# Reducing Restrictive Practices

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Schoolgirl left with horrific injuries after being restrained by teachers in classroom. (Feb 2022)

Trial of teacher accused of assaulting primary pupils hears of colleague's shock over restraint of youngster (July 2020)

Special school apologises for use of mechanical restraint against severely autistic twin boys
Parents of twin brothers with severe autism have achieved a landmark success with a successful claim under the Human Rights Act for the use of mechanical restraint chairs against their sons. (March 2022)



CPI

# Risks of Restraint

Psychosocial

Soft tissue injury

Articular/Bones

Respiratory Restriction

Cardiovascular Compromise

**More likely**

**Less likely**

# Six Core Strategies (Huckshorn 2005)

Huckshorn, K. A. (2005). Six core strategies to reduce the use of seclusion and restraint planning tool. National Association of State Mental Health Programme Directors.

# Six Core Strategies: Leadership

- Core strategy
- Define vision & values
- Policies focus on reducing S/R
- Mutual respect vs corrupt culture
- Model behaviour

# Six Core Strategies: Data to Inform Practice

- Collect data
- Analyse trends
- Improvement goals
- Feeds into prevention tools

# Six Core Strategies: Staff Training

- Requires intensive & ongoing staff training
- Restrictive intervention training
- Communication, mentoring & supervision
- Recruitment/performance evaluation

# Six Core Strategies: Service User Involvement

- Inclusion of stakeholders
- Shared ethos
- Planning & development of organisation's infrastructure
- Methods of involvement
- Evidence change

# Six Core Strategies: Prevention Tools

- Identify stages of a crisis
- Help individuals at earliest stage
- Help staff plan ahead
- Reduce risk

# Six Core Strategies: Debriefing

- Reverse/minimise negative effects of S/R
- Evaluate physical/emotional impact
- Address barriers
- Recommend change

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# Thank You

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# More Information...