

BRIEFING: THE GUIDE TO REDUCING RESTRICTIVE PRACTICE.

INTRODUCTION:

Mersey Care NHS Foundation Trust have brought together the key elements of its award winning, nationally recognised 'No Force First' programme to reduce restrictive practices, in order to formulate a comprehensive guide for its inpatient areas. It enables and supports teams to fully implement the main changes required to deliver compassionate, person centred and least restrictive care for the people using its services.

BACKGROUND:

The Guide was developed through full collaboration between people who use services and those who deliver them in order to give a progressive, fully balanced perspective on the support required for people in times of distress. It draws on the experiences of wards initially involved in implementing the 'No Force First' programme to explain interventions that have had a proven impact on restrictive practice reduction – particularly the use of physical intervention.

MAIN FEATURES:

- Board level introduction.
- Comprehensive background on the 'No Force First' Restrictive Intervention Reduction Programme.
- The six key interventions to reduce coercion and promote recovery.
- A tool box of evidence based tools to support and supplement the key interventions.
- Practical use of data to support the journey and celebrate the success.
- 'Frequently asked questions' section to clarify and support the need for culture change.

WHY IT MATTERS?

Reduction of restrictive practices remains an absolute ethical priority for mental health and learning disability services, as well as the regulatory bodies that oversee their services. We believe this guide is the first fully comprehensive, fully co-produced, evidence based guide that will support services in making this essential and a rewarding journey with the people they serve.

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