Seminar Booking Form and Details

To Book a place on one of our Seminars, please complete this form and return it to :



By Post to:

Karen Lee
SEAT Offices
Strathbrock Centre
189A West Main Street
Broxburn
EH52 5LH



E-Mail :

karen.lee@nhslothian.scot.nhs.uk
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Claire.smyth@nhslothian.scot.nhs.uk

Seminar Booking Form

Event Title :

Nomination :

Organisation :

Post Held :

E-Mail :

Manager Agreed Attendance : Yes / No

Telephone :

**Additional Information or
Comments:**

Do you have any special dietary requirements?

Yes

No

If so, what are they?

Do you have any access requirements?

Yes

No

If so, what are they?