

THE DIFFERENCE WE'RE MAKING: REDUCING RESTRAINT IN INPATIENT MENTAL HEALTH SETTINGS



- Restraint is a necessary intervention to deliver safe care in specific circumstances. It is not a punitive measure or punishment
- Uses of restraint should always be clearly recorded, reported and monitored
- NHFT intends to reduce the use of physical restraint by understanding the causes, assessing our training and interventions against national standards, and developing alternatives.

UNDERSTANDING THE ISSUE TRYING SOMETHING NEW

In line with national guidance and NHFT's Restrictive Intervention Reduction Strategy, the Trust has, and is continuing to develop a number of approaches and interventions to reduce conflict and the use of restrictive interventions.

Prone restraint is a specific type of restraint that involves the patient being laid on their front. Prone restraint should not be used unless there are no viable safe alternatives.

NHFT aims to reduce the use of prone restraint. In order to achieve this, it is important to understand the circumstances when prone restraint is most commonly used. Our Prevention and Management of Violence and Aggression (PMVA) team analysed restraint data from both our own Trust, and obtained from 47 other Trusts through FOI requests. This data indicated that this position was primarily used to either exit seclusion or whilst administering intramuscular injection medication.

Exiting seclusion was identified as a circumstance in which we may be able to reduce the use of prone restraint.

After consultation with numerous other Trusts and seeing a demonstration of their use, NHFT purchased 20 Safety Pods in early 2019. Safety pods look similar to a large beanbag, and can be used to support the patient in a position on their back whilst staff exit seclusion, reducing the risk of injury to all involved in restraint. Less than six months after introducing them to the Trust, we have over 70% of relevant staff fully trained in their use, and are seeing a reduction in prone restraints.



**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**

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LIVING OUR VALUES

RESPECT AND
COMPASSION



Patients on our inpatient mental health wards may be experiencing symptoms such as delusions, hallucinations, mood disturbance and agitation. These symptoms can result in behavioural disturbances which can be challenging for both the patient and our staff to manage and, in order to keep everyone safe, restraint or seclusion interventions have to be used in some extreme cases.

At NHFT, one of our key pride values is Respect, dignity and compassion by valuing each person as an individual. Although sometimes circumstances can be difficult, it is always of paramount importance that we retain respect and compassion for our patients and for each other. We always reflect on our choices and share our learning, and are always looking for ways to improve the quality of our care and our patients' experiences.

PRIORITIES FOR ACTION

We have a number of priorities in our action plan to reduce physical restraints in NHFT. Some of these actions include:

- Ongoing review of data on use of restraints, to quality assure our data collection process and share good practice
- Training staff to collaborate with patients on Safety Plans - advanced planning to reduce containment measures
- Reviewing our PMVA training against national standards and identify any training amendments, modifications or resource implications for the Trust
- Investigating changes to injected medications and techniques to reduce time in restraint, as well as evaluating the use of alternative restraint positions and monitoring safety
- Learning lessons from post incident reviews and ensuring these are incorporated into care plans.



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