



Delivering Quality Healthcare

Policy Title:	Managing Challenging Behaviour Policy: 40	Date implemented or date of last review:	11/05/2020
CQC KLOE Reference:	Safe	Date of next review	10/05/2021

1. DEFINITION OF RESTRAINT

- 1.1. There are many different definitions of restraint, which probably contributes to the sense that it is a difficult issue to understand, but is best described with a good broad, general definition such as: 'anything which interferes with, or stops, a client doing what they appear to want to do' (Clarke and Bright, 2002).
- 1.2. The Mental Capacity Act 2005 Section 6 defines restraint as the use or threat of force where an incapacitated person resists, and any restriction of liberty or movement whether or not the person resists. Restraint is only permitted if the person using it reasonably believes it is necessary to prevent harm to the incapacitated person, and if the restraint used is proportionate to the likelihood and seriousness of the harm.
- 1.3. The legal definition from the Mental Capacity Act 2005, states that someone is using restraint if they:
 - 1.1.1. use force – or threaten to use force – to make someone do something they are resisting, or
 - 1.1.2. restrict a person's freedom of movement, whether they are resisting or not.
- 1.2. Many different actions can constitute restraint, ranging from physically holding someone to unintentionally leaving their walking frame out of reach. We believe that a greater understanding by staff of what restraint is, and the occasions on which it is acceptable, is the first step towards minimising its use.

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2. RESPECTING CLIENTS RIGHTS, PRIVACY AND DIGNITY

- 2.1. We will ensure that staff understand that restraint should only be used as a last resort and that the type of restraint used should be the least restrictive and for the minimum amount of time to ensure that harm is prevented and that the person, and others around them, are safe. We will give priority to de-escalation or positive behaviour support over restraint wherever possible.
- 2.2. Where restraint becomes necessary it will be used in a way that respects dignity and protects human rights wherever possible.
- 2.3. Staff will be made aware of whether and what type of restraint is permitted in the service in which they are working and what is unacceptable.

3. MAKING INFORMED DECISIONS ON THE USE OF RESTRAINT

- 3.1. We will adopt the five-step framework suggested by the Social Care Institute for Excellence when making informed decisions in situations where the use of restraint is being considered. The five steps are:
 - 3.1.1. Observe
 - 1.1.1.1. What is the client saying and how do they look?
 - 1.1.1.2. What are they doing?
 - 1.1.1.3. What are the staff saying?
 - 1.1.1.4. When is it happening?
 - 1.1.1.5. Who is it a problem for?
 - 1.1.1.6. Is anyone else involved or present?
 - 3.1.2. Do some detective work? Try to find out:
 - 1.1.1.1. what the behaviour might mean

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- 1.1.1.2. what risks are associated with the behaviour
 - 1.1.1.3. who it is risky for
 - 1.1.1.4. who else should be consulted
 - 1.1.1.5. What the legal position is.
- 1.1.2. Consider options and make a decision. Think about:
- 1.1.1.1. What are some options for how you could respond?
 - 1.1.1.2. What works to help this person?
 - 1.1.1.3. When are they happiest?
 - 1.1.1.4. Which is the least restrictive option if restraint is needed?
- 1.1.2.** Implement the plan. Agree:
- 1.1.1.1. how long the approach should be tried before it is reviewed
 - 1.1.1.2. What records should be kept.
- 1.1.2. Monitor and review the plan. Consider:
- 1.1.1.1. Has the intervention helped?
 - 1.1.1.2. Who has it helped?
 - 1.1.1.3. What does everyone think?
 - 1.1.1.4. Are any changes needed or do you need to try something different?

2. CREATING A CULTURE OF OPENNESS

- 2.1. KOPE-MEDICS' management and staff will promote a culture of openness and recognise the importance of talking openly with clients and relatives about restraint.

3. POSITIVE RISK TAKING

- 3.1. KOPE-MEDICS will support clients to take positive risks with the aim of helping to increase their wellbeing as well as reducing reliance on restraint to maintain their safety.

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4. STAFF AWARENESS AND TRAINING

4.1. We will ensure that staff are provided with training opportunities to develop their skills and knowledge to enable them to respond to behaviour that challenges. Staff training in the management of challenging behaviour will be supplied by approved trainers with expertise and knowledge of restraint and de-escalation methods.

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