

# The 2016 RAID awards for excellence in working with Challenging Behaviour

## **Entry:**

St Andrew's Healthcare, Northampton

## **Authors:**

Eleanor Burch                                      Trainee Clinical Forensic Psychologist (University of Birmingham)

Supervised by:

Dr Inga Stewart                                      Consultant Clinical Psychologist

Dr Miguel Montenegro                              Clinical Psychologist

Dr Antonius Van der Sluijs                              Clinical Psychologist

## **A service evaluation exploring the utility of RAID® reminder sessions for staff to promote green behaviour recordings.**

I would like to acknowledge the previous work lead by Vince Harding, Assistant Psychologist (St Andrew's Healthcare, Northampton)

### **National Policy Context**

Positive Behaviour Support (PBS) is a framework used to provide an improved quality of life for individuals, as well as an increased behavioural repertoire by re-examining an individual's physical and social environment and providing a personalised support system to better understand challenging behaviour (Carr et al., 2002; Gore et al., 2013).

Emerging from the success of PBS being used with developmentally disabled populations, there is growing evidence that PBS can benefit many other populations as well (Carr et al, 2002; DH, 2014; Gore et al, 2013, NICE, 2006). The Department of Health (DoH, 2014) indicates that the use of PBS plans is essential when working with individuals who present with challenging behaviour, including the elderly and confused who may become agitated.

### **St Andrew's healthcare Policy Context**

St Andrew's healthcare requires a PBS plan to be completed for patients within seven days of admission. An initial report on PBS produced by St Andrew's describes how the use of RAID® is an appropriate model to support PBS frameworks across the service.

More specifically, St Andrew's neuropsychiatry pathway developed literature detailing the key components of PBS within the Acquired Brain Injury (ABI) and Progressive Neurological Conditions (PNC) sub-pathways. This included the use of RAID® interventions to promote positive behaviour by providing opportunities for 'green behaviour' and setting 'green behaviour' goals.

## **RAID® and the local service**

Within the neuropsychiatry pathway the RAID® approach is implemented in a number of ways and more recently, RAID® reminder sessions have been offered to nursing staff. The session materials were created and presented by assistant psychologists working in the service and used as a reminder for staff members about how to recognise and record green behaviours.

### **Aims**

- To evaluate whether RAID® green behaviour reminder sessions make a difference to the frequency of green behaviour recordings.
- To evaluate whether RAID® green behaviour reminder sessions effective over a period of time.

### **Method:**

The neuropsychiatry pathway comprises two sub-pathways; PNC and ABI. The overall sample consisted of 123 participants (ABI n=71, PNC n=52)

### **Measures**

RAID® reminder sessions (a computerised presentation which introduced the concept of RAID® and particularly focussed on 'green behaviours') were facilitated between 18th June and 6th July 2015 during a weekly hour-long supervision session provided for healthcare staff.

The RAID® reminder sessions were only taught across the PNC sub-pathway of the neuropsychiatry pathway. The ABI sub-pathway did not receive the reminder sessions.

### **Procedure**

A database was set up comprising all the participants included in a previous study (Harding et al, 2015). For the current study, additional data was collected to establish the number of green behaviours recorded for each patient across PNC and ABI wards during six months after the reminder sessions had been delivered.

The frequency of green behaviour recordings was collected by searching patient's electronic progress notes.

### **Results:**

#### **Differences between groups:**

An independent samples t-test was conducted to compare the total number of green behaviours recorded by staff during six months after RAID® reminder sessions had been administered to staff in the PNC sub-pathway. Data was collected for patients in both the

ABI and PNC sub-pathways. PNC wards (M=40.25, SD=38.95) recorded significantly more GBs than ABI wards (M=10.18, SD=14.86),  $t(61.94) = -5.29, p = .000$ .

#### Differences over time:

A one-way repeated measures analysis of variance (ANOVA) was conducted to compare scores on the total number of green behaviours recorded (including all five PNC wards) at four time points (6 months of data was merged into four equal time points to allow for change to occur). A significant difference ( $p < .05$ ) across time was found.

Further investigation endeavoured to show whether there were significant differences between the green behaviours recorded by each ward within the PNC sub-pathway across time. A four by five mixed between and within subjects Analysis of Variance (ANOVA), in which 'time period' was a within subjects factor and 'ward' was the between subjects factor, was conducted to explore the differences between individual wards' total green behaviour recordings across time. A significant interaction was observed for the time of measurement and ward (Greenhouse-Geisser = 710.62;  $F = 3.563; p < .001$ ).

A repeated measures t-test was completed to establish any significant differences within each ward from the PNC sub-pathway over the four time periods. These tests revealed that O ward recorded significantly more green behaviours at time three compared to time one (M=1.18, SD=1.01),  $t(13) = 4.34, p = .001$ , and W ward recorded significantly more green behaviours at time 4 compared to time 1 (M=10.46, SD=11.06),  $t(6) = 2.50, p < .05$ . There were no significant differences observed for the three remaining wards ( $p > .05$ ).

#### Discussion:

This service evaluation aimed to establish whether RAID® green behaviour reminder sessions had an effect on the number of green behaviours recorded by staff and whether this effect lasted over a period of six months. In summary, the results of this service evaluation provide support for the effectiveness of green behaviour reminder sessions within St Andrew's healthcare. These reminder sessions resulted in significantly more green behaviours being recorded with the PNC sub-pathway, compared to the ABI sub-pathway who had not received the sessions. These findings are in support of those originally concluded by Harding et al. (2015) who found that green behaviour recordings within the PNC sub-pathway increased following reminder sessions when recordings for one year before the sessions were compared with recordings one month after the sessions. The positive effects of the reminder sessions found in both this evaluation and Harding et al's (2015) report, remained stable for three out of five wards in the PNC sub-pathway over a period of six months, and for the remaining two wards, green behaviour recordings continued to improve during this time period.

Recommendations have been made to encourage a version of these reminder sessions to be offered to all wards across all services already implementing RAID® techniques. Similarly, services should aim to develop ways in which green behaviours can be more easily recorded such as through the use of a prompt on electronic note templates, or through development of electronic tablets.

## **References:**

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