

### Some of the drivers for change

Secretary of State requests NHSI improvement programme

- Training
- Recording
- Definitions
- Building an evidence base - finding out what works in 48 wards

Mental Health Units (Use of Force) Act 2018 (Seni's law)

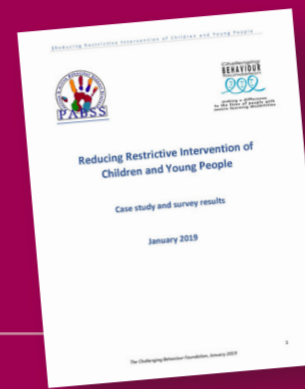
Requirements for training and recording



Equalities and Human Rights Commission publish A Human Rights Framework for Restraint (2019)



PABS and CBF survey - stories of over 600 families whose children have been injured or traumatised by restraint in school



Story of 17 year old Bethany emerges - locked in a seclusion room for 17 months - other stories appear  
Secretary of State orders thematic review of restraint and seclusion



## Restraint Reduction Training Standards

Concern about quality and safety of some restraint training and the focus on restrictive strategies leads to new standards being developed with a human-rights focus. Based on the six core strategies best evidence and professional consensus

Prevention - staff taught how to prevent crisis before they can be taught to restrain



Listening to the voices of people with lived experience of restraint before staff are taught to restrain

Trainers who have sector knowledge and are competent to teach more than just restraint

Trauma informed training content

Non restrictive alternatives are available even at crisis stage ( LaVigna and Willis 2015)

Testing competence to use primary and secondary prevention strategies and non-restrictive interventions as well as restrictive interventions



Focus on human rights

Focus on safety, emergency procedures, risk assessed interventions

Better recording

Training Needs Analysis - the right training for the right people, that includes understanding the needs and vulnerabilities of the people that may be restrained (not a blanket approach)

Annual review - named person signs off high risk interventions

Partnership and communication needed between training provider and commissioners - working together to reduce the use of restrictive interventions

No pain compliance

Restraint Reduction Network 2019 Training Standards will be mandatory for all NHS commissioned services from 2020.

**Can training providers make the jump? Have we got the standards right? Will it change practice?**

#### The evidence base for reduction

The six core strategies for reducing the use of restraint and seclusion (Huckshorn 1994)

- Leadership
- Workforce development
- Stakeholder participation
- Data informed practice
- Post incident support and review
- Specific reduction strategies

#### 5 pilots

Training providers testing the standards and a new certification scheme - An independent evaluation is looking at five touchpoints

#### Impact tool

Developing and piloting impact tool with the Restraint Reduction Network Community of Practice

#### What we know so far

- Listening to the voices of people with lived experience is very powerful, but we need to do it mindfully
- Training needs analysis are proving a challenge