



PBS Community of Practice for Scotland



Implementing PBS in Healthcare Settings

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Plan

- How we use PBS in our Multi-disciplinary teams across adult settings in Fife.
 - Process for PBS cases
 - Useful additions to PBS documentation we use locally
- Implementing PBS across a whole service
 - Process
 - Challenges
 - Benefits
- What's next?
 - Service developments for PBS

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How is PBS used in our service?

- PBS used by all teams as model / way of working for people who show behaviour that challenge.
- This work tends to be led by either Psychology colleagues or Additional Support Team
- Although other colleagues who are trained are also involved and may work cases jointly
- Staff in service can all access training in PBS at a range of levels.

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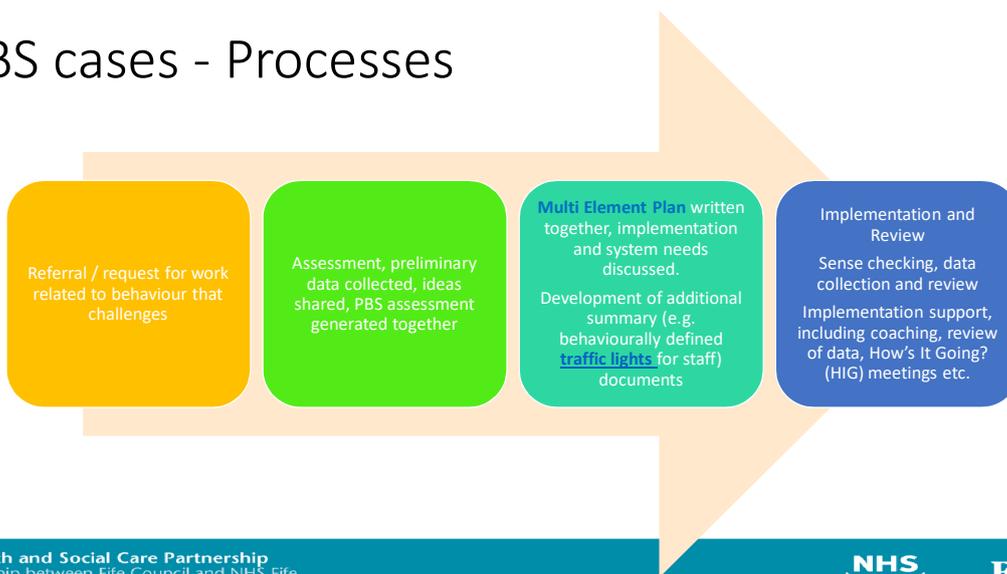


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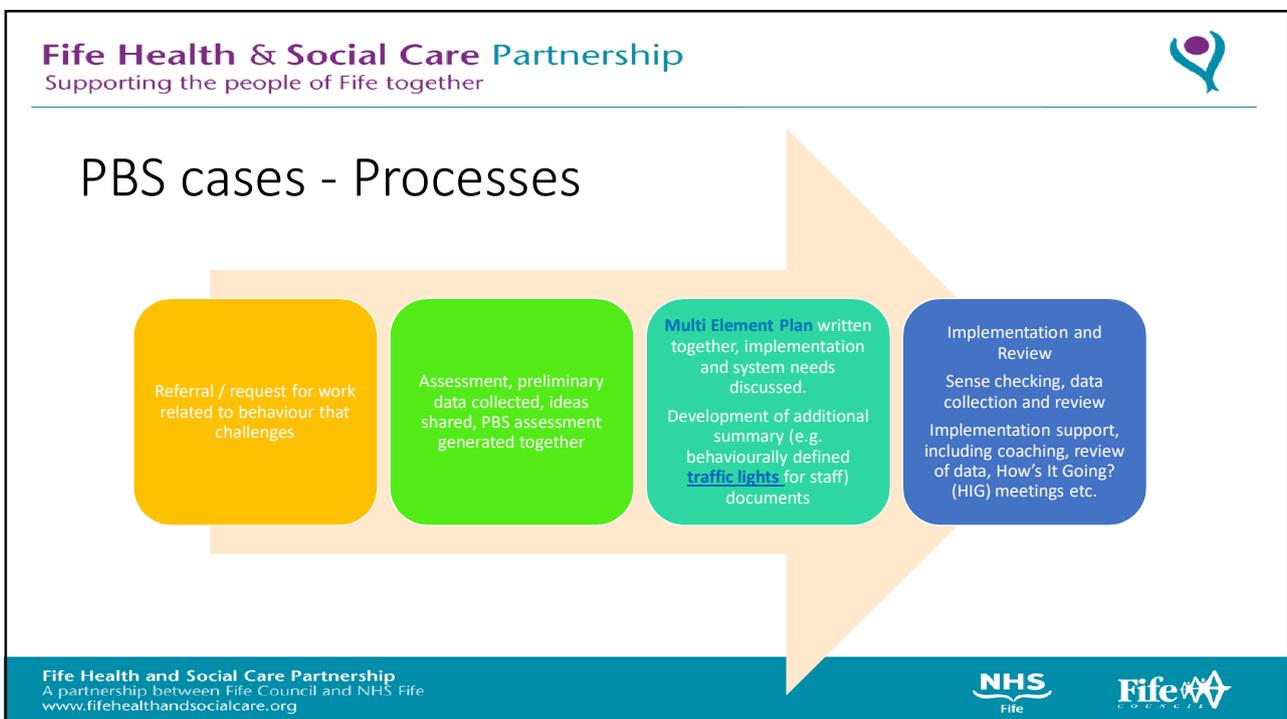
PBS cases - Processes



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<p>The Green Pro-active phase is where Ms Brown is most relaxed and calm and able to engage positively with you in a meaningful way.</p> <p>What Ms Brown will look like that may give you indication that she is happy & relaxed</p> <p>When Ms Brown is Happy & Relaxed:</p> <p><u>Verbal</u></p> <p><u>Facial Expression</u></p> <p><u>Body Language & behaviours</u></p> <p>Known Triggers which have been observed and known to make Ms Brown feel anxious and distressed. Slow and Fast Triggers known to impact on Ms Brown</p>		<p>Things that we should do to keep Ms Brown in the Green as much as possible.</p> <p><u>Communication</u></p> <p><u>Structure & Routine</u></p> <p><u>Sensory Strategies</u></p>	<p>The Blue Post Reactive need to be careful her levels. Adrenaline will</p> <p>Recovery Stage Evidence that Ms Brown relaxed manner is:</p> <p><u>Verbal</u></p> <p><u>Facial expression</u></p> <p><u>Behaviour</u></p>
<p>The Amber Phase is where Ms Brown may be starting to feel anxious or distressed and there is a chance that she may begin to show behaviour that challenges. Here we need to take quick action to support Ms Brown to return to the GREEN phase as quickly as possible to prevent behavioural escalation.</p> <p>What the observed signs of agitation are likely to look like.</p> <p><u>Behaviour</u></p> <p><u>Verbal</u></p>		<p>What is the action required by staff?</p> <p><u>Behaviour</u></p> <p><u>Communication – Non Verbal</u></p> <p><u>Communication - Verbal</u></p>	



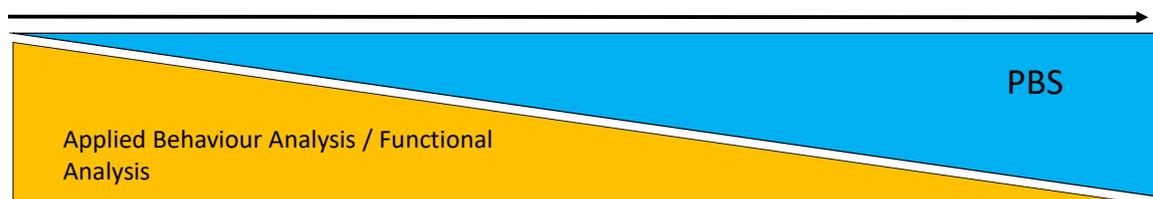
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Implementation of PBS

- Goal to use PBS as predominant model. All staff in service can access awareness training, e.g. Improving Practice (NES)
- Blending of approaches over time as staff trained and have clinical experiences
- Ongoing process



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PBS: What Some of the Challenges be?

- PBS assessments can seem overwhelmingly long or complicated
- Data collection – when to stop?
- Due to this, can seem as if only ‘experts’ can ‘do’ PBS assessments or plans
 - Less awareness of universal levels of PBS than intensive or specialist levels
- May be asked for only when things have become very difficult for the person or those around them
 - Purpose is to eliminate behaviour which has become challenging
 - Higher levels of stress makes rationale of multi-element plans more difficult to understand, and implement
 - PBS at risk of being abandoned because the ‘expert’ couldn’t find the ‘answer’

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PBS: What are the benefits?

- Values base, increasing quality of life appeals to most staff
- Attractive due to growing evidence base
- Allows measurement of behaviour change
- Having a better way to understand the people we work with who show behaviour that challenges
- Feels like a holistic approach to the person and their needs
- Can act as an umbrella to hold all of the multidisciplinary team work together – sense checking many parts of the intervention

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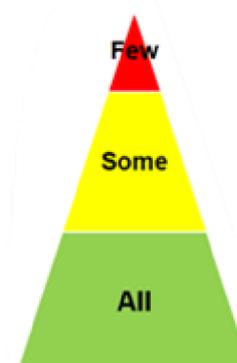
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What are we working towards? Service Developments

- Understanding demand in clearer detail – not everyone needs a ‘full’ PBS assessment and plan
- Developing a coordinated multidisciplinary pathway for PBS
 - Supporting universal elements
 - Directing resources
 - Utilising expertise in the service
- Ensuring PBS is the common way of understanding how all elements of a person’s life are linked together, including all treatments, environments and interventions.
- PBS linked with other important service developments, eg Trauma Informed Practice underpinning our understanding of some aspects of behaviour that challenges.



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PBS Conclusions

- PBS as a model helps us work with many seemingly disparate cases
 - PBS not 'stand alone' – integrates with other parts of service e.g. Trauma Informed Practice
- The Universal aspects of PBS are key to enable the *Intensive Individualised* assessments and plans to be effective
- Don't be daunted!

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