

**Restraint
Reduction
Network**



Raising the Standard

**Restraint Reduction Network Training
Standards and Certification Scheme**

Restraint Reduction Network



- An independent charity that brings together professional bodies, government departments, people with lived experience, practitioners and academics
- A coalition of the willing who are passionate about restraint reduction and human rights

Membership

- Leading a restraint reduction movement
- Membership is free to organisations and individuals and includes access to range of resources
- Membership requires pledge and **action plan** (to ensure impact of restraint reduction movement)

<https://restraintreductionnetwork.org/become-a-member/>

Training Standards

Raising the standards for training in
restrictive interventions

<http://bit.ly/31ynUX7>



The concern

- Range of quality of training (some good, some less so)
- Lack of quality assurance of training
- Causes difficulty commissioning training
- Too often training focuses on technical competence in reactive techniques
- But doesn't sufficiently focus on human rights, prevention, and de-escalation necessary to reduce restraint
- Impact on culture

Aims of the standards

- **Protect people's fundamental human rights** and promote person centred, best interest and therapeutic approaches to supporting people when they are distressed
- **Improve the quality of life** of those being restrained and those supporting them
- **Reduce reliance on restrictive practices** by promoting positive culture and practice that focuses on prevention, de-escalation and reflective practice
- **Increase understanding of the root causes of behaviour** and recognition that many behaviours are the result of distress due to unmet needs
- **Where required, focus on the safest and most dignified** use of restrictive interventions including physical restraint

Scope of the standards

Designed for education, health and social care

All populations including:

- **people with learning disabilities and/or autism**
- **people with mental health conditions**
- **people living with dementia**

Generic standards with appendices or specific populations

Format of the standards

The first part is a rights based framework, in which all training must be delivered. Training providers seeking certification for their programmes will need to use the framework when designing their curriculum.

Four sections of standards:

1. Standards supporting pre-delivery processes
2. Standards supporting curriculum content
3. Standards supporting post-delivery processes
4. Trainer standards

TNA

- Vital part of standards
- Ensure training is proportional and tailored to needs of population/setting
- Avoid blanket approach to training
- Avoid teaching high risk techniques where not necessary
- Consider information/data from last year in TNA

Trainers

- Competent to train
- Understand sector and population (credibility in setting)
- Understand restraint reduction as well as technical skills (Topic)
- Training org must be able to evidence competence



Affiliate (satellite) service providers

Affiliated service providers are those organisations that deliver the training provider's training services within their own organisations. They have in-service trainers who are trained, contracted and quality assured by the external applicant training provider (Restraint Reduction Network Certification Scheme Handbook)

Must have licence agreement and quality assure to ensure consistency of delivery. If concerns about practice should flag as non conformity and put in remedial action (to prevent risking wider certification)

Endorsements

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Certification

- Training Services can be certified as complying with the Restraint Reduction Network Training Standards (2019)
- Restraint Reduction Network licences certification bodies to deliver certification
- Certification must be run on a not for profit basis
- It requires a 20% surveillance rate of curricula, senior trainers and affiliated organisations (eg NHS Trusts with in house trainers)
- Certification must be accredited by UKAS

United Kingdom Accreditation Service

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- Certification bodies must be accredited by United Kingdom Accreditation Service as meeting the ISO certification standards
- United Kingdom Accreditation Service is appointed by government
- This ensures the impartiality, competency and integrity of the scheme



Implementation

Different levers for implementation in different countries in UK and different sectors.

For example implementation in health in England is via:

- NHS contract
- CQC inspection
- Use of Force Act statutory guidance

(Service providers must be using training that is certified by April 2020)

Implementation

“The NHS welcomes the publication of the Restraint Reduction Network Training Standards. These standards have been written to focus on ensuring training promotes human rights and supports cultural change necessary to reduce reliance on restrictive practices (rather than purely focus on technical skills). Certification of compliance with these standards will be a requirement in NHS commissioned and CQC regulated services from April 2020”

(Prof Tim Kendall, National Clinical Director for Mental Health, NHS England)

Implementation

“CQC has been concerned about the use of restrictive practices for some time so we are pleased to see the launch of the new Restraint Reduction Network Training Standards. The Standards will support staff in health and social care services to understand and apply the principles of minimising use of force with the aim of promoting human rights and person centred care of the people they are caring for”

(Dr Paul Lelliott, Deputy Chief Inspector at CQC, 2019)



Quote from Pilot

South London and Maudsley NHS Foundation Trust – Pilot organisation for the Restraint Reduction Network National Training Standards

“As a provider organisation with an in-house training delivery model the Restraint Reduction Network National Training Standards have provided us with an objective standpoint from which we could robustly assess the quality of our training. Our training and moreover the way we, as an organisation, think about our training has developed and improved significantly during the process of working towards certification.”

As a Trust, we realised that we were already intuitively working in line with many of the standards and the overarching principles contained within them. However, during the process we reflected that historically the course materials and content had developed organically rather than through systematic, evidence based process...”



Quote from Pilot

“....The training standards certification process gave us the opportunity to work with greater rigour and develop a vastly superior training curricula which supports our aims to minimise use of force in our services and better meets the needs of our services users and staff.

For us though, this is just the start. The process of reviewing our training through the lens of the standards has highlighted areas where we can continue to push our own standards, for example bolstering the involvement of people with lived experience and citizens from our community in designing and delivering our training. The certification process has given us the structure and the method whilst allowing scope for flexibility and creativity meaning our training will continue to develop and improve over time.”

Lewys Beames, Lead Nurse – Reducing Restrictive Practice



Risk Tool

Developing and piloting a tool to support risk assessment of techniques

The tool will consider:

- Safety of technique
- Trainability
- Effectiveness
- Fragility
- Client risk factors
- Staff risk factors



Timeline



**Restraint Reduction
Network Training
Standards 2019**
(published April 2019)

**Training providers able to be
certified as complying with
Standards**
(from Oct 2019)

**Service providers required
to use (UKAS accredited)
certificated training**
(from April 2020 in Health &
Care in England)