

**CPI RRN Conference - Reducing  
restraint through policy and  
practice**

*12 -13 November 2015, Conference Aston, Birmingham*



**Creating restraint free  
environments - enhancing and  
extending MAPA an Initiative  
with CPI**

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# Aim of the Presentation - Workshop

- 1) Discuss its development with CPI
- 2) Through the use of a case study the workshop will facilitate participants exploration of:
  - How can the role of MAPA instructors can influence the reduction of restraint use?
  - What are the knowledge and skills MAPA Instructors need to develop to enhance this?
  - What role currently do MAPA instructors play in enhancing and changing organisational cultural attitudes towards the use of restraint?
- 3) The BSc Health and Social Care (Restraint Reduction) University of Wolverhampton & CPI module curriculum aims – Does it reflect the workshop feedback?

# Showcase

- Relationship with CPI
- Use within current Dementia Education Initiatives
- Planned changes to offer it as a Cert and Diploma

# Workshop

In groups based on the presented case study consider, discuss and present :

- How can the role of MAPA instructors influence the reduction of restraint use?
- What extra knowledge and skills might MAPA Instructors need to develop to enhance this?
- What role are MAPA Instructors currently playing in enhancing and changing organisational cultural attitudes towards the use of restraint?

# Workshop - Feedback

## Module 1 Overview: (6NH001) Preparation of Trainers in the Management of Actual or Potential Aggression

- To prepare students to design, deliver and evaluate effective MAPA® education and training programmes.
- To develop a critical and analytical approach to MAPA® across a range of education, social and/or health care settings.
- To promote best practice through critical appraisal of evidence-based practice, embracing broader professional/political guidelines

## Module 2 Overview:

### (6HW082) The concepts and theories of restraint reduction in Health, Social Care and Education

The use of restraint remains a contentious subject in particular for vulnerable individuals and groups accessing health, social care and education. This module will enable you to:

- Critically appraise a range of organisational measures which may be applied in order to reduce coercive practices.
- Reflect and evaluate the most up to date evidence and theories in this field of practice.

# Workshop – Case Study

Imagine you are a MAPA instructor that is regularly getting called to an acute psychiatric inpatient ward to support staff safely managing patients who were displaying increased levels of verbal and physical aggression. On closer inspection of practices you are noticing increased use of MAPA and Seclusion over the last three months.

You are then approached by a senior member of the Trust management team to review practices on the ward around the staff's current use of MAPA and management of aggression and to consider other alternative non coercive measures that the staff could be asked to consider to reduce the current reliance on MAPA and Seclusion.

# Questions