



**Reducing Restrictive Practice Policy for PMVA
(Prevention and Management of Violence and
Aggression)**

The purpose of this policy is to outline Evolve PMVA commitment to reducing the use of restrictive practices in the prevention and management of violence and aggression (PMVA). Restrictive practices, including physical restraints and seclusion, should only be used as a last resort when less restrictive interventions have been ineffective or deemed insufficient to ensure the safety of individuals and staff.

Principles: Evolve PMVA is committed to promoting a culture of safety, dignity, and respect for all individuals receiving care within our organisation.

Restrictive practices shall be used judiciously, ethically, and in accordance with relevant laws, regulations, and professional standards.

The use of restrictive practices shall be guided by the principles of least restrictive intervention, individualised care planning, and proactive de-escalation strategies.

Definition of Restrictive Practices: Restrictive practices refer to any interventions that restrict an individual's freedom of movement or autonomy, including physical restraints, mechanical restraints, chemical restraints, and seclusion.

Physical restraints involve the use of physical force or to immobilise or restrict an individual's movement.

Seclusion involves confining an individual in a designated area or room from which they are unable to leave voluntarily.

Prevention and De-Escalation Strategies: Emphasise the importance of proactive measures to prevent and de-escalate situations of violence or aggression before they escalate to the point of requiring restrictive interventions.

Provide staff members with training and support in de-escalation techniques, communication skills, trauma-informed care, and cultural competence.

Individualised Care Planning: Comprehensive assessments of individuals' needs, preferences, and triggers for aggressive behaviour.

Develop individualised care plans that incorporate non-restrictive interventions, such as de-escalation strategies, diversion techniques, and environmental modifications.

Involve individuals, their families, and multidisciplinary team members in the development and review of care plans to ensure a collaborative and person-centred approach.

Authorisation and Documentation: All instances of restrictive practice use shall be documented promptly, accurately, and comprehensively in the individual's medical record, including the reason for use, duration, monitoring observations, and any interventions provided.

Monitoring and Review: Establish mechanisms for ongoing monitoring, review, and evaluation of restrictive practice use, including regular quality improvement audits and case reviews.

Analyse trends and patterns in restrictive practice use to identify opportunities for prevention, intervention, and training.

Training and Support: Provide staff members with comprehensive training and support in the principles and practices of PMVA, including the identification of triggers for aggressive behaviour, de-escalation techniques, and alternative interventions to restrictive practices.

Offer ongoing supervision, debriefing, and support to staff members involved in incidents requiring restrictive interventions.

Reporting and Accountability: Establish clear procedures for reporting and reviewing incidents involving the use of restrictive practices, including mechanisms for reporting adverse events, near misses, and patient or staff injuries.

Hold staff members accountable for adhering to this policy and for documenting their actions accurately and comprehensively.

Compliance: All staff members are expected to comply with this policy and with applicable laws, regulations, and professional standards governing the use of restrictive practices in healthcare settings.

Review and Revision: This policy shall be reviewed periodically to ensure its effectiveness and compliance with current best practices, standards, and regulations governing the use of restrictive practices.

Any revisions to the policy shall be communicated to all staff members and organisations in a timely manner.

Effective Date: This policy is effective as of 16/03/2024 and shall remain in effect until revised or rescinded by Evolve PMVA.

Signed:

G Griffin

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Company directors

Evolve PMVA