NAPICU - DiMHN
Design Guidance for Psychiatric Intensive Care Units

New guidance 2017

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About NAPICU

- Multidisciplinary association, clinicians, patients and carers
- Committed to developing and promoting the psychiatric intensive care specialty
- Aims to improve patients’ experience and outcomes
- Promotes staff support and development
- Setting national standards
- AIMs – PICU accreditation joint programme with Royal College of Psychiatrists
- Annual conference & quarterly local meetings
- Training initiatives
- See NAPICU website www.napicu.org.uk
About Design in Mental Health Network

- Not-for-profit social enterprise
- Brings together people who commission, design, work in and/or use mental health services
- Addresses the broader questions in mental health design
- Encouraging the sharing of best practice in design
- Inspiration from exemplar projects championing collaborative ways of working
- The Network journal
- DiMHN conference
- See DiMHN website [www.dimhn.org](http://www.dimhn.org)
Core Working Group

Co-Chairs

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New guidance

To be read in conjunction with DH technical guidance, particularly HBN 03-01 – Adult Mental Health, HTMs for engineering / environment

TEN CHAPTERS
- Background, scope, purpose
- Planning considerations
- Design considerations
- Adjacencies
- Room spaces
- Technical specifications
- Safety and security
- Infection control
- Waste management
- Engineering
- Intended audience: commissioners; providers; patients and carers
- Great design synergistic with great clinical care
- As for clinical care, informed by experience and evidence
- Increasing evidence that the built environment can be therapeutic in its own right:
  - Outlook onto green spaces
  - Adequate sight-lines for staff
- Enhancing recovery and improved outcomes
- Helping to maximise safety of vulnerable service users
Focus on people

- Understands the impact of the physical environment on mental health and well-being
- Attention to shape and design of the environment in PICUs where intense levels of distress are exposed
- Enables real healing to take place
- Guidance equips stakeholders with specific design knowledge relevant to attaining better clinical outcomes
The new guidance is the result of collaboration between NAPICU and DiMHN - united by a shared vision:

Patients in PICUs need to have a better environment one that enhances their recovery

Document intends to ensure that everyone involved in the design of a PICU has the relevant information to enable them to go ‘above and beyond’ in creating a healing environment to meet the needs of patients and staff.

Guidance developed by collaboration between patients and professionals
Scope of the guidance

- Design of PICUs in England
- Adults aged 18 years and above
- Full description of rooms not contained in other best practice guidance (e.g. HBNs)
- Informing the planning and design of in-patient facilities
- Assisting in meeting national and local service objectives
Purpose of a Psychiatric Intensive Care Unit (PICU)

- Psychiatric intensive care is for patients in an acutely disturbed phase of a serious mental disorder
- Associated loss of capacity for self-control
- Corresponding increase in risk
- Legally detained (MHA), often against their will
- Safe, therapeutic management and treatment not possible in less acute or less secure mental health inpatient accommodation
- Patient-centred, provided by qualified, suitably-trained multidisciplinary clinicians (doctors, nurses, OTs, pharmacists,...)
- Agreed philosophy of unit operation
- Range of therapeutic interventions, medication & other
- Dynamic, clinically-focused risk engagement
- Length of stay should not usually exceed 8 weeks
Planning considerations for a PICU

- Generally intended to be short- to medium-stay (<8 weeks)
- Stabilisation of acute episodes of disturbance
- Initiating future care plans
- Acute, very responsive psychiatric service
- Easy access for emergency response by staff from other parts of the hospital
- Access away from main entrance
- Blue light emergency access and egress
- Safe and secure external space / grounds for Section 17 leave
- Clear sight-lines and movement
- Range of rooms and facilities for recreation, therapeutic activities
- Design, décor, acoustics all very important
Specialist service may serve more than one hospital and geographical area covered by more than one Trust

Site of mental health hospital to ensure emergency cover, peer support for staff, easier access for patients moving between PICU and other wards – not a standalone unit

Requires central location within the area served

Entrance not requiring passage through other parts of hospital (other than main corridor)

Ground floor with access to external space

Capacity planning and gender balance:
  ➢ Generally more male than female patients

Smaller PICUs tend to function more effectively:
  ➢ Maximum of 14 beds
  ➢ Units of 10 beds common – manageable size, safe staff-patient ratio
  ➢ Mixed or single-sex early decision in design process
Design considerations

- Considering full diversity of patient experience
- Art strategy including spaces for displaying patient art, personalisation private spaces
- Privacy and dignity
- Gender separation
- Disabilities
- Bariatric patients
Adjacencies
• Very important in a PICU environment
• Detailed discussions reviewing staffing models in conjunction with the model of care
• Enabling positive interactions
• Windows need be no more than 22-350 mm in width and 500 mm high to provide full visual sweep
• Arranging at intervals provides potential for panoramic observation
• ECA / seclusion room considerations:
  ➢ Close to areas recognised as ‘flashpoints’ (e.g. day / dining areas)
  ➢ Away from the hub of day spaces
  ➢ Route will not pass through a bedroom corridor
PICU room spaces

Patient group may require more robust room specifications than those of an adult acute unit (HBN 03-01)

More fitted furniture may be required

- Entrance
- Reception
- Office
- Support accommodation
- Communal day spaces
- Bedroom area
- Clinical rooms
- Extra care area
- Seclusion suite
- Office accommodation
- Staff accommodation
- Non-clinical support rooms
- Storage
PICU technical specifications

- Signage
- Lighting
- Doors
- Locks and ironmongery
- Windows
- Fixtures and furniture
- Finishes and flooring
- Internal walls
- Ceilings
PICU safety and security

- Levels of interior and perimeter security: whether PICU located within general adult psychiatric service or forensic psychiatric estate (medium / high secure)
- Within general adult services, MoJ restrictions – low secure service standards
- Medium / high secure requires internal and perimeter security characteristics to standards defined in design guidance
- Additional features due to status as a PICU within existing medium or high secure service estate
- Assessing individual PICU – potential for absconding, taking preventative steps

- Secure gardens
- Fences and secure boundaries
- Main entrance
- Fire exits
- Managing aggression
- Locks
- Observation
- Staff, patient alarm systems
- Patient safety
- Communications systems
- Transport
PICU infection control

- Minimise risk – partner with infection control teams when planning, designing, refurbishing
- Striking balance between risk of aggressive/difficult to treat infections and risk of increased disturbance/incidents - acoustics, environmental feel – carpets, soft furnishings
- PICU design ensuring patient areas are easily accessible for cleaning and maintenance
- Lockers and wardrobes for personal belongings
- Curtains – washable, disinfection temperatures / disposable
- Smooth, hard impervious wall surfaces
- Design for easy cleaning and durability – surfaces, fixtures, fittings, furnishings
PICU waste management

- Complying with legislative requirements and best practice (HTM 07-01)
- Consistency with current regulatory guidance
- Aim to protect health and safety of employees, visitors and patients
- CQC requires supplementary policies (e.g. safe handling and disposal of waste and sharps)
- Access to the policy and/or procedures
- Training
PICU engineering and environmental management

- See relevant HTMs
- Engineering and plant equipment
- Mechanical services
- Fire safety
- Electrical services
- Lightning and protection systems
- Sustainability and energy efficiency
  - BREEAM Excellent for new-builds
  - BREEAM Very Good for refurbishments

- Contractors – site waste management plans, Considerate Contractors scheme, construction environmental management plans
Summary

• Brand new best practice design guidance
• Based on evidence and experience
• Developed collaboratively
  • by organisations, patients & professionals
• Use in conjunction with DH best practice HBNs and HTMs

References and other useful resources