South Eastern Community Health Care

Waterford & Wexford Mental Health Services

Annual Report 2023

Restrictive Practices in Approved Centres

Compiled by Ms Judith Murphy Assistant Director of Nursing

Contents

- Pages 3-5 Glossary
- Pages 6-8 Statements
- Pages 9-14 Department of Psychiatry (DOP)- University Hospital Waterford Data
- Pages 15-16 Grangemore St Otterans Hospital Data
- Pages 17-18 Aidans Waterford Residential Community Care Centre Data
- Pages 19-20 Selskar House Farnogue Residential Care Centre Wexford

Glossary

APPROVED CENTRE

- A “centre” means a hospital or other inpatient facility for the care and treatment of persons suffering from mental illness or mental disorder. An “approved centre” is a centre that is registered pursuant to the Mental Health Act 2001-2018. The Mental Health Commission establishes and maintains the register of approved centres pursuant to the Mental Health Act 2001-2018.

CONSULTANT PSYCHIATRIST

- Means a consultant psychiatrist who is employed by the HSE or by an approved centre or a person who name is entered on the division of psychiatry or the division of child and adolescent psychiatry of the Register of Medical Specialists maintained by the Medical Council.

DE-ESCALATION

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

DIGNITY

- The right of an individual to privacy, bodily integrity and autonomy, and to be treated with respect as a person in their own right.

MECHANICAL MEANS OF BODILY RESTRAINT

- For the purpose of the rules, mechanical means of bodily restraint is defined as “the use of devices or bodily garments for the purpose of preventing or limiting the free movement of a person’s body”.

Glossary

PERSON

- All references to “person” in this document shall be taken to mean a voluntary or involuntary patient or resident, as defined in the 2001 Act.

POLICY

- Written statement that clearly indicates the position of the organisation on a given subject.

POSITIVE BEHAVIOUR SUPPORT

- Positive behaviour support involves assessments that look beyond the behaviour of a person and seek to understand the causes or triggers of the behaviours. These causes may be social, environmental, cognitive, or emotional. The approach is one of the behaviour change as opposed to behaviour management.

PHYSICAL RESTRAINT

- For the purpose of the Code of Practice, physical restraint is defined as “the use of physical force (by one or more persons”) for the preventing the free movement of a person’s body when the person poses an immediate threat of serious harm to self or others.

REPRESENTATIVE

- An individual chosen by the person who is being cared for (e.g. friend, family member, advocate) or a legal professional appointed by the person, statutory organisation or court to represent the person.

RESIDENT

- Is a person receiving care and treatment in an approved centre.

Glossary

RESTRICTIVE INTERVENTIONS/RESTRICTIVE PRACTICES

- For the purpose of this report, includes the use of mechanical means of bodily restraint for enduring risk of harm to self or others, physical restraint and seclusion

RIGHTS-BASED APPROACH

- Integrating human rights norms and principles in the design, implementation, monitoring and evaluation of policies and programmes. The principles of equality and freedom from discrimination are central.

RISK ASSESSMENT

- An assessment to gauge risk in relation to the person, designed and recognised for use in mental health settings.

SECLUSION

- For the purpose of this rules, seclusion is defined as “the placing or leaving of a person in any room, at any time, day or night, such that the person is prevented from leaving the room by any means”.

TRAUMA-INFORMED CARE

- Trauma-informed care is an approach which acknowledges that many people who experience mental health difficulties may have experienced some form of trauma in their life. A trauma-informed approach seeks to resist traumatising or re-traumatising persons using mental health services and staff.

UNSAFE BEHAVIOUR

- When a person acts in such a way that they may injure themselves or others.

STATEMENT 1

Statement on the effectiveness of the Waterford & Wexford Mental Health Services (WWMHS) actions to reduce or where possible eliminate the use of physical restraint, seclusion and mechanical means of bodily restraint for ending risk of harm to self or others. (4 approved centres)

- WWMHS is committed to the reduction of both the frequency and duration of physical restraint, seclusion and mechanical means of bodily restraint for ending risk of harm to self or others. The service is committed to adhering to the principle that the use of restrictive practices and interventions should only take place following a risk assessment and where there are no alternative means to support the person's safety.

- WWMHS emphasises the importance of strong governance and oversight mechanisms as key to successful reduction and where possible, elimination of restrictive practices.

- For examples-WWMHS Department of Psychiatry in 2023 has achieved a **59% reduction in seclusion episodes and a 52% reduction in physical restraint episodes compared to MHC 2022 data.** This was achieved through the implementation of a comprehensive restrictive practice reduction policy, the continuation of a restrictive practice reduction-working group and the analysis of each restrictive practice episode by its newly formed multidisciplinary review and oversight committee. There were 2 episodes of mechanical restraint during 2023 both of which were under Part 4.

STATEMENT 2

Statement on the WWMHS compliance with the rules governing the use of seclusion, rules governing the use of mechanical means of Bodily Restraint and Code of Practice on the use of physical restraint. (4 approved centres)

- WWMHS recognise that restrictive practices compromises a person's liberty and that its use must be the safest and least restrictive options of last resort necessary to manage the immediate risk. The restrictive practice must be proportionate to the assessed risk, employed for the shortest possible duration and its use must only occur following reasonable attempts to use alternative means of de-escalation to enable the person to regain self-control (MHC 2022).

- Achieving compliance with the relevant Rule or Code of Practice is a key priority for WWMHS. In order to achieve this priority, the services audit team audit all episodes of physical restraint, seclusion and mechanical means of bodily restraint. Audit findings are discussed at the approved centres' monthly Quality Patient Safety Committee (QPSC) meetings and at the services' newly formed Multidisciplinary Review and Oversight Committee meetings.

STATEMENT 3

Statement on the compliance with the approved centres own reduction policy (4 approved centres)

- WWMHS has a comprehensive restrictive practice reduction policy, which outlines how the service aims to reduce, or where possible eliminate the use of restructure practices within WWMHS
- The Policy places strong emphasis on leadership of senior clinical and administrative staff, the use of data and post incident reviews in its efforts to reduce the incidents of restrictive practices and to inform practice
- The policy outlines specific reduction tools including positive behavioural support approaches and how workforce development and training are key to successful reduction or where possible elimination of restrictive practices
- WWMHS are fully compliant with its own reduction policy.

Department of Psychiatry University Hospital Waterford

SECLUSION

- The total number of persons that the centre can accommodate: 44
- The total number of persons that were admitted during 2023: 674
- 3 The total number of persons who were secluded during 2023: 40
- 4 The total number of seclusion episodes: 68
- 5 The shortest episode of seclusion: 35 minutes
- 6 The longest episode of seclusion: 71 hours & 25 minutes
- Gender Ratio: 71% of episodes involved males and 29% of episodes involved females

2023 Seclusion Statistics Breakdown

Seclusion Episodes 2023	Number of Episodes
A	8
E9	7
V5	4
G6	4
L7	3
C5	3
M4	3
Z7	2
J9	2
M2	2
All other service users	1

Department of Psychiatry Hospital Waterford

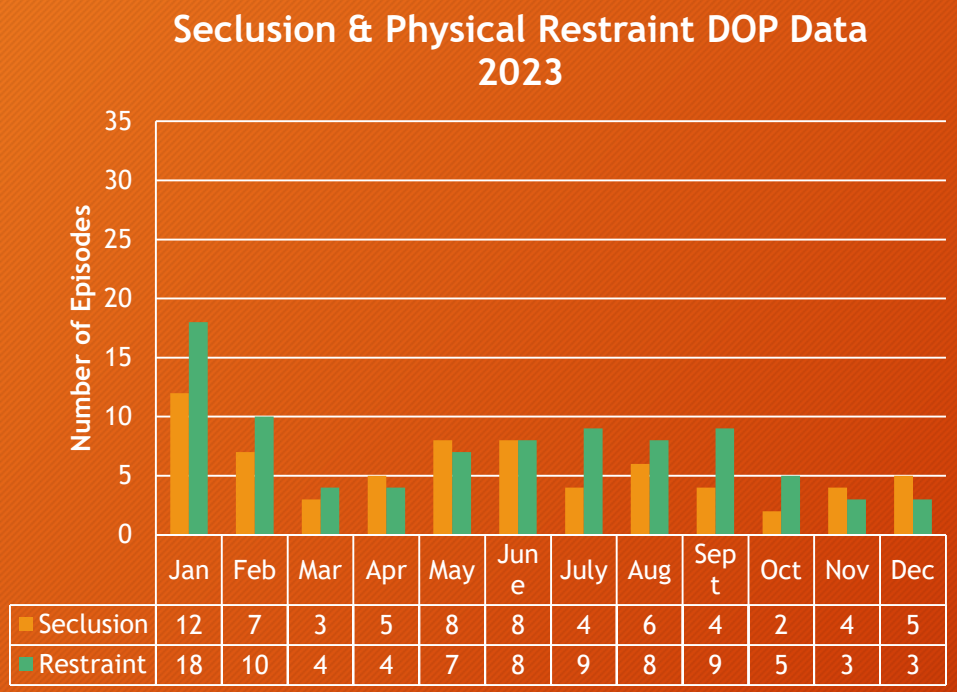
PHYSICAL RESTRAINT

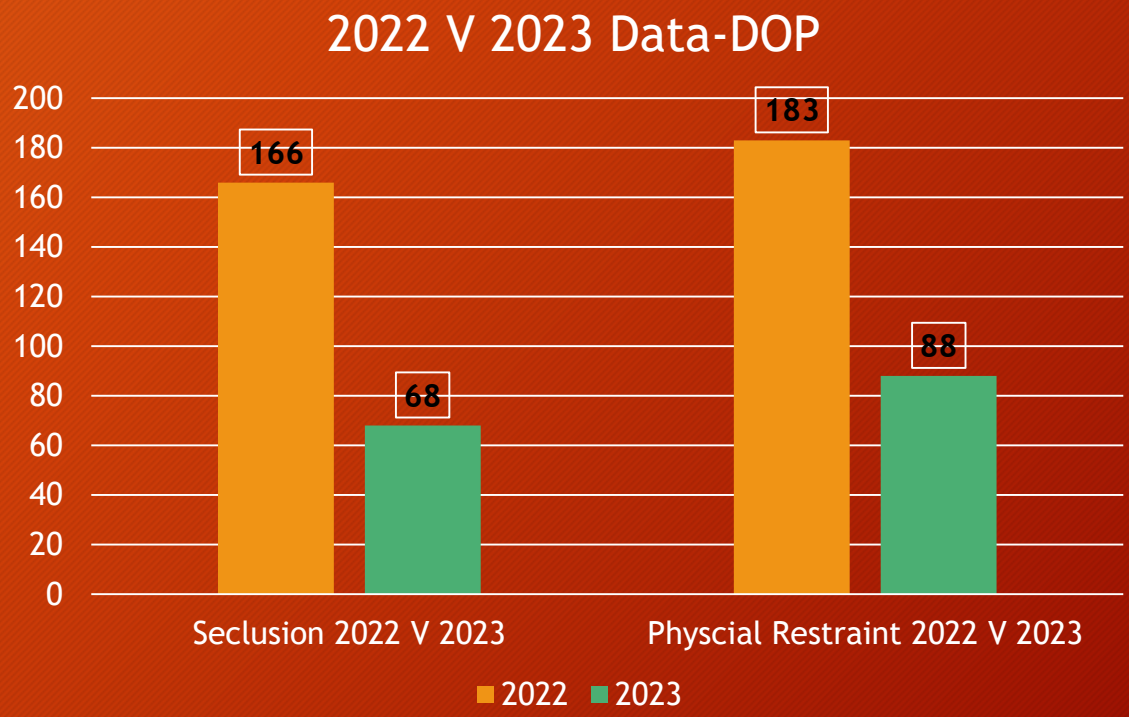
- The total number of persons that the approved centre can accommodate: 44
- The total number of persons that were admitted during 2023: 674
- The total number of persons who were physically restrained during 2023: 41
- The total number of episodes of physical restraint: 88
- The shortest episode of physical restraint: 1 minute
- The longest episode of physical restraint: 10 minutes
- Gender Ratio: 63% of episodes involved males and 37% of episodes involved females

2023 Physical Restraint Statistics Breakdown

Physical Restraint Episode 2023	Number of Episodes
G6	11
Y7	7
V5	6
M2	4
L7	4
Z7	4
C5	4
J9	4
A	3
M2	3
M4	3
W9	3
N9	2
K9	2
E9	2
Z8	2
All other service users	1

Department of Psychiatry UHW Data 2023





Department of Psychiatry University Hospital Waterford

MECHANICAL RESTRAINT

- The total number of persons that the approved centre can accommodate: 44
- The total number of persons that were admitted during 2023: 674
- The total number of persons who were mechanically restrained during 2023:2
- The total number of episodes of mechanical restraint: 2
- The shortest episode of mechanical restraint: Part 4
- The longest episode of mechanical restraint: Part 4

Grangemore St Otterans Hospital Waterford

PHYSICAL RESTRAINT

- The total number of persons that the approved centre can accommodate: 14
- The total number of persons that were admitted during 2023: 12
- The total number of persons who were physically restrained during 2023: 0
- The total number of episodes of physical restraint: 0
- The shortest episode of physical restraint: N/A
- The longest episode of physical restraint: N/A

Grangemore St Otterans Hospital Waterford

MECHANICAL RESTRAINT

- The total number of persons that the approved centre can accommodate: 14
- The total number of persons that were admitted during 2023: 12
- The total number of persons who were mechanically restrained during 2023:2
- The total number of episodes of mechanical restraint: 2
- The shortest episode of mechanical restraint: Part 4
- The longest episode of mechanical restraint: Part 4

Aidans WRCC Waterford

PHYSICAL RESTRAINT

- The total number of persons that the approved centre can accommodate: 20
- The total number of persons that were admitted during 2023: 7
- The total number of persons who were physically restrained during 2023:1
- The total number of episodes of physical restraint: 2
- The shortest episode of physical restraint: 5 minutes
- The longest episode of physical restraint: 10 minutes

Aidans WRCC Waterford

MECHANICAL RESTRAINT

- The total number of persons that the approved centre can accommodate: 20
- The total number of persons that were admitted during 2023: 7
- The total number of persons who were mechanically restrained during 2023:8
- The total number of episodes of mechanical restraint: 8
- The shortest episode of mechanical restraint: Part 4
- The longest episode of mechanical restraint: Part 4

Selskar House Farnogue Residential Wexford

PHYSICAL RESTRAINT

- The total number of persons that the approved centre can accommodate: 20
- The total number of persons that were admitted during 2023: 3
- The total number of persons who were physically restrained during 2023:2
- The total number of episodes of physical restraint: 4
- The shortest episode of physical restraint: 2 minutes
- The longest episode of physical restraint: 4 minutes

Selskar House Farnogue Residential Wexford

MECHANICAL RESTRAINT

- The total number of persons that the approved centre can accommodate: 20
- The total number of persons that were admitted during 2023: 3
- The total number of persons who were mechanically restrained during 2023:16
- The total number of episodes of mechanical restraint: 16
- The shortest episode of mechanical restraint: Part 4
- The longest episode of mechanical restraint: Part 4