

## News

### NAPICU activity and PICU/Low Secure news

Andy Johnston

*NAPICU Executive Secretary*

#### Welcome

On behalf of the NAPICU Executive Committee, I would like to welcome you to the NAPICU Activity and News pages. Each edition of this Journal will contain information and updates on NAPICU related activity, including: annual conferences and quarterly meetings feedback, news and reviews, team of the year and travel bursary information and political activity, as well as general news relating to PICU and Low Secure environments.

For this inaugural edition, I thought it would be useful to give an overview of NAPICU and its activity and achievements over the last few years rather than concentrate on specifics.

#### History

Following the first national conference entitled 'The hotbeds of general psychiatry' in 1996, a group of multi-disciplinary PICU clinicians from nursing, medical, occupational therapy, psychology, social work and pharmacy established the National Multi-disciplinary Psychiatric Intensive Care Group. The group held its third annual conference in Manchester in 1998 and the National Association of Psychiatric Intensive Care Units (NAPICU) was officially formed.

NAPICU key aims are to advance psychiatric intensive care and low secure services, improve mechanisms for delivery of intensive care, audit effectiveness and to promote research,



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education and practice development within the specialty.

Since its inception the NAPICU Executive team, with members, have worked on several levels to improve the experience of patients within PICU and Low secure environments. In addition, the Executive team have worked towards influencing and advising Government on issues relating to psychiatric intensive care and low secure service provision. Through our membership, we have ensured that quality of care and ethical considerations remain high on the local and national agenda.

We now have circa 180-member units from 135 NHS Trusts and Independent providers; from our current data we believe that within the UK there are approximately 365 PICUs and Low Secure wards.

#### **NAPICU website: ([www.napicu.org.uk](http://www.napicu.org.uk))**

The website has experienced many upgrades over the years and now serves as a focal point for topical interactive discussion and debate on many of the real issues facing clinicians within our spe-

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cialty. The 'Members Only' area contains links to latest news and other relevant websites and also has a 'document store' where members can contribute and access policies and procedures of other units. Free advertising of vacancies is available as well as minutes from the NAPICU Executive meetings. All aimed at keeping you, our members, in touch with current activity. Our Website Editor (Alan Metherall) reports an average of 250 hits a month, with an approximate 50,000 overall hits.

### NAPICU Membership Benefits:

Being a member of NAPICU offers you, your unit and your organisation distinct benefits. For example:

- **Access to the 'PICU Team of the Year Award'.** The judges will be looking for teams that demonstrate evidence of service improvements, realistic and achievable planned developments to services or a team and evidence of team working and liaison with others. Full details can be found in the 'Members Only' area.
- **Discounted delegate rates at the annual conference.** When more than one delegate attends the conference it is likely that the discount will actually cover the cost of membership for that year.
- **Free attendance at NAPICU Quarterly Meetings.** Non members normal fee £25
- **Receive the Journal of Psychiatric Intensive Care twice a year.**
- **Advertise your vacancies on the discussion board for free.** (Some conditions apply).
- **Be able to apply for a Travel Bursary.** Members will have the opportunity to apply for a Travel Bursary of £500. Applicants will either be proposing to undertake a period of study or be wishing to present findings of work completed.
- **Join the Executive Committee.** Members will have the opportunity under the present constitution to stand for elections to the Executive Committee every three years. All nominees must have the support of their employer to enable the nominee to attend meetings and undertake work for NAPICU.

- **Access the Members Only area of the website.** Access to Executive meeting minutes and 'document store' containing policies and procedures from other PICUs around the country.

For further information on membership please contact the NAPICU Administrator via the website.

### NAPICU Executive

The Executive Board is truly multi-professional and members are voted in at the Annual General Meeting, for a three-year period. The Board also invites members to join on a co-opted basis to assist with executive activity. We are always seeking dedicated professionals to contribute to the wide-ranging activity we are engaged in. We would encourage any interested individuals to firstly approach senior managers within their organisations for support, as a commitment to offering dedicated time is a requirement.

The current NAPICU Executive:

Name	Executive Role	Discipline
Dr Stephen Pereira	Chairman	Psychiatrist
Andy Johnston	Secretary	Nursing/ Management
Dr Dominic Beer	Honorary Treasurer	Psychiatrist
Roland Dix	Editor-in Chief	Psychiatrist
Alan Metherall	Website Editor	Nursing /Management
Dr Stephen Dye	International Liaison	Psychiatrist
Dr Andy Proctor	Awards Sub Committee	Psychiatrist
	Conference	Pharmacy
	And	
Carol Paton	Grants sub Committee	
David Ridgers	Conference Coordinator	Nursing
Marc Kingsley	Bulletin Editors	Psychology
Dr Farid Jabbar		Psychiatrist
<b>Other Executive Members:</b>		
Luciano Gentilini		Service User
David Buckle		Social Work
Faisal Kazi		Occupational Therapy
Gerry Blake		Occupational Therapy
<b>Support Staff:</b>		
Christine Greer	NAPICU Administrator	
Judith Rodney	Administrator to the Executive Committee	

## Acknowledgements

After many years dedication and contribution to NAPICU, Marianne Bubb-Sacklyn and Dr Zerrin Atakan stepped down as Executive Members. On behalf of the Executive Team and NAPICU members, I would like to thank them for their tireless efforts in promoting the aims and activity of the Association. Our best wishes for the future.

## NAPICU Annual Conferences

Over the years conference organisers have listened to the feedback from attendees and have tailored the content of conferences to be both topical and sometimes contentious. Workshops, free communication sessions, poster displays and meet the expert now form part of the regular conference experience. Prizes are now offered for poster displays and free communication sessions. This year sees the 10th Annual International Conference (8th–9th September 2005) being held in Glasgow at the Royal Scottish Academy of Music. The themes for this year's conference are the National Institute of Clinical Excellence (NICE) Guidance on Short-term Management of Disturbed (violent) Behaviour and the National PICU Governance Network. Conference organisers (David Ridgers and Dr Andy Proctor) have further developed our partnership with Northern Networking to ensure an exciting, well organised and value for money event. For details on this years programme and booking please access via the website.

Already, preparations are being made for the 2006 Annual International Conference to be held at Swansea University, Wales on 7th–8th September 06.

## Annual General Meeting

The AGM usually occurs during Annual Conference. This is your opportunity, as members, to inform and influence the activity of the Association and to participate in voting on important issues and elections. If you are a NAPICU member, please consider attending and offering your support.

## NAPICU Quarterly Meetings

NAPICU provides quarterly educational forums for debate, training and sharing of experience.

These forums are held throughout the United Kingdom and are hosted by NAPICU Member Units. Over the years, they have developed into one day conferences and use various media to share practice/information including, presentations, workshops, discussion groups, case presentations and even theatre (as demonstrated by the Harvest Unit, Cornwall Partnerships NHS Trust during the 28th Quarterly in 2004). The quarterly conferences have proved to be a very popular way of sharing good practice with colleagues and attendance is ever increasing. We have seen a breadth of themes covered and some excellent practice initiatives shared. Of particular interest last year, were the many developments involving service users. North East Lincolnshire Mental Health Services have embraced service user involvement at many levels, from their 'employment and training project' (Tukes Café and Conference Centre) to the employment of a service user as a 'support time recovery worker'. Furthermore, their approach to user involvement in the development, delivery and ongoing monitoring of Strategies for Crisis Intervention and Prevention (SKIP), was presented at the Quarterly Meeting in Grimsby.

Attendance is free to NAPICU members (£25 for non members). The NAPICU Executive has now agreed a format for these meetings and is in discussion with Northern Networking regarding professional administrative support for organising units. We will endeavour to rescheduled Executive Meetings the week before Quarterly Meetings to ensure members of the Executive Committee can attend. This has not been possible for two of this year's meetings due to other commitments. If you are interested in hosting a meeting and 'showcase' an area of good practice within your unit, please contact me via the NAPICU website.

We are grateful to the following NHS Trusts for supporting their PICUs in hosting Quarterly Meetings over the last few years. There have been many more, too many to mention and without their support it would not be possible to promote good practice and quality initiatives in such a positive manner.

Blake Ward & Oxford Ward  
PICUs Manchester Mental  
Health and Social Care  
Trust

Greyfriars PICU – Barnsley  
PICU Gloucestershire  
Partnerships NHS Trust

Jacqui Ellis–Pat Gladding  
Doncaster and South  
Humber Healthcare NHS  
Trust

Harvest Ward  
Cornwall Partnerships NHS  
Trust

Genarth PICU  
Pembrokeshire and  
Derwent NHS Trust

Mill View Hospital South  
Downs Health NHS Trust

Kimble Unit  
Buckinghamshire Mental  
Health NHS Trust

Maple House PICU Bolton  
Salford Trafford Mental  
Health NHS Trust

Beaver Unit Leicester and  
Rutland Health Care NHS  
Trust

Rosewood House PICU  
Avon and Wiltshire Mental  
HealthPartnership NHS  
Trust

Silverdale Unit Morecambe  
Bay Primary Care NHS Trust

to be ‘fit for practice’. It is geared for practitioners working within PICU, LSU and Adult Acute settings. On completion of the programme, students may progress to a Diploma/BSc (Hons) in Mental Health Practice (Psychiatric Intensive Care) by undertaking a further four units from the Degree Pathway in Mental Health Practice.

Over the last few years the NAPICU Bulletin had developed into a comprehensive media for providing information and education to members. The ‘Practice Features’ often provided insight into topical themes on highly effective but contentious treatments or approaches, such as ECT, Rapid Tranquillisation and the use of CCTV technology. The interface with forensic services and court liaison schemes were also covered. The success of the Bulletin inspired the development of this journal.

The publication of this international peer review journal has been the product of many years work by NAPICU Executive members, in particular Roland Dix (Editor-in-Chief), whose commitment, knowledge, skill and experience of editing the Bulletin has proved to be of immense value.

NAPICU members have valued the updates and information provided by the Bulletin over the years and to this end, Executive Members Marc Kingsley and Dr Farid Jabbar have agreed to continue with a version of the Bulletin to ensure that members are kept up to date on a regular basis.

The new Bulletin will be published 3 times a year and sent out to members. The first was recently launched at the Quarterly Meeting in Harlow. We would welcome your comments/ views on its content and layout. Please direct comments to Dr Farid Jabbar.

### **NAPICU Educational/ Academic/Awards Activity**

2001 was an exciting year as we saw the first textbook dedicated to psychiatric intensive care published. Edited by Beer, Pereira and Paton, all NAPICU Executive Members, the book entitled ‘**Psychiatric Intensive Care**’ (Greenwich Medical Media) offers readers insight and practical guidance on many of the issues we regularly face within intensive care and low secure environments. The editors drew upon their own comprehensive experience and used a multi-disciplinary team of contributors to really capture the essence of our specialty.

Work is in the final stages for publication of the second edition of this groundbreaking textbook and the same successful format has been used. Due to be published beginning 2006.

NAPICU, in partnership with North East London Mental Health NHS Trust and South London and Maudsley NHS Trust has worked closely with the Division of Mental Health Studies at South Bank University to develop an innovative programme of study for healthcare professionals working within PICU and Low Secure services. The programme examines a variety of frameworks for the delivery of safe and consistent approaches to psychiatric intensive care and provides practitioners with the necessary confidence

### **Team of the Year Award**

Last year was the inaugural NAPICU ‘Team of the Year’ award, jointly won by the Willow Suite PICU, West Kent NHS and Social Care Trust and Harvest Ward PICU, Cornwall Partnerships NHS Trust (Harvest Ward also won the awards for Best Poster and Free Communication Session at the Manchester 2004 annual conference). Both units demonstrated significant progress within the judging criteria. Dr Stephen Dye heads the Awards Committee



supported by myself, and Luciano Gentilini our Executive Service User Representative.

Teams are judged on the following criteria:

- Achievements within the past year
- Evidence of service improvements
- Service User contribution to services
- Use of available resources
- Realistic and achievable planned developments to the service/team
- Evidence of team working and of liaison with others (both intra - and inter agency)

The application and selection process for this year's award was launched in Manchester at the last quarterly meeting. The award is open to any multi-disciplinary team who are NAPICU members. For more information please visit the website.

Two teams have been short-listed and will be presenting their achievements at the Annual Conference. The presentation of PICU Team of the Year Awards will be made at the Gala Dinner of this year's conference.

### Grants/Travel Bursary

NAPICU now offers a £500 grant or travel bursary to support member who are undertaking research or travel in a manner which promotes the aims of the Association. The Grants Sub-Committee (Dr Andrew Proctor and Carol Paton) have agreed principles for application, which include the following:

1. Applications would be judged on merit according to an agreed criterion.
2. UK applicants must be members of NAPICU.
3. International applications would be considered if they could demonstrate that they would further the aims of NAPICU.

Needless to say, international non-member applicants would be encouraged to join! Further information about the Bursary can be found in the 'Members Only' pages of the website.

### Political Activity

NAPICU members had significant input in the research and development of the Department of

Health National Minimum Standards for PICU and Low Secure Services launched by the Minister of State for Health, Jackie Smith MP in April 2002.

As a result of the publication of the standards, clinicians and managers were able to encourage their organisations to re-examine the services their PICUs provided in relation to what was now the accepted minimum standard.

The 'implementation section' of the National Minimum Standards suggested the development of a PICU/Low secure Practice Development Network being a way forward to monitor the development of implementation of the standards. To this end, in partnership with the National Institute for Mental Health in England (NIMHE) and North East London Mental Health NHS Trust, funds were secured for one year (2004/ 2005) to pilot and develop a system in which individual service improvements could be shared and implemented by psychiatric intensive care services on a wider basis. This was developed into a **National PICU Governance Network** that focused on 8 units from around the England.

Having successfully completed the first year of the Governance Network, we have secured funding to undertake a second year. The 2005/2006 network is underway and entitled 'The National PICU/Low Secure Governance Network'. More news on this project will appear in the main body of the next journal.

A complete review of the National PICU Governance Network will be published in the next edition of this journal and presented at the NAPICU Annual Conference in Glasgow.

Following successful completion of the year-long programme, NAPICU have reviewed the manner in which we may best support future developments.

As a truly multi-professional national organisation, NAPICU are regularly approached by individual member units, NHS trusts, private hospitals and other agencies to perform reviews, advise on risk assessment tools and provide training towards meeting the National Minimum Standards for

## Psychiatric Intensive Care and Low Secure Environments.

All members of the Executive Board are practicing clinicians and have thus far provided this type of service on a consultancy basis, if available to do so. The sheer quantity of requests means that we are not able to address many important issues raised.

Psychiatric intensive care and Low secure units are high interest areas at present due to several tragic events and the Department of Health has accepted that within PICU and Low Secure environments, there is room for improvement, hence the additional investment of £30 million distributed amongst all 28 Strategic Health Authorities.

In order to move forward, NAPICU are working on a proposal to develop a Psychiatric Intensive Care Advisory Service (PICAS). This service would comprise of three full time clinicians (Consultant Psychiatrist, Senior Nurse and a Research Assistant) who would be available to support development initiatives within PICU and Low Secure environments across the country.

We envisage the PICAS would support Units by offering expert advice/guidance to support NHS Trusts/independent providers, progress towards meeting the National Minimum Standards and having a direct impact on improving the quality of care.

**Forthcoming Events:**  
**[www.napicu.org.uk](http://www.napicu.org.uk) for further information**

## Future NAPICU Quarterly Meetings

25th November 2005

South Downs Health NHS Trust  
Denise Bound

24th February 2006

Doncaster and South Humber Healthcare NHS Trust  
Lisa Archibald

## Future NAPICU Executive Meetings:

- 18th November 2005 – Amersham Hospital
- 17th February 2006 – Amersham Hospital

## NW2 – North west and north wales PICU group

This collaboration has been growing over recent years and now meets approximately every 2 months. The group use the regular forum to share information and engage in education, training and development and support attendees in addressing issues within their respective Units. If your Unit falls within this geographical area and you are interested in attending, please contact David Ridgers. ([david.ridgers@napicu.org.uk](mailto:david.ridgers@napicu.org.uk))

We are currently piloting the PICAS and have undertaken several reviews and projects supporting units and organisations in developing standards of practice and commissioning of new services. If you require further information on PICAS, please contact me directly via the website.

If you have suggestions about how we may use these pages in future please contact me on via email at [meetings@napicu.org.uk](mailto:meetings@napicu.org.uk)