

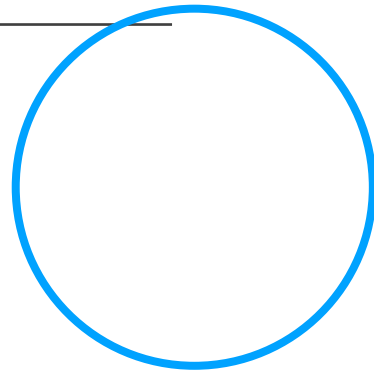
# Prevention is better than cure

(Desiderius Erasmus)

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REDUCING RESTRICTIVE INTERVENTIONS

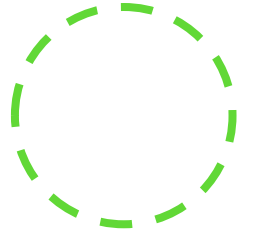
Lisa Spong





# Objectives

- Summarise strategies to reduce restrictive interventions in the workplace.
- Consider individual goals for reducing restrictive practice.
- Locally discuss strategies to assist with ongoing reduction of restrictive practices.

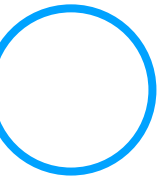


# Restrictive Interventions

Any intervention that is used to restrict the rights or freedom of movement of a person.

A restrictive intervention may only be used after all reasonable and less restrictive options have been tried or considered and have been found to be unsuitable.

To prevent imminent and serious harm to the person or to another person.





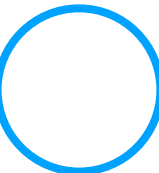
# Why use restrictive practice?

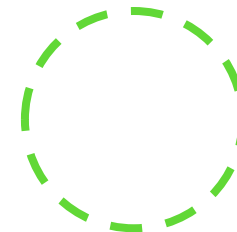
People have reported feeling:

- defenseless
- humiliated
- fearful
- worthless
- traumatized
- distressed
- loss of dignity
- triggered by childhood memories of abuse/assault



System interventions are essential



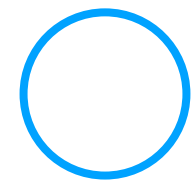


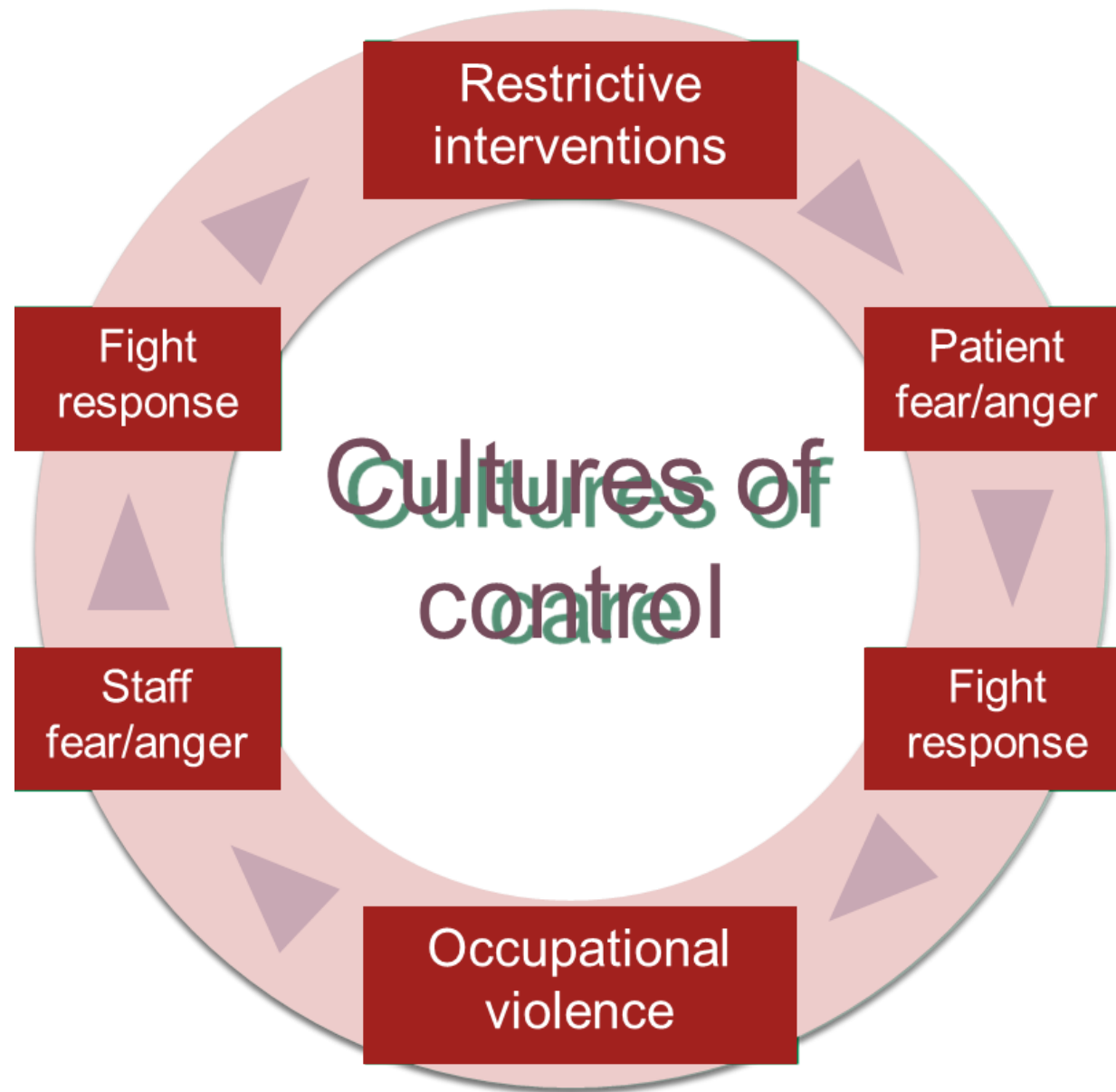
# Myth Busting

“There can be no justification for the sustained and repeated use of the restraint of vulnerable people whilst services continue to neglect to embrace strategies, which can reduce the reactive and uncontrolled use of such approaches.”

“The risk exists for both the person exposed to physical restraint, and also staff who implement the use.”  
(Duxbury 2015)

Evidence supports that most circumstances when restrictive practice is deployed are avoidable.  
(World Health Organisation 2017)

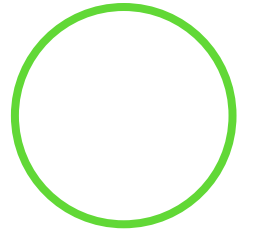




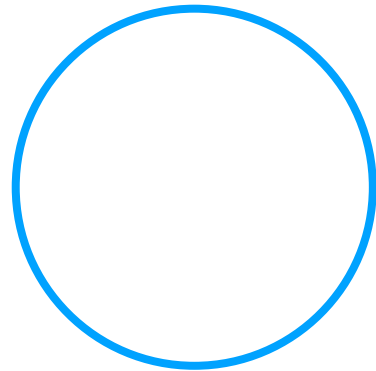
“every system is perfectly designed to achieve exactly the results it achieves” (don Berwick)



# Culture of Reducing RI's



- Leadership – establish a leadership team
- Orientation – for staff, family, person being admitted to the establishment
- Clinical Reviews of restrictive interventions process – after any event/incident.
- Inform local actions that may be taken to ensure optimal outcomes for all – adopt an ethical decision making process
- Assist the development of systemic understanding of elements of RI's – evidence based proactive and preventative responses
- Development of standards, guidelines, practice directions or advice – adopt approaches that support risk assessment
- Training/education - directed towards reducing use of RI's – informal and formal approaches
- Collaboration
- System evaluation and quality improvements – use local data
  - Identify what it is you'll measure
  - Share the data
  - Set new expectations



# Reducing Restrictive Interventions

You change what you measure!

Strategy 1. Leadership towards organisational change.

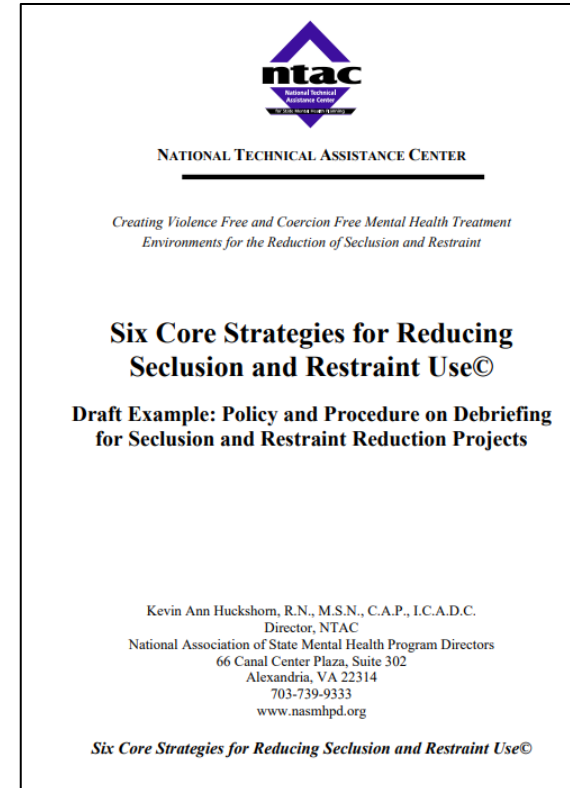
Strategy 2. Full inclusion of lived experience.

Strategy 3. Using data to inform practice.

Strategy 4. Workforce development.

Strategy 5. Use of seclusion and restraint reduction tools.

Strategy 6. Debriefing techniques.



# Impacting Factors – Safewards Model

Patient Community

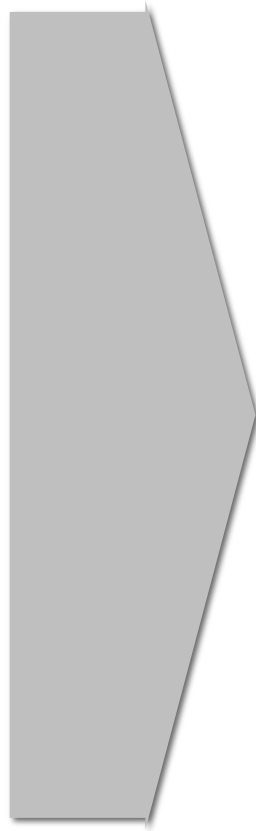
Patient characteristics

Regulatory framework

Staff team

Physical environment

Outside hospital

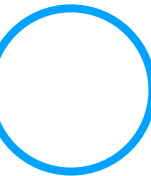


Flashpoint



**Definition:**

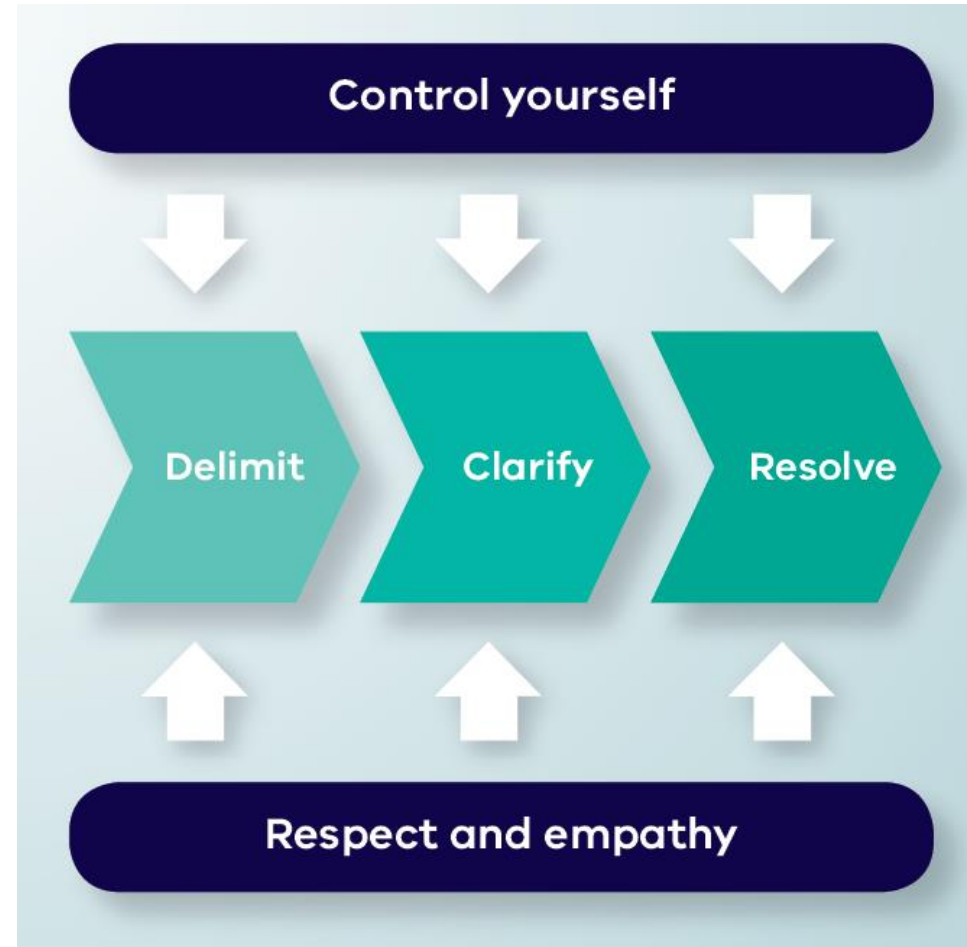
Social and psychological situations arising out of features of the originating domains, signaling and preceding imminent conflict



# De-escalation – Talk Through

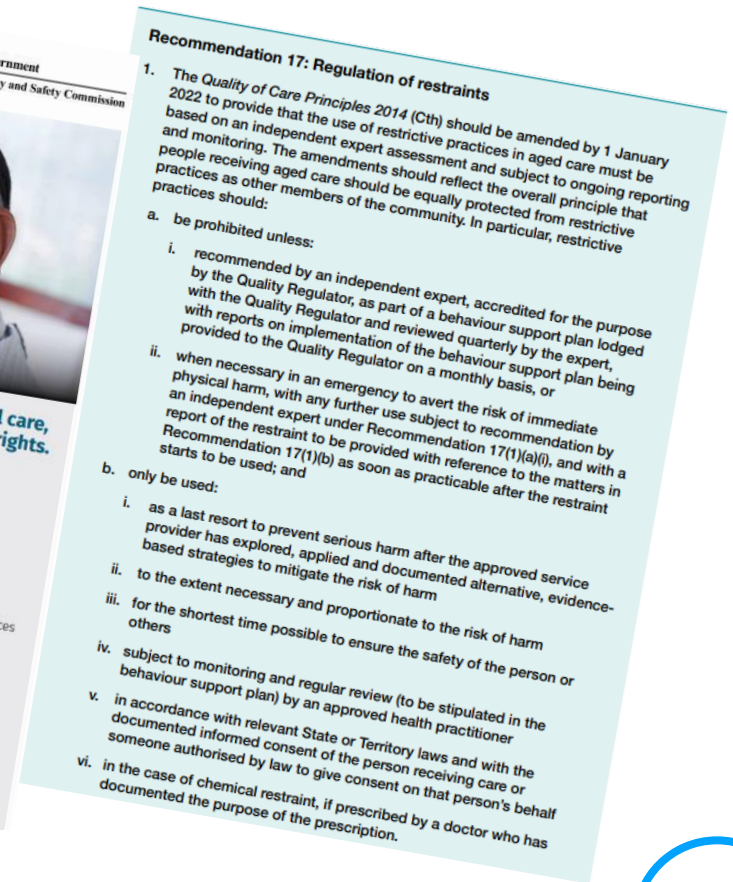
How we approach people impacts the outcome.

A process can make a difference



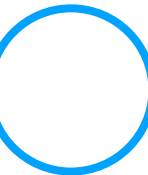
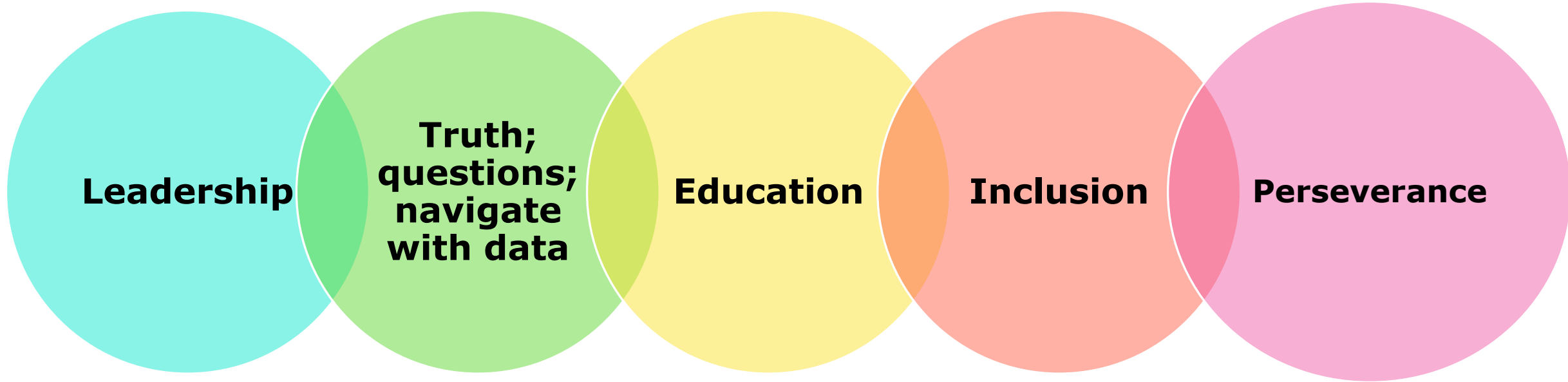
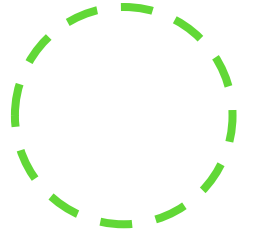
# Staff Responsibility

- Do you understand legislation?
- Do you understand policy and protocol?
- What are your responsibilities?
- What is your knowledge of RRI's
  - TIC
  - Recovery
  - Person-centred Care



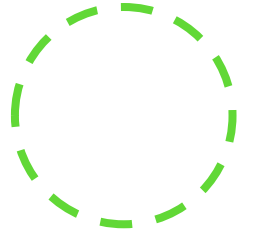


# Recap





# Thank You



## References:

Bowers, L., James, K., Quirk, A., Simpson, A., SUGAR, Stewart, D. & Hodsoll, J. (2015). Reducing conflict and containment rates on acute psychiatric wards: The Safewards cluster randomized controlled trial. *International Journal of Nursing Studies*, 52, 1412-1422.

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Huckshorn, K.A. (2006). Six Core Strategies to Reduce the Use of Seclusion and Restraint Planning Tool. National Association of State Mental Health Program Directors. Alexandria. VA

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