Approved Centre Name:
Adult Acute Mental Health Unit Galway

The total number of persons that the centre can accommodate at any one time	**50**
The total number of persons that were admitted during the reporting period	**590**
The total number of persons who were secluded during the reporting period	**31**

Rules Governing the Use of Mechanical Means of Bodily Restraint

Issued Pursuant to Section 69(2) of the Mental Health Act 2001-2018.

The total number of persons who were mechanically restrained	n/a
The total number of episodes of mechanically restrained	n/a
The shortest episode of mechanically restraint	n/a
The longest total episode of mechanically restraint	n/a
The total number of persons who were mechanically restrained as a result of mechanical means of bodily restraint for enduring risk of harm to self or others	n/a

A statement about the effectiveness of the approved centre's actions to reduce and, where possible, eliminate mechanical means of bodily restraint
There were no episodes of mechanical restrained used over the course of 2023 in the AAMHU.

A statement about the approved centre's compliance with the rules governing the use of mechanical means of bodily restraint
N/A

A statement about the compliance with the approved centre's own reduction policy
N/A

Approved Centre Name:
Adult Acute Mental Health Unit Galway

Rules Governing the Use of Seclusion

Issued Pursuant to Section 69(2) of the Mental Health Act 2001-2018.

The total number of seclusion episodes	**41**
The shortest episode of seclusion	**40mins**
The longest episode of seclusion	**71hrs**

A statement about the effectiveness of the approved centre's actions to reduce or, where possible, eliminate the use of seclusion

The staff working in the AAMHU are committed to providing the highest possible quality service in keeping with the HSE values of care, compassion, trust and learning. They adopt a biopsychosocial approach which emphasises a recovery framework and are committed to providing a recovery orientated service; using expertise, knowledge and skills, together with the service user, their family member and/or representative. The AAMHU implements the Safewards Model as an evidence based approach to reduce conflict and containment in the approved centre. Ten targeted interventions are implemented which enhance communication and the therapeutic relationship resulting in a positive effect in reducing the use of seclusion. Staff in the AAMHU also conduct a Safety Pause each day which aims to identify what safety issues staff need to be aware of and facilitates early intervention and proactive strategies to be implemented to reduce the need for seclusion. It is a culmination of the above that assist the AAMHU in reducing and where possible, eliminating the use of restrictive practices.
Throughout the course of 2023, the AAMHU continued to promote a reduction in in the use of seclusion with a notable decreases in Q3 and Q4. The ethos and ambition of the staff working in the Adult Acute Mental Health Unit remains the same for 2024, where service user's human rights and person centred care are upheld to the highest standards.

A statement about the approved centre's compliance with the rules governing the use of seclusion

The Adult Acute Mental Health Unit continues to achieve a high level of compliance with the Rules Governing the Use of Seclusion. This is further verified during the Mental Health Commissions annual inspections.

A statement about the compliance with the approved centre's own reduction policy

The AAMHU implements and complies with a policy developed by the Galway Roscommon Mental Health Services titled 'Restrictive practices reduction strategy and policy'. This policy is underpinned by the recommendations from Sharing the Vision (2020) and the Galway Roscommon Mental Health Nursing Services Strategy (2022-2027) which collectively support and promotes human rights and trauma informed care. The policy outlines that all restrictive practices should only be used as a last resort in rare and exceptional circumstances.

A Multidisciplinary review and oversight committee reviews all episodes of seclusion quarterly. This process promotes learning for all concerned and provides an opportunity for reflection. This learning informs practice and helps to identify antecedents which will assist in preventing further episodes of seclusion into the future. The service user is encouraged to participate in this process. This committee also seeks ways to improve practices and further reduce episodes of seclusion through Safewards promotion and quality initiatives. Safewards is the model of care promoted by the AAMHU as a prime driver in the reduction of restrictive practices. A local implementation group oversees the implementation and monitors its effectiveness through regular meetings.

Approved Centre Name:
Adult Acute Mental Health Unit Galway

Code of Practice on the Use of Physical Restraint

Issued Pursuant to Section 33(3)(e) of the Mental Health Act 2001-2018

The total number of persons who were physically restrained during the reporting period	54
The total number of episodes of physical restraint	85
The shortest episode of physical restraint	1min
The longest episode of physical restraint	10mins

A statement about the effectiveness of the approved centre's actions to eliminate, where possible, and reduce physical restraint

The staff working in the AAMHU are committed to providing the highest possible quality service in keeping with the HSE values of care, compassion, trust and learning. They adopt a biopsychosocial approach which emphasis a recovery framework and are committed to providing a recovery orientated service; using expertise, knowledge and skills, together with the service user, their family member and/or representative. The AAMHU implements the Safewards Model as an evidence based approach to reduce conflict and containment in the approved centre. Ten targeted interventions are implemented which enhance communication and the therapeutic relationships resulting in a positive effect in reducing the use of physical restraint. Staff in the AAMHU also conduct a Safety Pause each day which aims to identify what safety issues staff need to be aware of and facilitates early intervention and proactive strategies to be implemented to reduce the need for physical restraint. It is a culmination of the above that assist the AAMHU in reducing and where possible, eliminating the use of restrictive practices.
Throughout the course of 2023, the AAMHU continued to promote a reduction in in the use of physical restraint with a notable decreases in Q3 and Q4. The ethos and ambition of the staff working in the Adult Acute Mental Health Unit remains the same for 2024, where service user's human rights and person centred care are upheld to the highest standards.

A statement about the approved centre's compliance with the code of practice on the use of physical restraint

The Adult Acute Mental Health Unit continues to achieve a high level of compliance with the Code of Practice on the Use of Physical Restraint. This is further verified during the Mental Health Commissions annual inspections.

A statement about the compliance with the approved centre's own reduction policy

The AAMHU implements and complies with a policy developed by the Galway Roscommon Mental Health Services titled 'Restrictive practices reduction strategy and policy'. This policy is underpinned by the recommendations from Sharing the Vision (2020) and the Galway Roscommon Mental Health Nursing Services Strategy (2022-2027) which collectively support and promotes human rights and trauma informed care. The policy outlines that all restrictive practices should only be used as a last resort in rare and exceptional circumstances.
A Multidisciplinary review and oversight committee reviews all episodes of physical restraint quarterly. This process promotes learning for all concerned and provides an opportunity for reflection. This learning informs practice and helps to identify antecedents which will assist in preventing further episodes of physical restraint into the future. The service user is encouraged to participate in this process. This committee also seeks ways to improve practices and further reduce episodes of physical restraint through Safewards promotion and quality initiatives. Safewards is the model of care promoted by the AAMHU as a prime driver in the reduction of restrictive practices. A local implementation group oversees the implementation and monitors its effectiveness through regular meetings.

Approved Centre Name:
Adult Acute Mental Health Unit Galway

Signed by Registered Proprietor Nominee: Steve Jackson
**If you don't have a Digital Signature, typing your name will be accepted as your signature.*