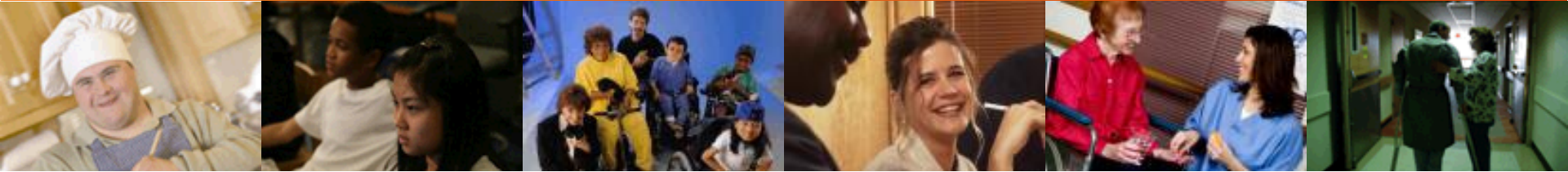




Professional Ethical Therapeutic Mindful Approach



Interactive exploration of the use of restrictive practices using a reflective lens.



National Institute
of Intellectual
Disability Studies

National Institute of Intellectual Disability Studies

Workshop Title

- Interactive exploration of the use of restrictive practices using a reflective lens to identify innovative methods to eliminate and or reduce the use of restriction



Introduction



- This interactive workshop will allow participants to explore a case study of an individual whose behaviour is risk to life. The interactive workshop will take participants on an experiential journey to challenge them to consider approaches and practices by offering them challenging questions which will make them consider their own values, belief, and cultural responsiveness. It will engage them in critical thinking that they can use in practice to reduce the use of restrictive practice particularly in diverse client groups, such those with complex intellectual disabilities, mental health difficulties or those who have been exposed to trauma.

CASE PRESENTATION - MEET PAT

- When I began working in a secure hospital unit under the Mental Health Act, I encountered a challenging case involving Pat, a young man with Down Syndrome, Autism, severe Intellectual Disabilities, complex behavior, he was nonverbal and an anxiety disorder. Pat, in his mid to late 20s, spent most of his time on a swing. Despite being on a soft diet for swallowing difficulties, he had a strong desire for bread, posing significant risks. With 20 other individuals with similar conditions in the unit, a rigid routine was in place, with eight staff on duty during the day and three at night. Pat's history of physical aggression towards staff led to apprehension among colleagues, creating a challenging work environment.



CASE PRESENTATION - Co



- While on duty, there was a sudden rush of staff who restrained Pat in a disorganized manner, taking some time to contain the situation. Despite my concern about Pat choking on bread, the team did not listen when I urged them to release him. I asked a colleague to monitor Pat for signs of choking and sought assistance from the manager, who unfortunately joined in restraining him instead of intervening. The episode ended after a few minutes.

What do you think the
critical questions are in
this case presentation?

Using the paper provided please write down the questions?

Critical Questions



1. How can health and socialcare professionals effectively assess the need for restraint and implement alternative strategies to minimise its use?
2. What are the ethical considerations surrounding the use of restrictive practices for Pat?
3. What are the potential risks and adverse effects associated with the use of restrictive Practice methods when providing support to Pat?
4. What are the legal implications of utilising restraint techniques, and what guidelines or regulations govern their use?
5. What training and education should health and socialcare staff receive to ensure safe and appropriate use of restraint methods and techniques?

Reflective Lens

- 1. Knowledge and Partnership
- 2. Values and Ethics
- 3. Experiential Learning
- 4. Theories and Methods
- 5. Skills



Knowledge and Partnership Practice

Knowledge

- The legislative framework
- Organisational Policy
- HIQA Regulations

Partnership

- Listening to the voice/actions/inactions of Pat
- What does his behaviour tell us
- Where do we draw our knowledge from - which source is more influential



Reflective Lens



- 1. What are the issues here concerning Pat's Human Rights?
- 2. What are the issues in relation to safety?
- 3. Are Pat's human rights been breached?
- 4. Do you think restraint is the right action for staff?
- 5. Can you think of any other non-restrictive alternative they could use?
- 6. How do you think the use of restraint affected the relationship between Pat and the staff?

Partnership Approach

- Build rapport and trust for open communication.
- Understand the individual's perspective.
- Develop personalized risk management plans.
- Empower decision-making for self-care.
- Create a supportive, non-judgmental environment.
- Provide education and resources.
- Collaborate with a multidisciplinary team.
- Regularly review and adjust support plans.
- Promote self-management skills.
- Respect autonomy and self-determination.

Legal Implications



Safety Cycle

Supporting Complex
Behaviour Policy

Thorough assessment
and comprehensive
care planning for
individuals prone to
high distress levels.

Preventative and
Incident Management
Strategies

Incident Reporting

Immediate Staff
Support

Debriefing

Incident Review

Incident Monitoring



PETMA©

Values and Ethics



Values

- Freedom
- Autonomy
- Safety
- Equality
- Choice

Ethics

- Human Rights
- CORU Code of Conduct
- Least restrictive practice
- Cultural Sensitivity

Ethical Considerations



Autonomy and
Dignity

Beneficence
and non-
maleficence

Least
restrictive
alternative

Informed
consent and
communication

Monitoring and
accountability

Cultural
Sensitivity

Synopsis of Ethical



Addressing these ethical considerations requires careful deliberation, adherence to ethical principles, and ongoing evaluation of policies and practices related to the use of restrictive measures in healthcare settings.

Experiential Learning



Reflection

- What happened?
- Why did it happen?
- How was I feeling?
- What were my assumptions?
- What informed these assumptions?
- What needs to change?

Reflexivity

- How did I influence the situation?
- Why did I behave that way?
- What influenced my feelings during and after the situation?
- How has my identity shaped my perspective and reflections?
- What beliefs can help me consider other perspectives?

Considering the Use of Restriction



Individual Assessment:

Risk Assessment

Least Restrictive Alternative

Informed Consent

Documentation and Communication

Regular Review and Monitoring

Staff Training and Competence

Ethical and Legal Considerations

Risks associate with the use of restrictive practices



- Physical injury
- Psychological distress
- Social isolation
- Loss of autonomy
- Deterioration of skills
- Increased agitation and aggression
- Legal and ethical concerns
- Negative impacts on therapeutic relationships

Synopsis of Risks



- Overall, the potential risks and adverse effects associated with the use of restrictive practices highlight the importance of implementing person-centered approaches, exploring alternative interventions, and prioritizing the safety, dignity, and well-being of individuals receiving support.

Synopsis of legal Implications

- In summary, the legal implications of using restraint in healthcare settings emphasise the importance of following established protocols, obtaining proper consent, documenting procedures accurately, and ensuring that restraint practices align with individuals' rights and legal standards. Failure to do so may result in legal consequences for healthcare providers and facilities.



Synopsis of Use of Restriction

- By considering these components in the use of restriction, healthcare providers can promote ethical, person-centered care that prioritises the safety, well-being, and rights of the individuals receiving support.



Theories and Methods



- Trauma-Informed Care
- Crisis Intervention
- Behavioral Support
- Person-Centered Approaches
- Restorative Practices
- Communication Skills Training
- Cultural Competence
- Ethical Decision-Making

Professional Practice Focus

- What actions did we come up with?
- What difference would it have made to Pats, autonomy and freedom of movement?
- What would you consider doing differently?
- What have you learnt about theories and methods?
- What is the challenge to implementing these theories and challenges?

Skills



- Communication Skills
- Active Listening
- Empathy and Compassion
- Conflict Resolution
- Crisis Intervention
- Risk Assessment
- Problem-Solving
- Collaboration
- Self-Regulation
- Documentation and Reporting
- Physical Intervention Techniques
- Legal and Ethical Understanding

Staff training and Competence

Understanding
Legal and
Ethical
Considerations:

Risk Assessment
and
Management

Communication
and De-
escalation
Techniques

Documentation
and Recording

Alternative
Interventions:

Proper Use of
Restraint
Techniques If
Required

Trauma-
Informed Care

Synopsis Staff Training and Competence

- By ensuring that staff receive comprehensive training and ongoing support in these areas, healthcare facilities can promote safe, ethical, and person-centered approaches to the use of restriction while minimizing the risk of harm to individuals receiving care.

Skills - Professional Practice Focus

- What skills did you identify?
- What difference would these skills make?
- What would I do differently going forward?
- What are your skills, in the smaller and the bigger detail?
- What are your individual skills?
- What are the skills of the others in your team?
- How did these skills contribute?
- What other skills are there to take into account?
- Are you working with the individual or for the individual.