



Policy:

NP 030 Use of Force Policy – Prevention and Management of the Use of Force Safe and positive care

Executive Director Lead	Executive Director of Nursing, Professions and Quality and Responsible Person for Use of Force
Policy Owner	Deputy Director of Nursing, Professions and Quality
Policy Author	Professional Lead for RESPECT and Nurse Consultant for Restrictive Practice

Document Type	Policy
Document Version Number	Version 6.1
Date of Approval By PGG	April 2024
Date of Ratification	May 2024
Ratified By	QAC
Date of Issue	May 2024
Date for Review	04/2027

Summary of policy

To provide guidance to statute, procedure, and best practice in relation to the prevention and Use of Force and managing situations that may lead to violence and aggression. To ensure staff work within the legal frameworks related to the Use of Force, working within a human rights framework and ensure that all practice is trauma informed and person centred.

Target audience	All staff working within SHSC
------------------------	-------------------------------

Keywords	Use of Force, violence, aggression, distress, trauma informed practice, person centred care, prevention, de-escalation, strategies, care planning, support, information, responsible person, training, numbers of RESPECT staff per shift
-----------------	---

Storage & Version Control

Version V6.1 of this policy is stored and available through the SHSC intranet/internet. This version of the policy supersedes the previous version (V6 April 2022). Any copies of the previous policy held separately should be destroyed and replaced with this version.

Version Control and Amendment Log

Version No.	Type of Change	Date	Description of change(s)
1.0	New draft policy created	10/2014	New policy commissioned by EDG on approval of a Case for Need
2.0	Review/ratification/issue	11/2016	Early review undertaken to update the policy
3.0	Review/ratification/issue	11/2019 – 06/2020	Full review completed as per schedule and to comply with new requirements in law and physical health monitoring
4.0	Review/ratification/issue	12/2020	Short review date of 4 months – next review date 30/04/2021 Review date extended due to changes to statutory guidance related to Use of Force Act
5.0	Review/ratification/issue	11/2021	Review of policy with additions and policy title change
6.0	Review/ratification/issue	03/2022	Review of policy with additions
6.1	Review/ratification/issue	04/2024	Review of policy with additions

Contents

Section		Page
	Version Control and Amendment Log	
	Flow Chart – N/A	
1	Introduction	5-7
2	Scope	7-8
3	Purpose	8
4	Definitions	8-12
5	Details of the Policy	12
6	Duties	12-15
7	Procedure	15
7.1	Principles	15
7.2	Lone Working	16
7.3	Responding to verbal abuse over the telephone	16
7.4	Advance Statements and Decisions	16
7.5	Care Planning (inc advocacy and family)	17
7.6	Inpatient Areas – Mental Health units (135/136 health-based place of safety)	17-18
7.6.1	Proactive Approach – Primary Preventative Strategies	18
7.6.2	De-escalation – Secondary Strategies	18-19
7.6.3	Tertiary Restrictive Intentions	19-20
7.6.4	Safety requirements in the use of restrictive interventions	20
7.6.5	Planned Restraints	20-21
7.7	Types of restraint/Use of force	21-23
7.7.1	Prolonged Restraint	23
7.7.2	Prone Restraint	23-24
7.7.3	Rapid tranquillisation (RT)	24
7.7.4	Seclusion and Long Term Segregation	24
7.7.5	Safety Pods™	24
7.7.6	Mechanical Restraint	25
7.8	Weapons	26
7.9	Practice Issues and Potential Use of Physical Interventions	26
7.9.1	Clinical Holding	26
7.10	Physical Health Care for the Service User Following Restrictive Interventions	26-27
7.11	Observations	27
7.12	Immediate Post Incident Debrief	27-28
7.13	Support for Service User Following Restrictive interventions and Use of Force	28-29
7.14	Staff Support following Incidents	29-30
7.15	SHSC staff use of restraint/Use of Force in other hospital settings (non SHSC)	30
7.16	Unacceptable behaviour	30-31
7.17	Withdrawing treatment	31
7.18	Police assistance	31-32

7.19	Use of transport (secure and non-secure) To be read in conjunction with Conveyance and Assistance policy	32
7.20	Advocacy	32
7.21	Safeguarding	32-33
7.22	Involvement of families and carers	33
7.23	Information of use of force	33
7.24	Incident Reporting	33
7.25	Complaints	34
7.26	Raising Concerns – Links to Other Systems	34
7.27	Respect Training	34-35
8	Development, Consultation and Approval	35
9	Audit, Monitoring and Review	35-36
10	Implementation Plan	37
11	Dissemination, Storage and Archiving (Control)	38
12	Training and Other Resource Implications	39
13	Links to Other Policies, Standards, References, Legislation and National Guidance	39-40
14	Contact Details	40
	APPENDICES	41-50
	Appendix A – Equality Impact Assessment Process and Record for Written Policies	41-42
	Appendix B – New/Reviewed Policy Checklist	43
	Appendix C – Additional Clinical guidance	44-49
	Appendix D – RESPECT Intervention Descriptors	50-59
	Appendix E – Psychological Restraint	60-61
	Supporting documents, guidelines and SOPs on Jarvis:	61
	Taser use or irritant spray use guidance	
	Care of the pregnant service user guidance	
	Positive behaviour support guidelines and example care plan	
	Safety Pod Standard Operating Procedure and leaflet	
	Post incident support reference guide	
	SOP for Dignity suits	
	SOP for Prolonged restraint	
	SOP - Accessing seclusion in an emergency	
	Use of Force Leaflet and poster	
	Human rights leaflets	
	SACMHA/PMC poster	

1 Introduction

Sheffield Health and Social Care NHS Foundation Trust (SHSC) is committed to providing safe and positive care and ensuring the wellbeing of all its patients, service users, carers and staff. We will ensure our care is the least restrictive, the most positive and takes account of human rights, choice and engagement, and collaboration. We aspire to utilise the least restrictive approach and where we do use them ensure they are safe and positive, are done in collaboration with service users and their families/carers and are supported by best practice, a clinical model and sit within the framework of trauma informed care and human rights.

“Every individual has the right to be treated with dignity and in a caring therapeutic environment which is free from abuse. The use of force (which refers to physical, mechanical or chemical restraint, or the isolation of a patient) can sometimes be necessary to secure the safety of patients and staff. The use of force always comes with risk and can be a traumatic and upsetting experience for patients when they are at their most vulnerable and in need of safe and compassionate care. The use of force can also be upsetting for those who witness it, such as other patients or visitors” (Mental Health Units (Use of Force) Act 2018: statutory guidance for NHS organisations in England and police forces in England and Wales)

This policy should be read in conjunction with the Trust Strategy
jarvis.shsc.nhs.uk/leastrestrictivepracticestrategy

A Human rights-based approach to the use of force

The use of force must be lawful and compliant with the articles of the European Convention on Human Rights as incorporated into domestic law via the Human Rights Act 1998. The Trust will ensure that it has an established mechanism that enables patients to report any potential breaches of human rights.

“Human rights are the fundamental freedoms and protections which everyone is entitled to. They cannot be taken away – but some rights can be restricted in specific circumstances for a legitimate reason, as long as that restriction is proportionate”.

The Articles of the Human Rights Act 1998 which are pertinent to the use of restraint in mental health settings are:

- **Article 2: Right to Life.**

This obliges the Trust to protect anyone under its care from risk to that person's life, whether self-inflicted or by another, whether by act or omission. Article 2 imposes a procedural obligation on the Trust to conduct an investigation in circumstances including: where the person has attempted suicide while so detained and has sustained serious injury (or potentially serious injury); where the Trust owed a duty to take reasonable steps to protect the person's life because the person was under the Trusts control or care and the Trust knew (or ought to have known) there was a real and immediate risk to the person's life.

This can also include voluntary patients.

- **Article 3: Prohibition of torture, inhuman or degrading treatment.**

No restrictive intervention should be used unless it is absolutely necessary to do so in all the circumstances of the case. Action that is not proportionate or necessary may well breach a patient's rights under article 3.

'Inhuman or degrading treatment' does not have to be deliberate and can be unintentional. To avoid this all the individual circumstances of the service users' case should be factored into any application of force.

- **Article 8: Respect for private and family life.**

Restrictive intervention may breach a patient's article 8 rights if it has a sufficiently adverse effect on the patient's private life, including their moral and physical integrity.

- **Article 14: protects from discrimination.**

In addition to what is set out above as in the Mental Health Units (Use of Force Act (2018) statutory guidance:

- **Article 5** Restrictions that alone, or in combination, deprive a patient of their liberty without lawful authority will breach **article 5** of the ECHR (the right to liberty).

SHSC and its staff are legally obliged to respect patient's rights and take reasonable steps to protect those rights. There are legal frameworks including those under the Mental Health Act 1983 and the Mental Capacity Act 2005 that are designed to ensure that any use of force is applied only after a proper process has been followed. Such legal frameworks require any force used to be necessary and proportionate, and the least restrictive option.

SHSC will offer Human Rights Training to all clinical employees who utilise restrictive practices through an internal training programme delivered by the Trust Human Rights Officer from 2022.

Being Trauma Informed

Trauma, personal and/or caused by the system, whether historical or current is a real issue for us to tackle as part of improving safe and positive care and reducing restrictive practices. We will work to deliver care that is trauma aware and sensitive to the impact of actual, potential, and vicarious trauma on the lives of everyone who encounters services, including those who work within it.

We will work to ensure that our processes and pathways do not re-enact peoples' experiences of trauma but promote safety and recovery. We will build and maintain cultures and atmospheres where both services users and staff feel supported, validated, and included.

We will prioritise creating safe spaces where teams are able to reflect on their own emotional responses to the work and process the experiences that can leave people feeling overwhelmed, stressed or distressed. In this way we can build and maintain teams that are compassionate, can work together consistently and take therapeutic risks and are able to put service users at the centre of their care planning.

Creating consistent psychological safety requires leaders who are themselves fully supported. Leaders have the biggest influence in creating and maintaining a psychologically safe culture within a staff group; they are in the best position to role model respectful compassionate relationships, valuing differences of opinions, challenging with thoughtful responses and making difficult decisions in compassionate ways. They can ensure that the expectations around team values and ethos can be held to account, and they can ensure that the team processes that need to be in place are given priority. If a service has compassionate leaders, the team feels connected and engaged with each other and with service users/patients.

Patient Population

This policy reflects the Trustwide requirements for ensuring practice aligns to the Use of Force Act and Least Restrictive Practice Strategy. Work is integrated in the Trust to reflect the particular needs of certain populations/protected characteristics within our inpatient services. RESPECT training can be aligned to particular ward or patient population needs, if required.

SHSC also supports a range of approaches to ensure we meet duties under the Equality Act 2010. Staff are advised to contact the Lead for the Patient Carer Equality Framework (PCREF), Nurse Consultant for restrictive practices or RESPECT team for specific support aligned to cultural considerations and further support. Strong partnerships with Sheffield African Caribbean Mental Health Association, Pakistani Muslim Centre and FLOURISH support this cultural partnership working.

2 SCOPE

The scope of this document concerns all health and social care staff working for SHSC, including those seconded in, those on fixed term or temporary contracts or on the flexible workforce. It concerns Service Users, Carers, visitors and any member of the public who come into contact with SHSC services. **It applies to the full range of SHSC services and includes both physical and non-physical violence and aggression:**

- Physical violence and assault
- Self-harm
- Antisocial, offensive or disruptive behaviour
- Verbal abuse
- Threatening language or behaviour
- Harassment
- Damage to personal or Trust property

It is recognised that lone workers face increased risks of violence and aggression due to the circumstances in which they work, without the support of colleagues in an uncontrolled environment. Staff should refer to the Lone Working Policy <https://jarvis.shsc.nhs.uk/search?keywords=lone+working+policy>

SHSC staff who are working in other Trusts and organisations should familiarise themselves with local policy and procedure pertaining to those other trusts and organisations.

3 PURPOSE

The purpose of this policy is to set out the steps and interventions to prevent flashpoints and conflict that can lead to escalating situations of threat and harm to self or others and in turn can lead to restrictive practice and Use of Force.

To ensure that SHSC meets the legal and statutory requirements as set out in the Mental Health Units (Use of Force) Act 2018 and the Statutory Guidance 2021 which includes:

- Providing guidance on how situations can be dealt with in a way that minimises the risk to users of the service.
- Promotes safety of staff, Service user and all those who come into contact with SHSC services and staff.
- Identifies best practice.
- Sets the standards across the Trust.
- Ensures safeguards are in place to manage episodes of violence and aggression.
- Reduces the use of restrictive practices within the Trust.
- Safe use of restrictive practices and use of force as last resort

This policy reflects the requirements as set out by the Trust strategy (2021- 2024) to reduce restrictive practice and sets out our vision for meeting this challenge and how we will go about improving the care and experiences of the people who use our services. <https://jarvis.shsc.nhs.uk/documents/least-restrictive-practice-strategy>

SHSC will reduce its Use of Force by implementing and embedding the Least Restrictive Practice Strategy workplan supported by the Clinical and Social Care Strategy with its primary focus on prevention. Knowing services users, their strengths and needs and recognising trauma is key to this. De-escalation is a major factor necessary to prevention and reducing impact on service users and staff.

4 Definitions

Violence and aggression

Refers to a range of behaviours or actions that can result in physical / psychological harm, hurt or injury to another person, regardless of whether the violence or aggression is physically or verbally expressed, physical harm is sustained, or the intention is clear.

'Physical assault' is defined by the Department of Health as:

"The intentional application of force to the person of another, without lawful justification, resulting in physical injury or personal discomfort."

'**Non-physical assault**' is defined by the Department of Health as: "The use of inappropriate words or behaviour causing distress/or constituting harassment."¹

Unacceptable behaviour

Unacceptable behaviour may include:

- Offensive or abusive language, verbal abuse and swearing which targets / marginalises people
- Loud and intrusive conversation
- Unwanted or abusive remarks
- Negative, malicious or stereotypical comments
- Invasion of personal space
- Brandishing of objects or weapons
- Physical assault
- Near misses i.e. unsuccessful physical assaults
- Threats or risk of serious injury to a member of staff, fellow service users or visitors
- Abusive telephone calls, emails and letters
- Bullying, victimisation or intimidation
- Stalking
- Alcohol or drug fuelled abuse
- Unreasonable behaviour and non-cooperation such as repeated disregard for NHS policy i.e.
 - Smoking on premises, or
 - Any of the above which is linked to destruction of or damage to property

NB – It is important to remember that such behaviour can be either in person, by telephone, letter or e-mail or other form of communication such as graffiti on NHS property.

Negligible use of force

The duty to record the use of force does not apply if the use of force is negligible. This does not mean that it is irrelevant to the persons care and treatment but describes those situations where there is a light and gentle proportionate pressure. This may apply when providing personal care and giving reassurance. Such support must be recorded in the care plan.

The care plan must record:

- why negligible use of force is necessary and what other less restrictive options could be considered
- a clear operational description of what the negligible use of force is
- how frequently and in what circumstances it would be used

- what the outcome of the activity might be if negligible force isn't carried out
- if the patient has consented to negligible use of force
- how much discomfort it may cause the patient
- any special considerations for the patient
- the review period of the care plan, including involvement of the person, family, carers, and advocate as appropriate.

All staff who complete a care plan which indicates use of negligible force MUST inform the RESPECT team.

SHSC will require all care plans outlining negligible force to be regularly audited by the Lead Nurse for Restrictive Practices and the lead RESPECT trainer.

Where there is any doubt about use of force, staff must record this as an incident as Use of Force. Where a patient resists any negligible use of force which results in the staff member increasing the support or changing into a trained RESPECT hold this must be recorded as physical restraint.

Patients who reside in SHSC care homes are not governed by the Use of Force Act. Additional guidance is developed to support appropriate recording of the use of restraint/force

Terms used in this policy

Advance statement A written statement that conveys a person's preferences, wishes, beliefs and values about their future treatment and care. An advance statement is not legally binding.

Advocate A person who represents someone's interests independently of any organisation and helps them to get the care and support they need. SHSC has access to both statutory and informal advocacy.

Breakaway techniques A set of physical skills to help separate or break away from an aggressor in a safe manner.

Carer A person who provides unpaid support to a partner, family member, friend or neighbour who is ill, struggling or disabled.

Chemical restraint refers to: 'the use of medication which is prescribed and administered (whether orally or by injection) for the purpose of controlling or subduing disturbed/violent behaviour, where it is not prescribed for the treatment of a formally identified physical or mental illness. Any incident recorded as chemical restraint must meet all the criteria of a restrictive intervention.

De-escalation The use of techniques (including verbal and non-verbal communication skills) aimed at defusing anger and averting aggression.

Incident An event or circumstance which could have resulted, or did result in, unnecessary damage, loss or harm to a service user, member of staff, visitor, or member of the public under the care of the Trust or on Trust premises. For the purposes of violence and aggression incidents this is any event that involves the use

of a restrictive intervention – physical interventions, rapid tranquillisation or seclusion – to manage violence or aggression.

Mechanical restraint is a form of restrictive intervention that refers to the use of a device to prevent, restrict or subdue movement of a person's body, or part of the body, for the primary purpose of behavioural control (Code of Practice 26.75).

Mental Health Unit is described as a health service hospital or independent hospital in England (or part thereof) that provides treatment to in-patients for a mental disorder. The types of in-patient service which would be considered within the definition of a mental health unit (this is not an exhaustive list) include:

- acute mental health wards for adults of working age and psychiatric intensive care units
- long-stay or rehabilitation mental health wards for working age adults
- forensic inpatient or secure wards (low/medium and high)
- child and adolescent mental health wards
- wards for older people with mental health problems
- wards for people with a learning disability or autism
- specialist mental health eating disorder services
- acute hospital wards where patients are “detained under the Mental Health Act 1983 for assessment and treatment of their mental disorder”

The following services are considered to be outside of the definition of a mental health unit (this is not an exhaustive list) and therefore not covered by the requirements of the Mental Health Units (Use of Force) Act 2018:

- accident and emergency departments of emergency departments
- section 135 and 136 suites
- outpatient departments or clinics
- nursing homes

NB the principles of the Act are applied to all SHSC services and include the Health Based Place of Safety suite and the Nursing Homes.

MHA Refers to ‘Mental Health Act’

Observation A restrictive intervention of varying intensity in which a member of the healthcare staff observes and maintains contact with a service user to ensure the service user's safety and the safety of others. There are different levels of observation, as defined in the Engagement and Observation Policy. An intervention that aims to empower service users to actively participate in their care. Rather than 'having things done to' them, service users negotiate the level of engagement that will be most therapeutic.

Physical Interventions A skilled, hands-on method of physical restraint used by trained healthcare professionals to prevent service users from harming themselves, endangering others or compromising the therapeutic environment. Its purpose is to safely immobilise the service user.

PRN (Pro Re Nata) When needed. In this guideline, PRN refers to the use of medication as part of a strategy to de-escalate or prevent situations that may lead to violence or aggression; it does not refer to PRN medication used on its own for rapid tranquillisation during an episode of violence or aggression.

Rapid tranquillisation Use of medication by the parenteral route (usually intramuscular or, exceptionally, intravenous) if oral medication is not possible or appropriate and urgent sedation with medication is needed.

RESPECT: RESPECT training is aimed at producing the safest, most effective and ethical solutions to preventing and managing behaviours that challenge.

Respect technique refers to 'Restrictive Physical Intervention' in a manner compliant with what is taught in Respect Training

Restrictive interventions - Interventions that may infringe a person's human rights and freedom of movement, including observation, seclusion, physical interventions, mechanical restraint and rapid tranquillisation.

Seclusion defined in accordance with the Mental Health Act 1983 Code of Practice: 'the supervised confinement of a patient in a room, which may be locked. Its sole aim is to contain severely disturbed behaviour that is likely to cause harm to others'.

Psychological restraint- "Psychological restraint is any kind of communication strategy that puts psychological pressure on people to do something they don't want to do or stop them from doing something they do want to do". Information can be found in Appendix X

Violence and aggression A range of behaviours or actions that can result in harm, hurt or injury to another person, regardless of whether the violence or aggression is physically or verbally expressed, physical harm is sustained, or the intention is clear.

5 Details of the policy

This policy explains how the prevention and management of violence and aggression, and the use of force should take place within the Trust to maintain safety, dignity and care of those subject to restrictive practice and Use of force.

Where Force is used this will be in line with the Use of Force Statutory guidance (2021) which covers the following requirements

1. Key definitions – identifying the types of force used and which areas are covered by the policy.
2. Have an identified responsible person.
3. Policy on use of force
4. Information on use of force – details of types and rights, what support is available and published.
5. Training in appropriate use of force- trauma informed, person centred, human rights, role of activity, responsibility, care planning, wishes, techniques, risks, impact, safety, RNN.
6. Recording use of force.
7. Investigation into injury or death from use of force.

6 Duties

All staff working in Mental health settings will have due regard of this policy and its procedural arrangements.

Both the 'responsible person' and staff working in mental health units 'must have regard' to the specific guidance related to the Use of Force Act (2018). It is important that, the responsible person ensures that they and other staff are familiar with its requirements, as departures from the guidance could give rise to legal challenge.

All staff have a responsibility to prevent non-physical and physical assaults, however, some professional groups and managers have specific responsibilities which are detailed within the Procedure. Monitoring of incidents of non-physical and physical assaults is essential for safety of everyone. Staff have a responsibility to ensure accurate and timely reporting of incidents.

Chief Executive - is responsible for ensuring that the systems on which the Board relies to govern the organisation are effective.

Board of Directors - are responsible for ensuring that a policy is in place that governs the safe and appropriate use of force via its governance arrangements and that all staff working in the trust are aware of and operate within the policy.

Medical Director - is responsible for ensuring that all medical staff are aware of and operate within the policy and procedure for the use of force.

Executive Director of Nursing, Professions and Quality - is responsible for ensuring mechanisms are put in place to ensure nursing and allied health professionals within the services are aware of and comply with the requirements of the policy and procedure for the use of force. **They are the Responsible Person** who oversees the implementation of the Use of Force Act (2018).

Responsible Person - as directed by the Mental Health Units (Use of Force) Act 2018 SHSC must appoint a 'responsible person' whose role it is to ensure that the organisation complies with the requirements of the Act. The role of the responsible person is nominated as the Executive **Director of Nursing, Professions and Quality**.

- SHSC should ensure that whoever is appointed has the relevant skills and experience to undertake the responsibility of this role.
- SHSC should ensure the **responsible person** has the support of all senior management in performing their role and has the necessary resources available to them.
- The **responsible person** should attend appropriate training in the use of force to ensure they understand the strategies and techniques their staff are being trained in.
- It is important they are guided by the impact of trauma on their patients and the potentially re-traumatising impact of the use of force.
- Within SHSC the **responsible person** is appointed in relation to all the mental health units across the trust. This is to ensure a consistency of approach to the use of force across the organisation.
- The **responsible person** may delegate some of their functions under the Mental Health Units (Use of Force) Act 2018 to other suitably qualified members of staff within SHSC.

- The **responsible person** retains overall accountability for any delegated duties being carried out.
- SHSC will publish the name of the **responsible person**.

Executive Director of Operations. The Exec Director of Operations is responsible for ensuring that all staff members are aware of and operate within the policy and procedure for the use of force, whilst also ensuring that staff members attend any mandatory training and that there is appropriate performance monitoring.

Clinical and Service Directors are responsible for ensuring that all managers in their areas are aware of this policy and support its implementation and that ongoing leadership and co-ordination via a senior manager is provided to RESPECT Trainers.

Least Restrictive Practice Oversight Group. The purpose of the group is:

- To oversee development, dissemination and implementation of the Trust-wide strategy on restrictive practice.
- To oversee the development, implementation and regular review of policies and procedures related to restrictive practices and de-escalation to support the delivery of the Trust's strategy on restrictive practice.
- To ensure the Trust discharges its duties in the use of restrictive practices in line with legislation as articulated within Human Rights, Mental Health Act, The Mental Capacity Act and The Mental Health Units (Use of Force) Act 2018.
- To oversee and critically reflect on the use restrictive practice across all care pathways within the Trust, including oversight of evaluation of embedding the clinical model application.
- To enable the voice of lived experience to influence the policy and development of practice within the Trust through appropriate representation
- To receive reports from the Operational Restrictive Practice Forum including analysis of restrictive practice data across the Trust, considering themes and ensuring shared learning from incidents.
- Ensure **data** is being used effectively at patient, team, and strategic level
- Create and communicate an environment and culture in which promotes appropriate and best practice use of restricted practice for positive patient care and staff safety.
- Receive assurance from the RESPECT team on provision and uptake of training aligned to national standards to ensure compliance of approved techniques in practice.
- To receive recommendations which identify emerging good practice both nationally and internationally and consider local implementation where appropriate, updating local policy and strategy as required.
- Ensure effective working across Trust services including interface with Estates and Information Technology to ensure consideration of restrictive practice within the environments in which patient receive care, including transport.
- Receive assurance on the use of medical devices within the organisation related to the use of restrictive practices.

Respect Instructors are responsible for delivering training (as appropriate to job role requirements) within SHSC. Trainers will meet all the requirements as set out by the Restraint Reduction Network (RRN) and are assessed on a yearly basis. They also support into clinical ward areas in support of the view to reducing restrictive practice.

The Respect Professional Lead for Training will keep the training provision under on-going review in order to be consistent with current national policy, new developments, best practice guidance and evidence.

Ward/Team/Department Managers are responsible for:

- Ensuring that this policy is fully implemented within the ward environment/the team/the department that they manage.
- Ensuring that this policy is readily available to all staff at all times.
- Ensuring that the recording and auditing of incidents of physical intervention is completed in line with this policy.
- Responding appropriately to any concerns regarding the attitude of staff members around issues of the use of force, aggression, violence or restrictive practice.
- Ensuring that there is a regular and comprehensive general risk assessment to ensure the safety of the environment
- Maintaining training and equipment levels in their ward/team/department. This will include ensuring that are staff appropriately trained to monitor physical health as per risk assessment of the physical interventions that are likely to take place in that service.
- Ensuring each ward team using RESPECT techniques will have a minimum number of 3 Respect trained staff on shift at any one time.

Responsible Medical Officer, Responsible Clinician, or Deputy will review any service user who is on an inpatient ward and is involved in an incident requiring the use of physical intervention. They will have responsibility to determine the level of priority, in line with their other clinical commitments.

Education, Training & Development Department will maintain a database of all staff who have undergone RESPECT Training. This will specify via risk assessment the level of training different groups of staff require and the frequency of training and updates (NICE 2005).

All Staff members are responsible for ensuring that their practice is safe. Clinical staff have a Duty of Care to ensure that they act in ways that are consistent with any codes of practice relevant to their profession. The Trust also has a Duty of Care towards its employees and towards service users, which is fulfilled by the implementation of this policy.

7 Procedure

7.1 Principles

The requirement is to reduce or prevent Use of Force as a means to support an incident event or behaviour of a service user.

Primary strategies and secondary strategies must be employed in the first instance which take account of the individual circumstances of the service user and seek to identify strengths and needs.

If threat of harm to self or others is predicted, then advance care planning and Positive Behaviour Support plans should be incorporated.

Where threat or harm is unpredicted staff should take steps to minimise Use of force and harm. This will involve using a range of skills and techniques to diffuse situations that are creating distress and conflict and leading to the threat of harm.

Minimising the risk of harm (physical or psychological) of all involved and prevent traumatisation.

Action should be taken using the skills of de-escalation as appropriate to the situation. It is therefore essential that **all** staff have received appropriate training.

7.2 Lone Working

Refer to the **Lone Working Policy** and Local area risk assessment management plans and procedures.

All non-ward based staff should attend the yearly one day level 1 RESPECT course.

7.3 Responding to verbal abuse over the telephone

Should a caller become abusive or demeaning in any way SHSC does not expect its staff to have to continue with that call.

The caller must be advised that this is not appropriate and that if the abuse continues, they will end the phone call. If the abuse, then does continue staff will inform the caller that the phone call is ending and terminate the call. The nature of the call should be recorded, and the matter discussed with the line manager or deputy for further action depending on the Trust involvement with the caller, mitigating circumstances and the level of risk. All actions must be fully documented as set out within this policy, which include an incident report

7.4 Advance Statements and Decisions

Advance statements and decisions might have an important role in management and prevention of aggression and violence. (NICE 2015)

Staff should check on admission with the service user and on Electronic Records if they have made an advanced decision in relation to restrictive interventions and whether a decision maker has been appointed to them.

More information on Advanced Statements and care plans can be found here

https://jarvis.shsc.nhs.uk/search?keywords=advanced+care+planning&audience=All&type=All&sort_by=search_api_relevance - check

7.5 Care Planning (inc advocacy and family)

Service users' families, carers and advocates should wherever practicable and subject to the service users wishes and their right to confidentiality be involved in the planning, reviewing and evaluating of all aspects of care and support. (DoH 2014). If a service user is unable or unwilling to participate staff should offer them the opportunity to review or revise the plans as soon as they are able.

Staff should use the Collaborative Care Planning section on the electronic record which also indicates service user involvement in the process of planning care.

Positive Behaviour Support (PBS) sent to David to check

Positive Behaviour Support (PBS) is about working in partnership with people, treating them with dignity and respect and enabling them to have a better life.

All behaviours have a meaning. Positive Behaviour Support aims to understand what behaviours that challenge tell us so that the person's needs can be met in better ways. The way the person is supported often has to change to achieve this and this needs to be regularly reviewed by all the people involved.

Positive Behaviour Support is an approach that puts the person at the centre to make systems work for the person. We give the right support at the right time so people can thrive to their potential. (BILD UK)

- **VALUES LED PBS** supports human rights and promotes respect, dignity, inclusion and a life without unnecessary restriction. PBS means treating people equally and working in partnership with the person and their family to make things better for everyone.
- **PROMOTING QUALITY OF LIFE** The overall aim of PBS is to improve the quality of a person's life and that of the people around them. This includes children, young people and adults, as well as older people. PBS provides the right support at the right time for a person so they can lead a meaningful and interesting life participating in activities and learn new skills.
- **UNDERSTANDING BEHAVIOUR AND MEETING NEEDS** PBS uses different methods to gather information to work out what people's behaviour means. It improves support and empowers people to use better and less harmful ways to get their needs met. This often involved using a range of different approaches that enhance a person's life.
- **MAKING SYSTEMS WORK FOR THE PERSON** Giving the right support at the right time so people can thrive and fulfil their potential. This may mean changing the way the person is supported. Carers and staff may need training, and service structures and cultures may need to change. Continuous review is important to make sure support carries on working well for the person and those around them. (bit.ly/PBSAlliance)

PBS is referred to within the Respect Level 3 training as its principles are applicable within all services.

7.6 Inpatient Areas – Mental Health units (inc 135/136 health-based place of safety)

SHSC fosters the Respect ethos which is a values-based approach that focuses on preventative measures such as occupation, meaningful engagement, pro-active recognition of service users in distress, and de-escalation of potential aggression and the use of interventions which minimise the risk of its occurrence.

Meaningful activity will be encouraged within the use of 1:1 sessions identifying what the service user likes to do, what they need to do to assist in their recovery and what they want to achieve from their admission.

The manifestation of violence and aggression depends on a combination of intrinsic factors, such as personality characteristics and intense mental distress and other factors, such as the attitudes and behaviours of surrounding staff and service users, the physical setting and any restrictions that limit the service users' freedom.

Using PRN Medication - When prescribing PRN medication as part of a strategy to de-escalate or prevent situations that may lead to violence and aggression (please refer to the SHSC Rapid Tranquilisation Policy): Prescribers should refer to the medicines policies on the intranet.

SHSC's approach to managing and/or preventing violence from escalating is by using a graded set of interventions as taught within Respect Training.

1. Proactive strategies (prediction, prevention, promoting meaningful engagement)
2. De-escalation techniques
3. Disengagement techniques
4. Restrictive interventions (increased observation levels, rapid tranquilisation, RESPECT holding techniques and seclusion)

Staff will systematically use level 1 first and only if this is unsuccessful should they proceed through the other levels. Restrictive interventions should only be used as a last resort and for the shortest time possible and where there is immediate risk to the service user or others.

Restrictive interventions will never be used to punish, inflict pain, suffering or humiliation or to establish dominance.

When managing violence and aggression staff will ensure that the service user's dignity and safety and the safety of others is paramount.

7.6.1 PROACTIVE APPROACH - PRIMARY PREVENTATIVE STRATEGIES

At SHSC we will adopt a Person Centred-Care approach - We will always seek to work in partnership with our service users and empower them by involving them where possible (within the limits of their mental health condition and capacity) in all decisions about their care and treatment, paying particular attention to their individual needs, preferences, choice, and human rights.

We will ensure service user rights are upheld by making any adjustments to services required for those with protected characteristics as defined by the Equality Act, 2010. This will be recorded in the care plan.

7.6.2 DE-ESCALATION - SECONDARY STRATEGIES

Staff are trained in the use of de-escalation which includes:

- how to recognise the early signs of distress, agitation, irritation, anger, and aggression

- how to understand the likely causes of aggression or violence both generally and for the individual service user
- use techniques for distraction and calming and ways to encourage relaxation
- recognise the importance of personal space
- respond to a service users' distress in an appropriate, measured and reasonable way and avoid provocation

(all the points above this should form part of the care plan and should be directed by the service user)

Good practice in de-escalation is that 1 staff member will take the lead. They should be the lead in communicating with the service user; they should assess the situation in terms of safety and use non-threatening communication to try to calm the situation. If possible, you may want to ask the service user to speak with you in a quieter area of the unit.

Disengagement techniques

Sometimes the safest and most appropriate response will be to explain that you will leave the service user alone to give them some space, this must be risk assessed as being an appropriate response in each situation.

7.6.3 TERTIARY RESTRICTIVE INTERVENTIONS

Restrictive interventions should only be used if all other preventative strategies or de-escalation have been tried and failed and there is potential harm to the service user or others if no action is taken. This means that they are used as a last resort.

Service users, and where appropriate their families and carers, should be provided with information about the use of force and their rights in relation to any use of force which may be used by staff in a mental health unit.

During any restrictive intervention staff should continue to attempt de-escalation. The restrictive intervention should end as soon as it is not required.

Ensure that the techniques and methods used to restrict a service user:

- are proportionate to the risk and potential seriousness of harm
- are the least restrictive option to meet the need
- are used for no longer than necessary
- take account of the service user's preferences, if known and it is possible to do so
- take account of the service user's physical health, degree of frailty and developmental age.
- take in to account protected characteristics

It is expected that staff undertaking planned physical interventions have been trained by attending and passing the appropriate level of accredited SHSC Respect Training. Individual team training requirements will be available via the team manager.

Each ward team using RESPECT techniques will have a minimum number of 3 Respect trained staff on shift at any one time.

Incidents that occur very suddenly and without time to de-escalate or summon help may require immediate physical interventions. The use of such intervention is acceptable in law providing the amount of force is necessary and proportionate that is sufficient to stop the attack and/or stop injury to yourself or others.

7.6.4 Safety requirements in the use of restrictive interventions

Use of Force Act 2018

- people must not be deliberately restrained in a way that impacts on their airway, breathing or circulation. The mouth and/or nose must never be covered, and techniques should not incur pressure to the neck region, rib cage and/or abdomen.
- there must be no planned or intentional restraint of a person in a prone or face down position on any surface, not just the floor.
- if exceptionally a person is restrained unintentionally in a prone or face down position, staff should either release their holds or reposition into a safer alternative as soon as possible.
- staff must not use physical restraint or breakaway techniques that involve the use of pain, including holds where movement by the individual induces pain, other than for the purpose of an immediate rescue in a life-threatening situation

SHSC Respect Training

- Hold only long bones e.g. Forearms, Upper arms and Legs.
- Monitor for signs of distress or injury and end the physical intervention as appropriate.

NICE guideline [NG10] Violence and aggression

- Do not routinely use manual restraint for more than 10 minutes.
- Consider rapid tranquillisation or seclusion as alternative to prolonged restraint (longer than 10 mins)
- One staff member should lead throughout the use of manual restraint. This person should ensure that other staff members are: able to protect and support the service user's head and neck, able to check that the service user's airway and breathing are not compromised, able to monitor vital signs throughout the process.
- Monitor the service user's physical and psychological health for as long as clinically necessary after using manual restraint.

SHSC utilises RESPECT techniques in regard to managing violence and aggression, RESPECT incorporates manual restraint techniques that fully comply with NICE and RRN STANDARDS in respect to managing violence and aggression.

7.6.5 Planned Restraints

Where restraint is has been identified as likely to occur within a planned intervention the person leading needs to assess the composition of the team and respond appropriately in considering gender and the persons own wishes as outlined in their care plan as far as is reasonably practicable in the circumstances.

Where staff are responding in an emergency the lead should consider the team composition so that staff can change in and out of holds following initial engagement.

One staff member will lead this intervention and will co-ordinate all staff. SHSC will only support a service user to the floor in the supine position where other, less intrusive strategies have failed to contain the situation. All staff engaging in this intervention must ensure they comply with the safety requirements outlined in 7.6.4

In addition, staff must

- Communicate with the service user throughout, explaining continually what is happening and why.
- Only recognised physical interventions approved by the Trust should be used.
- Take extra care if the service user is pregnant, physically unwell, disabled or obese.
- Aim to preserve the service user's dignity and safety, ensuring the service users head and neck is supported if needed.
- Monitor vital signs throughout the intervention.
- Ensure that the level of force applied during any manual restraint is justifiable, appropriate, reasonable, proportionate to the situation and applied for the shortest time possible
- If consent and co-operation for physical observations is not forthcoming from the service user, then it should be clearly documented in their records why certain checks could not be performed and what alternative actions have been taken. Non-Contact NEWS 2 should be used
- Staff not involved in the incident to remain with other service users if other service users are present within the unit / department.
- Emergency resuscitation equipment should be available and staff should be trained in its use.

For an extremely small number of people (e.g., individuals with particular physical issues) it is possible that risk assessments will indicate that there may be no appropriate, standard RESPECT techniques. In such cases, advice should be sought as a matter of urgency from the RESPECT trainers, who will help to care plan for that individual.

Releasing a person from a physical intervention should take place at the earliest opportunity and staff should be guided by the lead person managing the incident. The principles of 'Gradient Support' should be adopted by staff as per training. The service user should be informed of what is happening and why it is happening and what the expectations are from them when they are released. Staff should obtain agreement on immediate future actions, from the service user prior to release.

7.7 Types of restraint/Use of force

Use of force includes physical restraint of a patient. The Mental Health Units (Use of Force) Act defines physical restraint as the use of physical contact which is intended to prevent, restrict or subdue movement of any part of the patient's body.

This definition is also consistent with definitions which relate to the use of force set out in the <https://www.gov.uk/government/publications/code-of-practice-mental-health-act-1983>

Chapters 26.36 and 37 - restrictive interventions (use of force) are:

“...deliberate acts on the part of other person(s) that restrict a patient’s movement, liberty and/or freedom to act independently in order to:

- take immediate control of a dangerous situation where there is a real possibility of harm to the person or others if no action is undertaken, and;
- end or significantly reduce the danger to the patient or others.

Restrictive interventions should not be used to punish or for the sole intention of inflicting pain, suffering or humiliation.

Where a person restricts a patient’s movement, or uses (or threatens to use) force then that should:

- be used for no longer than necessary to prevent harm to the person or to others;
- be a proportionate response to that harm, and;
- be the least restrictive option.”

Types Of Restraint utilised within the Trust (Respect Techniques):

All of the techniques taught within the Respect training programme have been biomechanically assessed to ensure when used they are safe, do not cause pain to the person they are being used on and approach situations utilising the least restrictive option first.

Touch Support

One person escort

Two person alternative escort

Two person traditional escort

Instant removal – From Two person escort
Approach from in front
Approach from the rear

Support to the floor

T-Position

Supine Position

Upper leg management

Lower leg management

Changeovers are taught for T-Position, Supine and upper leg management.

Seclusion exit

Prone to Supine

Sitting someone up from supine

Seated Holds generally take place on chairs, beds or the safety pods.

Seated Holds – The only technique taught is for seated holds is the Two person traditional escort. This is due to the risk of hypoxia in employing the 2 person alternative escort.

Seated Holds – Leg Management

The safety pod also includes Seclusion exit technique –

Break Away techniques are also taught within the Respect training programmes with each of the techniques having been biomechanically tested for impact.

(Full descriptors for the techniques can be found in Appendix)

7.7.1 Prolonged Restraint (refer to SOP on Jarvis)

Where a Supine Restrictive Physical Intervention has been used **10 minutes or more** then medical assistance must be sought through either the Responsible Clinician or On-Call rota for further advice.

The clinical team working with the service user should.

- Consider rapid tranquillisation or seclusion as alternatives to prolonged use of physical interventions (10 minutes or longer).
- Ensure robust physical health monitoring is in place to identify any potential cardiac or respiratory difficulties due to prolonged restraint. Check for any harm or injuries and record using a body map.
- Escalate concerns of the ongoing risk of physical restraint
- Complete an incident form ensuring that prolonged restraint is clearly documented in the body of the incident form.
- The approximate time must be stipulated for the entire restraint episode even when positional changes are made.

Post Incident: all incidents of prolonged restraint will be followed up by a manager through the use of incident reporting, they will:

- See the service user as soon as possible;
- Visit and talk to the service user about the incident and ascertain if he or she has Any concerns or complaints and if so, assist in putting them forward.
- Where appropriate inform family or advocacy to support the service user
- Consider psychological support to manage the trauma associated with the incident

The ward/on-call manager may delegate this task to a member of staff who has a good relationship with the service user.

The Respect Team can be contacted for advice when available.

7.7.2 Prone Restraint (face down)

SHSC no longer provides training in the use of prone techniques however recognises that at times service users can end up in a prone position for a number of reasons outside of staff control. Where this occurs, it is essential that the service user is repositioned into a supine position as soon as practicable.

Any positioning in the prone position, even if for 5- 10 seconds must be reported via the Ulysses incident reporting system. The incident will then be reviewed to consider if further investigation is required.

7.7.3 Rapid tranquillisation (RT)

Refers to the use of medication by the parenteral route (usually intramuscular or, exceptionally, intravenous) if oral medication is not possible or appropriate and urgent sedation with medication is needed.

Rapid tranquillisation refers to the use of medication to calm or lightly sedate an individual to reduce the risk of harm to self or others and to reduce agitation and aggression.

This policy should be used in conjunction with what is set out in the SHSC Rapid Tranquillisation Policy and Guidelines for Inpatient Wards.

7.7.4 Seclusion and Long-Term Segregation

There may be times when an individual using Trust services and detained under the Mental Health Act may need to be moved from the communal ward environment and placed in seclusion or segregation away from others for the safety of themselves or others as a last resort.

In these instances, staff should refer to the Trusts policy on Seclusion and Segregation (inc. Long Term).

7.7.5 Safety Pods™

Safety Pods have been introduced as an approach to support de-escalation and support the reduction of floor restraint. Currently the only Safety Pod which has been authorised for use is the Ultra-Shield Pod (For further advice / guidance please contact the Respect Team).

Training has been developed / incorporated into the Respect Training modules to meet the specific needs of introducing the Pods into clinical practice and staff must be trained in their use prior to using them.

Where the safety pod is used as part of a restrictive practice this is to be indicated within the e-incident reporting system.

The use of safety Pods maybe incorporated in the service user's person centred care management approach.

The SOP for **Safety Pods™** is included in the appendices

7.7.6 Mechanical Restraint

Mechanical restraint is defined in the Mental Health Act Code of Practice as ‘a form of restrictive intervention that [involves] the use of a device to prevent, restrict or subdue movement of a person’s body, or part of the body, for the primary purpose of behavioural control (CoP 26.75).

Mechanical restraint in the form of handcuffs, soft cuffs, or other devices to restrict and subdue an individual’s movements is not permitted for SHSC clinical staff.

There may be times when a service user is brought to the 135/136 health-based place of safety or a ward in handcuffs or other mechanical restraint aids by external agencies including the police. In these circumstances staff must document their use via incident forms and complete a body map of any bruising relating to the use of mechanical restraint. support must be offered to the service user.

Service users who have been mechanically restrained by South Yorkshire Police should remain under continuous observation throughout the period of mechanical restraint (CoP 26.80) and be medically reviewed within one hour and at 4-hourly intervals thereafter, or more frequently at the request of nursing staff (CoP 26.82). These observations must be carried out by a competent medic/paramedic. Post incident support is necessary.

Other uses of mechanical restraint

A very small number of service users may require the use of mechanical restraint to:

- Prevent ‘self-injurious’ behaviour such as falling from a chair or bed or
- Safely allow someone to travel in a car or bus (the use of seatbelts, where provided, is required by law)

In such instances the purpose of the mechanical restraint is not to control disturbed behaviour but is a risk-reduction intervention intended to maximise service user safety. The purpose of the mechanical restraint is to prevent injury e.g. to prevent falls where the service user is high at risk and vulnerable to fracture.

Examples of mechanical restraint equipment that may be utilised for this purpose include bed rails and safety helmets. The use of bed rails must be managed aligned to the Bed Rail Policy. Safety helmets must only be utilised when prescribed and fitted by professional clinical staff and documented for use in the care plan.

The use of mechanical restraint, including using a sheet or mattress to re-locate a patient is permitted when there is clear clinical evidence/ health and safety requirements to facilitate safe exit from a building or area. For example, in the case of a fire evacuation. Further advice is available from the moving and handling advisor and can be documented in the patients care plan.

7.8 Weapons

Offensive weapons are defined in the Prevention of Crime Act 1953: as any article made or adapted for use for causing injury to the person or intended by the person having it with him for such use by him or by some other person.

Where staff are threatened with a weapon, attempts should not be made to physically disarm the individual. Ask the service user to put the weapon down but on no account ask for the weapon to be handed to yourself.

Those present should attempt to keep the situation contained and call the police for assistance. They must also maximise withdrawal of others and themselves from the situation where possible.

7.9 Practice Issues and Potential Use of Physical Interventions

Physical Interventions can be used in order to undertake different forms of treatment where there is legal authority to treat the individual without consent. It should not be used unless there is such legal authority. (e.g. prevention of Self-Harm, Personal Care, Vaccines, Medication, Medical investigations etc.). advice on the appropriate legal frameworks can be sought from the mental health legislation team.

7.9.1 Clinical Holding

Clinical holding is a restrictive intervention and therefore **MUST** be reported on the Trust incident system every time a restraint classified as clinical holding is utilised.

- A definition of Clinical Holding as taken from the Mental Capacity Act is 'The use of restrictive physical interventions that enable staff to effectively assess or deliver clinical care and treatment to individuals who are unable to comply.'
- Clinical holding may be defined as the proactive holding of part of the body to allow a procedure to be carried out, e.g. holding an arm while blood is being taken in order to prevent reflex withdrawal and consequent unnecessary pain, distress or injury to the patient, staff or accompanying persons.
- Clinical Holding interventions are planned interventions and therefore must be care planned accordingly.
- Clinical Holding should not routinely require a full National Early Warning Score (NEWS 2) to be completed unless there is a clinical need.

7.10 Physical Health Care for the Service User Following Restrictive Interventions

Once the Supportive Interventions has ceased, a series of **physical observations** should be carried out and recorded, using the NEWS 2 system. The following should be monitored:

- Pulse rate
- Respiration rate
- Blood pressure

- Temperature
- Oxygen saturation via pulse oximeter
- Fluid and food intake and output
- Level of alertness and consciousness

Staff should also look out for:

- Verbal complaints of pain and discomfort
- Non-verbal clues to pain or discomfort (especially if verbal communication is identified as difficult)

Physical monitoring is especially important:

- Following a prolonged or distressed struggle
- If the service user has been subject to enforced medication or rapid tranquillisation
- If the service user is suspected to be under the influence of alcohol or illicit substances
- If the service user has a known physical condition which may inhibit cardiopulmonary function e.g. asthma, obesity
- Where restraint is 10 minutes or longer.

Where it is not possible to get consent for obtaining vital signs though heightened distress, unwillingness or physical barriers staff should document what they can observe from a distance and document why they were unable to obtain vital signs. NEWS2 noncontact should be used.

7.11 Observations

There may be times when enhanced levels of observation are required for the short-term management of behavioural disturbance or during periods of distress to prevent suicide or serious self-harm. (CoP 26.30).

Staff should balance the potentially distressing effect on the individual of increased levels of observation, particularly if these are proposed for many hours or days, against the identified risk of self-injury or behavioural disturbance. (CoP 26.34)

Enhanced Engagement, over and above General Engagement, is a therapeutic intervention with the aim of reducing factors that contribute to increased risk and promote recovery. Enhanced Engagement should focus on engaging the person therapeutically and enabling them to address their difficulties constructively.

Enhanced Engagement is also a restrictive practice and may be perceived by service users as a coercive intervention. They should only be implemented after positive engagement with the service user has failed to reduce the risk to self or others and only used for the least amount of time clinically required.

The least intrusive level of engagement that is appropriate to the situation should always be adopted so due sensitivity is given to the service user's dignity and privacy whilst maintaining the safety of the service user and those around them.

Staff should refer to the policy on Engagement and Observations.

7.12 Immediate Post Incident Debrief

After using restrictive interventions and the risk of harm has been contained, the nurse in charge or nurse leadership should meet with staff on shift to conduct a post incident debrief. Debrief cannot prevent reactions from occurring but can provide a framework for the individual to contain them and provide opportunities to take further action to resolve distress. It aims to prevent the development of further adverse reactions and minimise the occurrence of unnecessary psychological and emotional suffering. The main purpose of the debrief is to check in with the staff team and allow opportunity for staff to talk and be listened to, to identify any immediate support needs and actions for service users and staff and collate a brief summary of events and support reporting of the incident.

Follow up support should be identified and offered to anyone who might benefit from it. This includes staff and service users who may have witnessed the incident.

7.13 Support for Service User Following Restrictive interventions and Use of Force

Service user's experiences of staff dealing with aggression and violence can have a traumatic effect on their wellbeing and future recovery, therefore following an incident; the service user must be *offered* a post incident review within 72 hours of the incident. Service user preference for how and when this review takes place must take priority and any concern around the potential impact of completing the review so soon after the incident should also be discussed and considered. The aim of the Post Incident Review is to provide an opportunity for the service user to reflect on their experience, access the right level of support and to help inform the service user's care plan to reduce further incidents of restrictive practice. The Service User Post Incident Review form (PIR-SU) on Rio should be completed in collaboration with the service user.

Where practical to do so, support plans, or the development of support plans, are jointly reviewed to reflect presenting needs. This may include:

- Considering the facts and how they were seen by all parties: does the service user understand why restrictive practices were used and is there an opportunity to give context, emerging thoughts and feelings relating to such events?
- How does the service user feel now, after the event?
- Does the service user feel that restrictive practices were necessary / proportionate?
- what is the outcome and plan to manage / resolve and support? It is important to document actions, immediate plans and how differences / ongoing protection may be reconciled.
- How can we minimise the need for any further episodes of restrictive practices in the future?
- Being proactive: One to one review and basic support
- A review of support plans

- Aim to facilitate additional support based on need – this must include the view of the service user and where appropriate and consent given: relatives' carers, spiritual care, external advisers.
- Offer agreed follow-up and review, so events are not stand alone, but a review and joint plan of continuous needs.
- Offer the service user the opportunity to complain where they are unhappy with the intervention.

Ensure that all details of post incident support process are fully recorded on Rio as part of the daily running record. This should include what or how on-going support / follow-up will look like. The Collaborative Care Plan should be updated to reflect this.

Following the use of restrictive practices, it is essential that the clinical staff re-establish the therapeutic relationship with the service user.

Service users who are assaulted have the right to make a complaint to the Police. Staff should support service users in this process. The manager of the area should be informed if Police are contacted.

7.14 Staff Support following Incidents:

Post-incident support is essential and part of good management practice. It aims to limit wherever possible the effects of exposure to distressing workplace events which can be traumatising or re-traumatising for staff as well. Responding appropriately to the needs of our staff who have been through distressing experiences is important and the Trust will aim to make sure that everyone who has been involved in an incident can feel supported and be given an opportunity to talk about and work through their experience. Initially this support should be offered through the clinical management structure.

A review of whether members of staff require medical treatment, sick leave or temporary relief from duty must be carried out by the Line Manager, or Deputy and appropriate arrangements made as detailed in the Promoting Attendance Policy. A review and assessment of working practices and security measures must be carried out and appropriate changes made. Where changes are required, but cannot be implemented, these must be reported to Line Managers immediately.

When a member of staff has been involved in an incident, the Line Manager should ensure the member of staff has the contact details of the appropriate staff counselling service. The Line Manager should discuss the issue of prosecution and refer to the trust Security Policy.

If the member of staff requires sick leave, the Line Manager should establish how frequently the member of staff would like to be contacted. Staff may feel very isolated if they are away from work, and unable to discuss the events.

Managers should ensure RIDDOR is followed if appropriate, managers should also meet with the staff member for a return to work discussion if they have been away from the work setting and check in with the staff member at regular intervals following their return.

Where staff require further support staff or managers should review the Support section on the intranet referring to each section as needed. Access to Workplace Wellbeing and IAPT is available through this section of the intranet.

Staff should also be encouraged to “speak up” if they are concerned about the Use of Force during an incident and can utilise the Freedom to Speak Up procedure in the Trust to raise concerns.

A Post Incident Review with the staff team should be conducted following an incident that has had a significant impact on the service user and/or staff. This meeting is usually held on ward premises and offered at a time when immediate needs have been met and staff feel ready to offer reflection. The purpose of the Post Incident Review is to gather detailed information about an incident/s that will support learning, identify ongoing need, and improve service user care. Post Incident Reviews should be offered to the whole staff team, regardless of whether they were involved in the incident, and attendance should be encouraged by ward leadership, including supporting staff to attend who are not on shift on the day of the meeting. Staff involved in the incident may prefer to meet on an individual basis and this should be noted and supported. Facilitation is usually provided by the nurse leadership team. Facilitators should refer to the Post Incident Review for staff form (PIR-S) to support and record this conversation, saving a copy on the Managers shared drive. The main aims of the meeting are to:

- Provide a supportive, non-blaming forum to discuss what happened and why.
- Identify whether any alternatives were considered and what could have been done differently (if applicable).
- Acknowledge the impact of the incident on the service user, any witnesses to the incident, the staff team, and the wider system.
- Increase understanding around the service users experience through sharing information from the post incident review with service user (some service users may identify a wish to be present and this should be supported as much as possible).
- Use service user, family/carer, and staff team reflections to review care plans, positive behaviour support plans and/or advance statements. This should include consideration of trauma related responses to restrictive practice and how we can prevent this in the future.
- Identify any service barriers to doing things differently and develop clear actions to take forward for senior management.

7.15 SHSC staff use of restraint/Use of Force in other hospital settings (non SHSC)

This policy is applicable **only** within the defined mental health units governed by SHSC.

Any consideration of the use of force outwith SHSC mental health units **MUST** be escalated and discussed with the Medical Director and/or Exec Director of Nursing,

Professions and Operations and Quality. Out of hours this enquiry should go via the Director on call.

7.16 Unacceptable Behaviour

All Unacceptable Behaviour by staff, service users, visitors, relatives, or carers will be taken seriously and must be reported in line with the Security policy and Incident Management Policy and also where appropriate to the police.

All behaviour has a function (sensory, pain, distress, seeking care/unmet need, escaping/avoiding an event/place/person). It is important the functions of the behaviour are considered and responded to in a timely manner.

A range of measures can be taken by the Trust (depending on the severity of the situation) to assist in the management of unacceptable behaviour by seeking to reduce the risks:

- Clinical risk assessment and review of service provision.
- Subsequent Action
- Informal / formal notification letters
- Withdrawing Treatment
- Human Resources Procedures where issues relate to staff members

7.17 Withdrawing treatment

SHSC supports a zero tolerance of violence and aggression framework and will support clinical teams and staff in consideration of the withdrawal of treatment for service users where there has been evidence of deliberate aggression and violence not owing to their mental health.

The withholding of treatment from the NHS will always be a last resort but it is an option available to managers and staff working in the NHS.

In any case being considered for treatment withdrawal an appropriate risk assessment must be formulated that details the reasons why the withdrawal of treatment is being considered, the best option and alternatives to treatment are offered, options must also include different provider organisations.

This must be documented and SHSC's Medical Director and Director of Nursing, Professions and Operations must also be involved in these considerations so that the appropriate legal guidance and duty of care considerations are incorporated.

This also will ensure that SHSC is supporting teams in this difficult area

7.18 Police assistance

In very exceptional circumstances, in both anticipated and unanticipated situations, staff members may feel it necessary to call the Police. This is done via a 2222 call

specifying the exact location and with a brief description of the situation. SYP will respond to situations where there is a threat to life or limb, or a crime has been committed.

Should SYP attend to assist with the management of a service users the **mental health professional continues to be responsible for the health and safety of the person**. Health staff should be alert to the risk of respiratory or cardiac distress and continue to monitor the physical and psychological wellbeing.

South Yorkshire Police will not assist in the chemical restraint of service users. If the police are present and become involved in physical intervention and restraint of a service user, it remains the duty of health care staff to remain physically present and in direct observation of the service user at all times and should advise the police of any physical health concerns which can be observed for example change in pallor, sweating, waxy looking, respiratory rate/effort/noise and rating on AVPU.

South Yorkshire Police must not be relied upon to address shortfalls in service provision.

Any police attendance on our wards constitutes an incident and must be reported, even if no action is taken - the attendance on the ward to support an incident is recordable.

7.19 Use of transport (secure and non-secure)

To be read in conjunction with Conveyance and Assistance policy

South Yorkshire Police (SYP) or contracted secure transport services may on rare occasions bring service users in to SHSC care utilising handcuffs or leg restraints. In very rare and exceptional circumstances Taser or irritants such as pepper spray or CS gas may have been used. On every occasion an incident report will be made and an appropriate Clinical Manager informed, if this has happened on trust premises this is to be reported to the on-call service manager.

Guidance on care of the service user in this situation is in Appendix E.

Where SHSC staff request secure transport to take a person to another destination and the need for restraint is a possibility this must be discussed as part of an MDT discussion with the patient and their family and carers (as appropriate).

The outcome of the discussion and the likelihood for the need of Use of Force should be documented in the clinical records. The Transport provider is responsible for ensuring they can meet any anticipated requirements in a safe and support manner and will be required to complete a conveyancing report on conclusion of the journey.

7.20 Advocacy

Statutory Advocacy must be offered to all service users at the point of admission.

Where a service user declines but is subsequently subject to a restrictive intervention,

this should be offered again as a supportive mechanism. Referral is the responsibility of SHSC staff.

In addition, the Trust works alongside other organisations that provide independent support to its service users. Arrangements are in place with Sheffield Afro Caribbean Mental Health Association (SACMHA)
Flourish
Pakistani Muslim centre (for culturally appropriate advocacy)

7.21 Safeguarding

All incidents are reviewed daily in the trustwide incident huddle which includes safeguarding practitioners. Where staff are concerned that the use of a restrictive practice constitutes a safeguarding concern they should “tick” the safeguarding box on the incident form.

Staff can contact the SHSC safeguarding team during working hours for advice and support related to any aspects of clinical care.

7.22 Involvement of families and carers

Involving others can be key to good care planning and prevention. Whilst it is acknowledged that some service users do not wish their families or carers to be involved the team caring for the service user should take all steps to understand the relationship and involve where appropriate to do so.

7.23 Information on use of force

Service users, families and carers will be provided with information about the use of force and their rights in relation to any force which may have been used by staff. This will include what help and support is available to them should they need it.

7.24 Incident Reporting

All uses of force must be recorded in an incident form. SHSC have set up the incident reporting system (Ulysses) to ensure that we adhere to the formal reporting systems that satisfy the legal requirements but also contractual reporting requirements with NHSEI.

Staff must complete the incident report in full, further guidance can be found in the **Incident Management Policy and Procedure**.

Below are some of the key requirements that must be detailed into the incident form, and this will be pulled through to their care record.

- the reason and type of the use of force
- the place, date, and duration of the use of force

- whether the type or types of force used on the patient formed part of the patient's care plan and if notifiable persons (if any) were contacted following use of force as described in the care plan
- a description of how force was used
- the name and job title of any member of staff who used force on the patient
- whether the patient has a learning disability or autistic spectrum disorder
- a description of the outcome of the use of force
- whether the patient died or suffered any serious injury as a result of the use of force
- any efforts made to avoid the need for use of force on the patient

Incident data will be utilised to develop anonymised dashboards for each ward to ensure staff are able to analyse and consider their use of force/restrictive practices and measure improvement in reduction of use. Trustwide reporting will take place through high level anonymised dashboards and into the Trust performance report.

7.25 Complaints

Any complaint made against staff as a result of a violent incident including what the service feels was an inappropriate use of force or where too much force was applied will be investigated through the appropriate SHSC's procedure including complaints, safeguarding or performance and disciplinary procedures.

Service Users and Carers will be supported through this process.

Staff are also encouraged to consult their own professional association or Trade Union for advice.

7.26 Raising Concerns - Links to Other Systems

This policy operates in tandem with existing systems through which concerns can be addressed:

- (i) Duty of Candour and Being Open Policy and Procedure: Communicating Patient Safety Incidents with Patients and their Carers.
- (ii) SAFEGUARDING ADULTS/CHILDREN POLICIES AND PROCEDURES
- (iii) DISCIPLINARY POLICY/CAPABILITY POLICY

The Use of Force Act includes the requirement to investigate all deaths and serious injuries in a mental health unit. SHSC will utilise the Serious Incident investigation process for any inpatient deaths and adhere to the principles of Section 9 of the Use of Force Act.

7.27 Respect Training

'RESPECT' Training is a training package designed to prevent, de-escalate, and manage challenging situations.

RESPECT training meets the NHSE contractual standards for such training and these are assessed on an annual basis aligned to the Use of Force Act. More information on the standards can be found here: [The Restraint Reduction Network](#)

It is the role of the Respect Professional Lead for Training to ensure that standards are met and adhered to and that the risk assessments are undertaken as required within the training contract to meet the requirements of accreditation.

Support from the 'RESPECT' Instructors is available in work bases areas in between training sessions to enhance the skills and confidence of staff. If no instructors are immediately available, then they can be contacted through switch or by emailing RespectLevel3Trainers@shsc.nhs.uk.

Staff are expected to complete training as outlined in SHSC's Training Needs Analysis – identified individually on the Electronic Staff Record (ESR)

Where staff who have attended the relevant training and have been 'referred' or 'failed' to achieve the required learning objectives then the line manager must complete an occupational risk assessment and liaise with human resources regarding the appropriateness of continuing to work within the area.

All staff are responsible for maintaining their required level of training identified within the ESR for their need including refresher training.

All bank staff should have received the relevant Trust training for the area they are required to work in as discussed above before being employed in those areas. Where this is not the case then the bureau / agency should manage the situation as above.

The risk assessment and needs assessment will be signed off by the Responsible Person on behalf of the Trust following discussion and approval at the Least Restrictive Practice Oversight Group and ratification at Mental Health Legislation Committee.

8 Development, Consultation and Approval

Consultation on the Use of Force took place between March 2021 and November 2021 by undertaking a number of sessions Trust wide and team based, with service users and staff.

The Use of Force Act statutory guidance (2021) has been incorporated into this policy

Subject experts have contributed to this review.

As this is based on Statutory Guidance in regard of the Use of Force Act (2018) no further staff or service user consultation took place. This had significant consultation

at the time of inception but due to no changes in legal position further consultation is not required.

Incident learning has been incorporated.

9 Audit, Monitoring and Review

Incidences of violence and aggression and the Use of Force are reported and reviewed by Risk department and local area managers. Incidents are monitored, discussed, and reviewed by the Trust Risk Safety Huddle. Incidents are reviewed by the Respect Professional Lead for Training when requested.

SHSC provides periodic analysis of incidents to both the Least Restrictive Practice Oversight Group, The Mental Health Legislation Committee, SHSC Board and clinical/service areas.

Trust, Directorate, and team dashboards are available in order to support learning, identify themes and any areas for address or improvement.

Safer staffing information is reported through e-Roster and can be triangulated with incident reporting data and Clinical Establishment Reviews as part of the Directorate Performance Reviews.

An audit programme is available to support audit and review of the standards related to restrictive practice and the Use of force, specifically to seclusion, restraint and rapid tranquilisation. Audits will be performed as per schedule agreed and reports are available to establish if standards are being met.

SHSC have a responsibility to consider the detail behind the data to evaluate if our wider approaches to minimising the use of force are effective. Success should not be measured on a reduction in the number of reported incidents alone.

This data and its analysis will be vital in informing the SHSC's plan to reduce the use of restrictive interventions.

9 Audit, Monitoring and Review

Monitoring Compliance Template						
Minimum Requirement	Process for Monitoring	Responsible Individual/group/committee	Frequency of Monitoring	Review of Results process (e.g. who does this?)	Responsible Individual/group/committee for action plan development	Responsible Individual/group/committee for action plan monitoring and implementation
Monitor use of force and relevant standards related to Statutory guidance and this policy	Incident reporting Dashboards Thematic analysis Complaint and concerns Audit	Patient safety team Business support team Nurse Consultant Least Restrictive Practice oversight group	On event for use of restraint, seclusion and RT Quarterly for incident data and complaints	Mental Health Legislation Committee	Reducing Restrictive Practice Operational group	Least Restrictive Practice oversight group

*Policy documents should be reviewed every three years or earlier where legislation dictates or practices change.
Review date: April 2024*

10 Implementation Plan

Action / Task	Responsible Person	Deadline	Progress update
<i>Upload new policy onto intranet and remove old version</i>	<i>Chief Nurse</i>	<i>05/2022</i>	
<i>Make teams aware of revised policy</i>	<i>Team manager Comms Lead</i>	<i>05/2022</i>	
<i>Integrate policy into Relevant RESPECT training</i>	<i>Professional lead for RESPECT</i>	<i>07/2022</i>	
<i>Develop sessions to share policy requirements across the Trust via existing forums and establishing teams session</i>	<i>Professional lead for RESPECT and Nurse Consultant for Restrictive Practice</i>	<i>07/2022</i>	

11 Dissemination, Storage and Archiving (Control)

Version	Date added to intranet	Date added to internet	Date of inclusion in Connect	Any other promotion/ dissemination (include dates)
1.0, 2.0. 3.0	Versions no longer available			
4.0	January 2021			
5.0	December 2021	December 2021	December 2021	
6.0	April 2022	April 2022	April 2022	
6.1	May 2024	May 2024	May 2024	

12 Training and Other Resource Implications

The revised policy will be included as an update within the relevant RESPECT training.

Presentations across the Trust will take place to enable understanding of the requirements of the policy and its standards, as required

Other training plans (personal safety, trauma informed practice and care, human rights, autism, Emotional Unstable Personality disorder, Equality and Diversity, meaningful activity, clinical risk management and medicines management) is available linked to the Clinical and Social Care strategy, the education and training strategy, the risk management strategy and the Least restrictive Practice strategy.

Ward and team managers and leads will be expected to deliver local sessions on the revised policy and its requirements to enable discussion and increase understanding.

13 Links to Other Policies, Standards (Associated Documents)

The policy is set out to meet the requirements from; The Mental Health Units (Use of Force) Act 2018 as set out in the Mental Health Units (Use of Force) Act 2018 statutory guidance for NHS organisations in England and police forces in England and Wales (2021) and fully supports the recommendations of Violence prevention and reduction standard (2020), Positive and Proactive Care: reducing the need for restrictive interventions (2014), Restraint Reduction Network (RRN) Training Standards (2021), NICE - Violence and aggression: short-term management in mental health, health and community settings (2015),

The Trust also recognises it has an obligation under the Health and Safety at Work etc. Act (1974) and the Management of Health and Safety at Work Regulations (1999), for the health, safety, and welfare at work of its staff.

This policy links with and overlaps a number of other SHSC policies and good practice guidelines, which it should be read in conjunction with –

- Capability Policy
- Complaints Policy
- Confidentiality code of conduct
- Conveyance policy
- Deprivation of Liberty Safeguards Policy
- Disciplinary Policy
- Education, Training and Development Policy
- Good Practice Guidelines on the Prevention and Management of the Use of Restraint
- Incident and Investigation Policies
- Interpreting and Translating Policy
- Lone Worker Policy
- Management of Medicines Policy
- Engagement and Observation of Policy
- Physical Health Care Policy
- Rapid Tranquillisation Policy
- Records Management Policy
- Resuscitation Policy

Safe and Supportive observations policy (Engagement)
 Safeguarding Adults Policy
 Safeguarding Children Policy
 Search Policy
 Seclusion and Segregation Policy
 Security Policy
 Visitors Policy

14 Contact Details

<i>Title</i>	<i>Name</i>	<i>Phone</i>	<i>Email</i>
Director of Quality and Responsible person	Salli Midgley	01142711136	Salli.midgley@shsc.nhs.uk
Professional Lead for RESPECT	Greg Hughes	01142716802	Greg.hughes@shsc.nhs.uk
Health and Safety Manager	Samantha Crosby	01142718260	Samantha.crosby@shsc.nhs.uk
Nurse Consultant for Restrictive Practice	Lorena Cain	01142718331	Lorena.cain@shsc.nhs.uk
Mental Health Legislation Lead	Jamie Middleton	01142718110	Jamie.middleton@shsc.nhs.uk
Human Rights Officer	Tallyn Gray		

Appendix A

Equality Impact Assessment Process and Record for Written Policies

Stage 1 – Relevance - Is the policy potentially relevant to equality i.e. will this policy potentially impact on staff, patients, or the public? This should be considered as part of the Case of Need for new policies.

NO – No further action is required – please sign and date the following statement.
I confirm that this policy does not impact on staff, patients or the public.

I confirm that this policy does not impact on staff, patients or the public.

Name/Date:

YES, Go to Stage 2

Stage 2 Policy Screening and Drafting Policy - Public authorities are legally required to have 'due regard' to eliminating discrimination, advancing equal opportunity and fostering good relations in relation to people who share certain 'protected characteristics' and those that do not. The following table should be used to consider this and inform changes to the policy (indicate yes/no/ don't know and note reasons). Please see the SHSC Guidance and Flow Chart.

Stage 3 – Policy Revision - Make amendments to the policy or identify any remedial action required and record any action planned in the policy implementation plan section

SCREENING RECORD	Does any aspect of this policy or potentially discriminate against this group?	Can equality of opportunity for this group be improved through this policy or changes to this policy?	Can this policy be amended so that it works to enhance relations between people in this group and people not in this group?
Age	No. It covers all adults within SHSC		
Disability	No. It covers all adults within SHSC		
Gender Reassignment	No. It covers all adults within SHSC		
Pregnancy and Maternity	No. It covers all adults within SHSC		

Race	No. It covers all adults within SHSC		
Religion or Belief	No. It covers all adults within SHSC		
Sex	No. It covers all adults within SHSC		
Sexual Orientation	No. It covers all adults within SHSC		
Marriage or Civil Partnership	No. It covers all adults within SHSC		

Please delete as appropriate: no changes made.

Impact Assessment Completed by: Lorena Cain
Name /Date April 2024

This policy can be applied to all service users and staff within SHSC, recognising that there are some people with protected characteristics and that care delivery is required to be person centred, culturally appropriate and equal and diverse. Access to specialism in key areas is available, related to the Least Restrictive Practice strategy, Patient and Carer Equality Framework and Neurodivergences .

Appendix B

Review/New Policy Checklist

This checklist to be used as part of the development or review of a policy and presented to the Policy Governance Group (PGG) with the revised policy.

		Tick to confirm
Engagement		
1.	Is the Executive Lead sighted on the development/review of the policy?	yes
2.	Is the local Policy Champion member sighted on the development/review of the policy?	yes
Development and Consultation		
3.	If the policy is a new policy, has the development of the policy been approved through the Case for Need approval process?	N/A Review of policy
4.	Is there evidence of consultation with all relevant services, partners, and other relevant bodies?	Not required as part of Statutory guidance. Learning from incidents has been incorporated and subject experts have contributed.
5.	Has the policy been discussed and agreed by the local governance groups?	yes
6.	Have any relevant recommendations from Internal Audit or other relevant bodies been taken into account in preparing the policy?	yes
Template Compliance		
7.	Has the version control/storage section been updated?	yes
8.	Is the policy title clear and unambiguous?	yes
9.	Is the policy in Arial font 12?	yes
10.	Have page numbers been inserted?	yes
11.	Has the policy been quality checked for spelling errors, links, accuracy?	yes
Policy Content		
12.	Is the purpose of the policy clear?	yes
13.	Does the policy comply with requirements of the CQC or other relevant bodies? (where appropriate)	yes
14.	Does the policy reflect changes as a result of lessons identified from incidents, complaints, near misses, etc.?	yes
15.	Where appropriate, does the policy contain a list of definitions of terms used?	yes
16.	Does the policy include any references to other associated policies and key documents?	yes
17.	Has the EIA Form been completed (Appendix 1)?	yes
Dissemination, Implementation, Review and Audit Compliance		
18.	Does the dissemination plan identify how the policy will be implemented?	yes
19.	Does the dissemination plan include the necessary training/support to ensure compliance?	yes
20.	Is there a plan to i. review ii. audit compliance with the document?	yes
21.	Is the review date identified, and is it appropriate and justifiable?	yes

Appendix C

Additional clinical guidance (as per Use of Force Statutory guidance 2021)

Showing respect for diversity generally includes the following:

- creating and sustaining inclusive environments where every patient feels valued, listened to, and supported.
- recruiting and supporting diverse staff groups which reflect the local community.
- positively challenging practices and behaviour which have the potential to cause patients or staff to feel degraded and/or excluded.
- an outline of the law covering all the protected characteristics under the Equality Act 2010; this should recognise the distinct experience of abuse, discrimination and inequality experienced by groups with different protected characteristics.
- how to demonstrate respect for individual beliefs, values, cultures and lifestyles and appreciating the differences.

Avoiding unlawful discrimination, harassment and victimisation includes the following:

As with 'Showing respect for diversity generally' an outline of the law covering all the protected characteristics under the Equality Act 2010; this should recognise the distinct experience of discrimination, harassment and victimisation experienced by groups with different protected characteristics. This should cover in particular:

- direct discrimination (for example on the basis of disability, race, age, or sex).
- indirect discrimination.
- reasonable adjustments, and how they are relevant to use of force (for example environmental changes).
- The Public Sector Equality Duty
- how use of force monitoring and data can identify themes and issues which affects those involved (patients, staff and managers) and in turn, how this should be acted upon.
- the important role of independent advocates in helping patients to challenge the inappropriate use of force

The use of techniques for avoiding or reducing the use of force includes the following:

- understanding the challenges and constraints experienced living in mental health units (for example the impact of living under blanket restrictions, sensory issues, missing family and friends, being away from familiar surroundings, or feeling unsafe)
- recognising the high levels of trauma amongst patients in mental health units, particularly among women and girls, people with autism or a learning disability, and people from black and ethnic and minority backgrounds
- creating positive physical environments
- person-centred care, including preventative approaches such as Safewards and where applicable Positive Behaviour Support
- conflict avoidance and resolution (within inter-personal relationships and groups)

- staff clinical supervision, reflective practice, and development and mentoring
- understanding of the difference between coercion or threatening to use force and de-escalation so that staff understand that trying to gain compliance through coercion or threats is not ethical or in line with the least restrictive approach (see the section on training to understand the effect of a threat to use force and coercion)

The risks associated with the use of force includes the following:

- preparing care plans which identify individual risks associated with the use of force, and how these risks are minimised (including by not using force)
- physical, psychological and emotional effects on those subject to the use of force
- physical, psychological and emotional effects of witnessing the use of force
- physical, psychological and emotional effects on staff applying the use of force
- the risk of deaths and serious injuries caused by, or connected to, the use of force
- medical emergency procedures – to include vital signs monitoring and response, and raising the alarm if concerned about a patient's health
- roles and responsibilities during an incident – in the exceptional event of the police being called to assist staff in the management of a patient, it is important that everyone is aware of the role of the police and the healthcare staff in managing the incident properly and safely, and the procedures to be followed

The impact of trauma (whether historic or otherwise) on a patient's mental and physical health includes the following:

- the impact of sexual, physical and emotional abuse on survivors' experience of the use of force
- coping with loss, fear and anxiety
- strategies for building self-esteem and regaining a sense of control
- modelling non-violent, healthy relationships
- understand the meaning of 'trauma' and how it can impact on people's experience of use of force
- how the use of force can trigger a trauma memory
- understanding that the use of force can be traumatic for patients experiencing it and the staff applying it
- considering how the sex of the person applying the use of force could trigger trauma memories for certain patients, particularly women and girls who are disproportionately likely to have experienced violence and abuse from male perpetrators
- recognition of potential symptoms of trauma and how behavioural symptoms can be linked to trauma
- an understanding of trauma through a developmental perspective that applies to all ages not just children

The impact of any use of force on a patient's mental and physical health includes the following:

- the impact of use of force in further traumatising or re-traumatising patients whose mental ill health may already have been exacerbated by forms of trauma
- ensuring use of force is never applied as a punishment or as a means of causing pain, suffering or humiliation

- the impact of the sex of the person applying the use of force to the patient and the sex of the patient subject to the use of force
- the impact of the use of force in relation to the age of the patient
- the impact of the use of force in relation to the person's health condition or impairment

The impact of any use of force on a patient's development includes the following:

- risk of unmet or misunderstood needs being conceived as wilful, challenging behaviour (leading to coercive and punishment-based interventions)
- preventing institutionalisation and preparing patients for family life and relationships within the community

How to ensure the safety of patients and the public includes the following:

- the process by which patients and their families or carers are informed of the approaches and techniques which may be used
- the process by which patients and their families or carers are involved in agreeing their own care plan and arrangements to take active steps to prevent and pre-empt distress and conflict arising
- the impact of the use of force on staff's mental and physical health whether this is caused by a patient's physical aggression or by observing the use of force and how this is mitigated within the organisation
- the role of observers in any use of force incidents
- the role of independent advocates in assisting patients and their families or carers in agreeing plans and raising concerns about the use of force
- Duty of Candour in regulation 20 of the 2014 Regulations in respect of the use of force

The principal legal or ethical issues associated with the use of force includes the following principles (from Positive and Safe Care 2014):

- the use of force must never be used to punish or be for the sole intention of inflicting pain, suffering or humiliation
- there must be a real possibility of harm to the person or to staff, the public or others if no action is undertaken
- the nature of techniques used to restrict must be proportionate to the risk of harm and the seriousness of that harm
- any action taken to restrict a person's freedom of movement must be the least restrictive option that will meet the need
- any restriction must be imposed for no longer than absolutely necessary
- what is done to people, why and with what consequences must be subject to audit and monitoring and must be open and transparent
- use of force must only ever be used as a last resort
- the involvement of people who use services, carers and independent advocates is essential when reviewing plans for the use of force
- understanding of human rights and discrimination legislation and how this interacts with other mental health, and health and social care legislation

and should also cover the following:

- the (very limited) circumstances in which the use of force is appropriate and what are the reasons for its use or not; The legal framework for use of force

but, in particular circumstances justifying the use of force *Mental Capacity Act 2005*

- the rights of service users and staff to be in a safe environment

Trauma informed care and practice

Trauma, both personal or caused by the system, whether historical or current is an area of care and practice for us to address as part of improving safe and positive care and reducing restrictive practices. We strive to be increasingly trauma aware and sensitive to the impact of actual, potential, and vicarious trauma on the lives of everyone who encounters services, including those who work within it. This has involved the integration of trauma informed care into all of our training and specific training in teams to support this.

Therapeutic environments and activity and dedicated space for calming, soothing and de-escalation

A therapeutic environment provides the best opportunity for recovery and wellbeing.

Meaningful Activity is essential to this, and a key component in reducing restrictive practice, a purposeful admission, enhancing health and wellbeing and making the stay of service users more positive.

Activity, and the way it is delivered provides, (amongst other things):

- A meaningful conduit for therapeutic engagement and developing therapeutic relationships
- Can be used to cope with symptoms and the challenges that living on an inpatient ward can bring
- Promotes maintenance and development of individuals skills, roles and routines. The ward is a place where people can discover or rediscover skills and values that can be taken forward into the community
- Offer people an opportunity to take an active role in promoting their own recovery and mental wellbeing
- Can alleviate boredom and supports the model of recovery and wellbeing

A programme of activities will be available throughout the day and week and be a key component of the service users care and treatment: It will be seen as routine and as essential as medication.

Activity will be embedded in the ward culture, owned by all and be routinely and consistently offered as part of the therapeutic model of care.

To support this there needs to be

- Identified spaces and rooms both on and off the ward (in and outdoors) that 1:1 and group activities can take place
- A range of resources and equipment: leisure, creative, educational etc.

Staff knowledge, skills and training

Staff education and training are essential to promoting and supporting calm, safe and respectful environments where the use of force is kept to a minimum. It is essential that staff are properly trained to provide safe, trauma informed, person centred care, where people are treated with dignity and respect and their views and feelings are understood and their specific needs are met. Training provided will support an overall human right- based approach, which is focussed on the minimisation of the use of force and ensures any use of force is rights respecting. Training will focus on creating a positive environment for care which pre-empts, takes active steps to avoid, or de-escalate distress and conflict. Staff will be skilled and knowledgeable to know when they can and should use appropriate and proportional force, as well as be able to recognise what is inappropriate or excessive use force. Training is co-designed and delivered with those with lived experience.

The training is certified with NAVIGO as part of the Restraint Reduction Network and is also supported by the Safewards implementation programme.

Collaboration and care planning

Service users and their families/carers (where relevant) will be involved in the planning, development and delivery of care and treatment. This will show respect for service users past and present wishes and feelings. Response to distress will be included, as part of knowing the person, and will form part of the care plan. Crisis response plans and Positive Behaviour support plans will also be part of this. Where force has been used or is predicted to need to be used, the care plan will set out ways of supporting future prevention as well as post situation follow up and care.

Safewards

The clinical model of safe wards is implemented across all inpatient services as a way of improving safety and harmony between staff and services users by working together on the interventions, which support the reduction of flashpoints and conflict and support the non-use of force.

The Safewards Model depicts six domains of originating factors: the staff team, the physical environment, outside hospital, the patient community, patient characteristics and the regulatory framework. These domains give risk to flashpoints, which have the capacity to trigger conflict and/or containment. Staff interventions can modify these processes by reducing the conflict-originating factors, preventing flashpoints from arising, cutting the link between flashpoint and conflict, choosing not to use containment, and ensuring that containment use does not lead to further conflict. The trust has adopted the implementation of the interventions from Safewards in a structured, supported way. The interventions are included within the Respect training and are as follows:

- Clear Mutual Expectations
- Soft Words
- Talk Down
- Positive Words
- Bad News Mitigation
- Know Each Other
- Mutual Help Meeting

- Calm Down Methods
- Reassurance
- Discharge Messages

These interventions also reflect the process of approaching managing behaviours of concern through primary, secondary and tertiary strategies.

**Appendix D
Descriptors for Respect Techniques**

Technique	Descriptor
Touch Support	<p>Ideally, approach the person at a 45 degree angle from the front – not square on as this is deemed as confrontational body language. Use your outer arm and cup the individual’s forearm on the long strong bone.</p> <ol style="list-style-type: none"> 1. Step to their side, maintaining alignment with the individual. Place your free hand on the individual’s shoulder blade with fingers and thumb pointing up and maintain a good stance. 2. We can support the individual by using the cupped arm to guide the direction of travel. Alternatively, you can move the hand to the other shoulder blade to guide in the alternate direction. 3. Do not slide the hand from one shoulder blade to the other due to risks associated with erogenous zones. 4. Always remember your verbal communication. 5. To exit, gradient out by removing the hand that has contact with the shoulder first, followed by the cup position. 6. Remember, continue to communicate, maintaining eye contact if appropriate, and use any opportunity to engage. 7. This technique can also be used as two-person touch support.
One person escort	<ol style="list-style-type: none"> 1. Come in from 45 degree angle, nearside arm cups the long strong bone. 2. With the inner free hand, reach around the individual’s back and cup the opposite long strong bone bring both of their arms to rest on their hips. Ensure your hip is placed in front of the individual’s hip, head leaning away maintaining a good stance 3. Once in this position, bring your thumbs on top of the individual’s long strong bones. Having the fingers and thumb on top will prevent the individual’s forearms coming across the body and provides additional support. 4. Individuals can release themselves. Always demonstrate that the individual can release themselves from this intervention. 5. Possible to gradient up from touch support 6. Always remember your verbal communication

Two person alternative escort	<ol style="list-style-type: none"> 1. Gradient up from one person escort (staff 1) 2. Tap on hand (staff 1) to let them know you are there. Staff 1 moves arms out slightly to create a gap, while staff 2 cups the long strong bone. Staff 2 places foot close to service user's foot, taking the other arm around the back of the service user placing on top of the long strong bone, with the thumbs on top. 3. Staff 1 and 2 move hands under the individual's wrist with the thumb in. 4. If the service user needs to be moved, step back with outside leg and then forward in a quick movement. 5. Remember to lean heads out to avoid head-butting and maintain a good stance. 6. Always remember your verbal communication. 7. Gradient down in to two person touch support and out.
Two person traditional escort	<ol style="list-style-type: none"> 1. Lead person to nod, coming in at a 45 degree angle, with their nearside arm cupping the long strong bone of the individual's forearm. 2. With your inside arm, come underneath the arm and place your hand over the long strong bone. Then, place the outside hand underneath the long strong bone just above the wrist. 3. Ensure the elbows are tucked in at the individual's hip and that your hip is in front of the individual, to ensure a good stance. 4. When ready to move, the lead person nods, and the move goes on the outside leg to ensure security. 5. Always remember your verbal communication.
Instant removal – Approach from the front	<ol style="list-style-type: none"> 1. Approach from the front, preferably at a 45 degree angle. Use your outer hand to cup the individual's long strong bone and sash the individual's forearm across you in a 'seatbelt' position. 2. At the same time, bring your free arm through, under the armpit, to support the individual's upper body (palm facing towards the individual's shoulder blade and keeping your fingers straight). 3. As an alternative you can teach turning the individual's arm so that their palms are away to avoid grabbing of clothing and other abilities for service users pulling staff around. This

	<p>should be individually risk assessed in order to justify the approach.</p> <p>4. Always remember your verbal communication.</p>
Instant Removal – From two person escort	<ol style="list-style-type: none"> 1. From the two person escort position, lower the hand that is underneath the wrist area. 2. With your linked arm, scoop the individual's arm as you both turn inwards. 3. Complete the removal as described in two person removal. 4. Always remember your verbal communication.
Instant removal – approach from the rear	<ol style="list-style-type: none"> 1. Approaching from behind, block the individual's elbow with your outside hand in a cup position. 2. Whilst cupping the elbow, bring your free arm through to link across the individual's long strong bone. This will block the individual's arm from being thrown forward. 3. Scoop the arm around and complete the turn as per the two person escort removal. 4. If both staff are coming from different sides, then timing is crucial. The person at the front does not move until the person from the back is reaching the elbow; hands on needs to be at the same time. The lead in these circumstances is always the staff at the back. 5. Always remember your verbal communication.
Support to the floor	<ol style="list-style-type: none"> 1. Approach the individual as per the removal. 2. Your inner foot will form a block by going heel to heel to the individual. 3. Your outer leg leading, step forward and kneel to the floor. Adopt the T position.
T Position	<ol style="list-style-type: none"> 1. Sit back on to your heels. Your hands 'bridge' just above the wrist and just above the elbow ensuring there is no gap. Your knees should be firmly pressed against your thumb to support the hold. 2. To increase support, raise your body weight off your heels and distribute your weight over the individual's arm (ensuring the pressure is still going through the bridge of your hands).

	<ol style="list-style-type: none"> 3. If an individual has restrictive shoulder movement (but still has the ability to lift their arm) then move your hand from the individual's bicep onto your arm (just above the individual's wrist) for added support. Lean to the side if necessary to increase support.
Supine Position	<ol style="list-style-type: none"> 1. Rotate the outside hand nearest the wrist, follow the movement of the arm whilst at the same time your knees are around the elbow. Moving your knees to cover your thumbs will improve the integrity of the support 2. Move your arm from the bicep area to your wrist for increased support, maintain your back alignment
Changeover – T position	<ol style="list-style-type: none"> 1. Slide the individual's arm away from you to approximately 45° remembering to move your knees at the same time to maintain contact with your thumbs. 2. The point of change is controlled by the person coming in. This person will mirror your position. Once the change has taken place, return the arm to the original 'T' position.
Changeover – Supine position	<ol style="list-style-type: none"> 1. 2nd Person will move to your side and mirror your position with your arms (bridge the individual's forearm). As you move your legs away, the 2nd person will quickly move into position. Once the second person indicates they are in position and when safe to do so remove yourself
Upper leg management	<ol style="list-style-type: none"> 1. Coming in in protective stance to minimise any injury caused by kicking, drop to knees facing the individual, reaching over the top of the legs and under the natural gap, hold fingers ensuring stable base sitting on your bottom with your legs open 2. In order to provide a safe hold on the individual's legs they must be held together, with your arm coming over the top then underneath (just above the individual's knees) and into the natural gap. Any weight placed over the individual's legs will be supported by your elbow and forearm. No direct pressure is put through the individual's legs. 3. In order to maintain dignity, it may be necessary to face to your side or facing towards the individual can allow for monitoring of airways. Ensure you are not laying on top off the individual's thigh as this can cause some pain and discomfort. You may only have to shuffle down a couple of inches, but

	<p>this will make a vast difference.</p>
Upper leg management change over	<ol style="list-style-type: none"> 1. 2nd person comes into position maintaining protective stance 2. 1st person shuffles up the legs allowing 2nd person to get in the natural gap under the knees. 3. Once 2nd person confirms they are in position 1st person removes lower arm and uses this to help to a kneeling position before removing self.
Lower Leg management	<ol style="list-style-type: none"> 1. First staff member (Legs 1) follows the instructions for standard leg support. 2. Second person (Legs 2) approaches individual from the direction of their feet. 3. Legs 2 kneels at the individual's feet and positions their kneeling thighs so that they in direct contact with the soles of the individual's feet keeping the individual's foot at 90 degrees to the individual's leg – i.e. in good body alignment. Legs 2 applies moderate resistance to the soles of the feet using their thighs to prevent the individual digging their heels into the floor and gaining traction with the floor. 4. Legs 2 uses both hands one just above each ankle to support the individual's feet from moving upwards– exactly the same way as they are used in the T position hold – i.e. hands bridge the ankles and force is transmitted through the fingers to the floor.
Seclusion Exit	<ol style="list-style-type: none"> 1. From supine position let go of own wrist and place on individual's forearm. 2. Take individuals arms to the side bridging over forearm and into the armpit as per sitting to lying bringing knees close to block own thumbs. At no point remove hand from armpit. 3. Staff member 1 using their lower hand reaches over to raise individuals opposite side hip as staff member 2 places individuals hand underneath buttock. 4. Staff member 2 reaches over placing hand on individual hip pulling individual towards them onto their side. 5. Staff member 1 kneels up close to the individual stabilising the hip whilst Staff member 2 position themselves to support the exit from the room. 6. As soon as staff member 2 is in position staff member 1 takes

	extended arm, releases armpit and exits the room.
Prone to Supine	<ol style="list-style-type: none"> 1. From the position the service user is in the aim is to get the service users arms into the position as per Step 2. 2. From a prone 'T' position for example the principles would be as follows 3. A supporting member of staff who was not involved in the initial intervention will mirror the member of staff in the prone 'T' position. 4. When ready the first member of staff will move out of the way still holding the service user forearm with their inside hand 5. The supporting member of staff will then move the outside arm to thumb to palm with their finger under the service users hand preventing any scrapping along the floor before moving the service user arm to their side. 6. The above steps need to be repeated on the service users' other arm either simultaneously or with the member of staff who has just been released 7. Straighten service users' arms to their side holding the upper and forearm 8. Staff 1 who is behind service user head places upper hand on service users opposite shoulder maintaining close contact with their knee to their arm holding the service user forearm. 9. 'Conductor' or lead staff gives command to turn in the opposite direction service user head is facing. 10. Staff 2 supports by helping to roll service user keeping close contact with service user. 11. When service user is inside position, the staff especially No 2. must be ready to move their arms to the service user arm which is closest to them. As service user move into supine position staff should be holding the upper and forearm
Sitting someone up from Supine	<ol style="list-style-type: none"> 1. Take your hand from your wrist and use this hand to support the person's back whilst assisting them to sit. 2. Once the individual is sitting, your hips should be slightly forward of the individual blocking the individual's elbows. Lean your head and shoulders way away from the individual. Your hands will now be in the cupped position over the individual's forearm. Your thumb should be against your own leg for support. Be aware of the positioning of your hand to

	<p>ensure it is kept away from the individual's groin area</p> <ol style="list-style-type: none"> 3. Remove your hand off the shoulder blade first to exit, maintaining contact with the forearm initially for safety
Seated Holds	<ol style="list-style-type: none"> 1. From the two person escort, walk towards the seating area. Turn at the point where the individual is within touching distance of the settee. Prior to reversing into the seated position, ensure your hips are in advance of the individual's hips which guide into the seated position. 2. Both hands can remain in the same position, or you can move your top hand to cup your own wrist to provide increased support. 3. Only position your leg across the individual's ankle if they kick out and there is a risk. For more stability, widen your stance. 4. Always remember your verbal communication.
	Breakaway Techniques
Straight arm strangle from the front (also for strangulation against a wall)	<ol style="list-style-type: none"> 1. Identify your exit. 2. Using the outside arm to lead body momentum, your pointed finger leads up and through the middle of the individual's arms towards the exit. At the same time, briskly walk in the same direction.
Straight arm strangle from the rear	<ol style="list-style-type: none"> 1. Bring your arms straight up above your head, turn and step back into protective stance.
Rear choke hold	<ol style="list-style-type: none"> 1. As soon as you feel the individual's forearm coming around your neck, bring your hands up to their forearm, grip and pull down. This may only be millimetres but is enough to remove the pressure on the windpipe. At the same time, turn your head towards the individual so that your chin is as close as possible to your shoulder (as in the original demonstration). This is your maintenance position. Drop your body weight slightly by moving your centre of gravity and putting your bottom against their thigh, and ensure a good stance, bringing your shoulder back, to apply more pull force to the individual's arm. 2. Once the individual's muscle tension has released, cup the individual's elbow that is nearest to you. 3. Use this to lever the arm over your head as you bend at the

	<p>waist to exit.</p> <ol style="list-style-type: none"> Remember the need for muscle fatigue and reduction of muscle tension to release.
One handed arm grab	<ol style="list-style-type: none"> If possible, cup under the individual's forearm with your free hand. This will stabilise the grip. Flick your fingers out. This will slightly increase the width and rigidity of your arms. Rotate your hand out and over the thumb. Exit or maintain a stance/protective stance. An additional option: if the individual is not digging their nails into your skin, then support the individual's forearm and release by twisting your arm towards the gap of the hold. Remove your arm via the gap between the thumb and fingers. Always remember your verbal communication. Consider touch support.
Two handed arm grab on one arm	<ol style="list-style-type: none"> Flick your fingers on the hand of the arm that the individual is holding. This will increase width and rigidity of your arm With your free hand, reach through the centre of the individual's arms and take secure hold of your hand. In one movement, pull through the individual's thumb towards your chest, stepping away with open palms Exit or maintain a stance/protective stance. Always remember your verbal communication. Consider touch support.
Two hands grabbing two arms	<ol style="list-style-type: none"> Keeping a safe distance and a stable base, flick your fingers out on both hands. This will slightly increase the width and rigidity of your arms. Rotate your hands up and out through the thumbs at the same time as stepping back. Exit or maintain a stance/protective stance. Always remember your verbal communication. Consider touch support.
Thumb grabs	<ol style="list-style-type: none"> Stabilise the grip by cupping under the individual's forearm. Curl your fingers over the individual's hand (looks like an arm wrestle position but keep the arms straight). This will also stabilise the grip and protect your thumb.

	<ol style="list-style-type: none"> 2. Flick out the fingers and pull down sharply. 3. Exit or maintain a stance/protective stance. 4. Always remember your verbal communication.
Nail digs	<ol style="list-style-type: none"> 1. Mirror your and over theirs and lift away. You may need to rotate your arm away from the direction that the nails are being dug in. Do not at any point squeeze the ends of the fingers or squeeze the fingers together – this can cause pain.
Bites	<ol style="list-style-type: none"> 1. Push the part of the body being bitten (for example, forearm or hand) into the mouth and towards the lower jaw in order to prevent the jaw closing further on to the skin. This action alone may release the bite. 2. If the action of pushing into the bite does not release the grip by itself, the next step is to cover the individual's eyes with the palm of your hand. If you are using this method, bring your hand over the back of the person's head, palm down, over the eyes to prevent any contact (by your fingers) with the individual's eyes. 3. If the bite still doesn't release, then seal the nose. Bring your hand over the back of the individual's head. Using your finger and thumb, gently squeeze the person's nostrils. This action will block off the air to the nose and the person will then release the grip in order to take a breath in.
Punches - haymaker aimed to the top of the head	<ol style="list-style-type: none"> 1. From your protective stance raise your hands above your head making fists, crossing your arms and locking them out. 2. When the contact has been blocked immediately step back in to your protective stance.
Punches - uppercut aimed at the lower body and midriff	<ol style="list-style-type: none"> 1. From your protective stance drop your arms forwards and below your waist making fists, crossing your arms and locking them out. 2. When the contact has been blocked immediately step back in to your protective stance.
Punches - roundhouse or slap around the side of the	<ol style="list-style-type: none"> 1. From your protective stance bring both arms up to 90 degrees and make fists exposing the blades of your arms and turn your upper body in the direction that the slap or punch is

face	<p>coming from.</p> <ol style="list-style-type: none"> 2. When the contact has been blocked immediately step back in to your protective stance.
Rear hair pull	<ol style="list-style-type: none"> 1. Place hands on top of the individual's hands to stabilise the individual's grip. Tuck your elbows in to improve stability and to protect your neck. 2. Take one wide step out away from the individual and lock your knees to create a stable base. In one movement, keeping your legs straight, bend forward sharply from the waist. 3. If staff member is on the floor and unable to practice this release then, with the addition of a second staff member, they can bring their hand over the back of the individual's head (not touching the head) and in front of the eyes. Remember: the individual is likely to attempt to hold your hand to remove it from their eyes. 4. Always remember your verbal communication.
Front hair pull	<ol style="list-style-type: none"> 1. Place hands on top of the individual's hands to stabilise the individual's grip on your hair and tuck your elbows in, maintaining a stable base. 2. Step towards the person, ensuring that their elbow bends naturally. When this occurs, cup the individual's forearm on the long strong bone just above the wrist, using your outer arm. 3. Step backwards, at the same time extending your arms whilst maintaining your hand position cupping the person's long strong bone. 4. Finally, release and step away, maintaining adequate personal space. Alternatively, go into touch support if you feel it's safe to do so.

Appendix E - Psychological Restraint

There is now greater awareness and monitoring of the restrictive practices (e.g., physical, mechanical and chemical restraint) that are sometimes used in inpatient mental health hospitals to influence and control people. However, the use of psychological restraint has received far less attention, despite its frequent use.

(Potthoff et al., 2022)

Staff in mental health settings can see pressuring people to comply with their treatment and/or influence their behaviour as integral to their care.

(Andersson et al., 2020)

Research has found that staff often use psychological restraint unknowingly.

(Gooding et al., 2020; Valenti et al., 2015; Elmer et al., 2018)

Many consider psychological restraint a least restrictive alternative to other types of restraint, as it avoids the use of physical force.

(Potthoff et al., 2022)

This lack of awareness means that it is unlikely to be reported, used reflectively, and constitute least restrictive practice.

(Elmer et al., 2017; Jaeger et al., 2014; Schori et al., 2018)

What does Psychological Restraint look like in practice?

NHS
Sheffield Health
and Social Care
NHS Foundation Trust

Verbal pressure



This happens when staff try to force people to change their behaviours and attitudes, using spoken or written words.

Non-verbal pressure



This happens when staff try to force people to change their behaviours and attitudes using their tone of voice, body language and/or other cues (e.g., facial expressions).

Systemic pressure



This happens when staff harness the power of the institutional structure and/or system to change people's behaviours and attitudes.



How can staff avoid using Psychological Restraint?

1. Building relationships
2. Exploring choices and options
3. Listening, empathising and responding
4. Treating the person's perspective as equal
5. Supporting the person's decision-making
6. Offering post-incident support and learning
7. Finding spaces to communicate with staff



Supporting documents, guidelines and SOPs on Jarvis:
Taser use or irritant spray use guidance
Care of the pregnant service user guidance
Positive behaviour support guidelines and example care plan
Safety Pod Standard Operating Procedure and leaflet
Post incident support reference guide
SOP for Dignity suits
SOP for Prolonged restraint
SOP - Accessing seclusion in an emergency
Use of Force Leaflet and poster
Human rights leaflets
SACMHA/PMC poster