

Minimising and Managing Physical Restraint

6th October 2016

Background and context

- **Deaths in custody**
- **IRR report**
- **MMPR development**
- **RAB's medical assessment**
- **Ministerial approval**

Government's use of restraint policy framework

- **Outlines legislation, standards and rules governing restraint within under-18 secure estate**
- **Relevant to all STCs, secure children's homes and YOIs**
- **Position on pain inducing techniques and handcuffs**

MMPR overview (1)

- **Child-centred restraint system with emphasis on behaviour management**
- **Developed by the NOMS in conjunction with behaviour management and medical experts**
- **Extensive consultation and lengthy scrutiny by RAB**
- **Medical risk assessment of every physical restraint technique**

MMPR overview (2)

- **Staff training programme, key elements**
 - Behaviour management theory and methods
 - Practical scenarios
 - Law, medical advice and incident report writing
 - Incident management
- **Safeguarding and governance processes**
- **Comprehensive data collection and analysis**

RAB assessment

- **Independent panel of medical and behaviour experts, chaired by Prof Dame Sue Bailey**
- **37 recommendations - health, training and governance**
- **Non-pain systems and head hold research**
- **Ongoing monitoring role**

MMPR VOLUMES

- ▶ **Volume 1 Introduction and Instructor Guidance**
- ▶ **Volume 2 Behaviour Recognition & Decision Making**
- ▶ **Volume 3 Medical Advice**
- ▶ **Volume 4 Managing Use of Force Incidents**
- ▶ **Volume 5 Physical Restraint**
- ▶ **Volume 6 Use of Force Report Writing**



ETHICS

- ▶ Two questions a member of staff should always ask himself or herself before using any physical intervention on a Young Person are:
- ▶ Have I exhausted all reasonable options?
- ▶ Am I acting in the best interests of either the Young Person or others?

Six Core Restraint Reduction Strategies

- ▶ **Leadership**
- ▶ **Performance Management**
- ▶ **Learning Development**
- ▶ **Providing Personalised Support**
- ▶ **Communication and Customer Focus**
- ▶ **Continuous Improvement**

Leadership

- ▶ **Strong Visible Leadership**
- ▶ **Promotes a Positive Culture**
- ▶ **Challenges**
- ▶ **Supports**
- ▶ **Open / Honest Reporting**

Performance Management

- ▶ **Clear boundaries and guidelines**
- ▶ **Ongoing Review**
- ▶ **Praise and Support**
- ▶ **Quality Assurance Process**
- ▶ **Continuity**
- ▶ **Data Collection**

Learning & Development

- ▶ **Regular Training**
- ▶ **Specialised Trainers / Avoid Cascaded Model**
- ▶ **Pressure Test**
- ▶ **Training should be specific to individual environment**
- ▶ **Inclusive but also specialised**

Providing Personal Support

- ▶ **Staff and Young Person**
- ▶ **Individual Handling Plans**
- ▶ **Debriefs**
- ▶ **Reflection**

Communication & Customer Focus

- ▶ Essential to Engage Stakeholders
- ▶ Understand External Pressures
- ▶ Open Dialogue
- ▶ Challenge / Process

Continuous Improvement

- ▶ Review of Incidents
- ▶ Annual Manual Reviews
- ▶ Ongoing Research
- ▶ Data Collection
- ▶ Feedback Internal / External
- ▶ Serious Injury and Warning Signs
- ▶ Best Practise



Key Factors to Reducing Restraint

- ▶ Relationships
- ▶ Staff
- ▶ Management
- ▶ Positive Culture
- ▶ Clear Boundaries and Guidelines / Consistent
- ▶ Quality Assurance
- ▶ Training / Support
- ▶ Inclusivity
- ▶ Challenge

Questions

?