

**Response to The Detail query regarding face-down restraint**

1 July 2013

The Board welcomes the recent report published by MIND which highlights the concerns widely shared about physical interventions, and the position from the Royal College of Nursing who recently voted unanimously to establish an accreditation and regulation framework for physical intervention training in NHS mental health settings.  We remain committed to restraint reduction and believe any form of restraint (physical, chemical, environmental, social or mechanical) should be avoided unless as an absolute last resort when individuals endanger themselves or others.

Physical intervention in a face down position is included within the Management of Actual or Potential Aggression (MAPA) programme. In Trusts, staff members are trained within the MAPA philosophy of reducing risk and ensuring care, welfare, safety and security for all concerned. The skills used are British Institute of Learning Disabilities (BILD) accredited who scrutinise all techniques and accept their use as part of the risk management strategy but only ever used as a last resort. The training model (MAPA) has been delivered to a wide range of staff in a variety of settings since 1992, and aims to ensure that everyone involved in crisis situations which include disruptive, challenging, or violent behaviour can maintain the care, welfare, safety and security of all involved.

The training equips staff with essential knowledge, skills and confidence to prevent, decelerate, and de-escalate crisis. Additionally, the programme will enable staff to reduce the likelihood of risky or dangerous behaviour occurring in the first instance, as well as to manage such behaviour should it occur, using a range of MAPA physical interventions that aim to minimise risk without damaging the professional and supportive relationship staff work so hard to establish with the individual within their care.

The physical interventions taught within the programme have been independently risk assessed, are compliant with the UK national Physical Interventions Accreditation scheme (PIAS).

Where physical restraint is required it is a last resort and the safety of the patient whilst being restrained is paramount. **Patients are not restrained in a position where their face is down on either a bed or floor**. Where a patient is restrained in a prone position on their front their head is supported by a member of staff at all times to ensure airways and breathing is not compromised. Physical restraint would be applied through holding the patients arms and legs i.e. main limbs only. This restraint is classified as prone physical intervention and the head is always controlled and supported. This is in line with NICE clinical guidelines.

The Board does not hold statistics on the use of physical interventions. Trusts record all incidents on the incident recording system and on the clients’ records but would require a manual search to identify the exact numbers.

There is no record of any fatalities involving restraint in Trust mental health facilities.

*We (The Detail) asked for further comment on the use of face down restraint yesterday (July 2). The following additional line was provided by the HSCB:*

It should be emphasized that physical restraint should only be used as a last resort and the MAPA training provides staff with techniques to manage crisis situations which include disruptive, challenging or violent behaviour in a controlled and safe way. The knowledge and skills acquired through this training give staff the essential skills and confidence to prevent, decelerate and deescalate crisis. The programme enables staff to reduce the likelihood of risky and dangerous behaviour occurring in the first place, as well as manage such behaviour if it occurs using a range of therapeutic holding skills taught on the MAPA course.

The physical interventions taught on the MAPA course with a yearly update for staff have been independently risk assessed and are compliant with the UK National Physical Interventions Accreditation scheme (PIAS).

All incidents of therapeutic holding or physical restraint are recorded on the Trusts incident forms and an audit form is completed on all incidents and practice reviewed by a trainer from the Accredited Training Centre.