



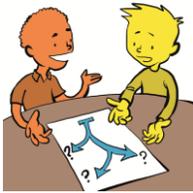
THE UNIVERSITY
of EDINBURGH



Who we are: A research project team from Edinburgh University, Talking Mats and NHS.



The Burdett Trust for Nursing funded this project.



What we wanted to do: Find out if Talking Mats helps people who are in a secure forensic hospital and have a learning disability to talk about risk and safety.



Talking Mats is a way of supporting a conversation using pictures. Research has shown that people say more when people use Talking Mats.

The project had ethical approval. This means that the NHS and people who check that research is safe said it was and we were allowed to do it.

What we did:



- 1) Read other people's research about risk & safety for people with a learning disability in secure hospitals.



- 2) Talked to patients and nurses about risk and safety. We asked how they talk about this already.

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- 3) Shared Talking Mats cards about the Mental Health Act and Keeping Safe with nurses and other professionals in the team. We asked them to choose the ones that come up in conversations with people with a learning disability in a secure hospital.

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- 4) Used the information from the reading, patients and nurses and other professionals to add extra cards to the Talking Mats Keeping Safe set to make a “Forensic Keeping Safe Set”.
- a. This had a new “Being Included set” as we found out that feeling involved and included is important for patients to stay safe and well.

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- 5) Trained nurses to use Talking Mats and the “Forensic” Keeping Safe cards.

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- 6) Nurses and patients used Talking Mats together. They made videos of their conversations. We watched the videos and looked carefully at what happened.

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- 7) Talked to the patients and nurses after they had used Talking Mats. 4 nurses and 4 patients from 2 secure wards in one Scottish health board took part.

What we found out: Nurses and patients talk about risk in different ways.



Nurses talked more about risks to do with offending.



Patients talked more about risks to their independence, having their own control over their lives and choices.



There were some signs that Talking Mats can help nurses and patients talk about sensitive topics around risk, safety, physical and mental health in an equal way.

Some things that stopped people using Talking Mats were:



- Nurses not having time, or not having enough staff on the ward.
- Views on who Talking Mats is useful for.
- Changes on ward because of Covid 19 rules.



What next: More research is needed on communication tools to involve patients with learning disabilities in care planning and risk management.

We want to tell more people about this project. Talking Mats are running an event on 10th November to do this.

We think it is very important for people to talk about being part of their care and treatment. The “Being Included” resource will be available for free on the Talking Mats website after the 10th November.

We hope other people will find it useful too.