

FOI242 Response

Q1 Have you received Restraint Reduction Network certification?

The Trust has not yet received a Restraint Reduction Network (RRN) certification

Q2 Are you working towards this and if so what stage are you at?

Yes, The Trust has initiated works in obtaining accreditation (RRN) certification.

Q3 How many physical intervention instructors (either full or part time) does your Trust employ?

The Trust has the following physical intervention instructors,

- 1 Band 8 ANP
- 3 Band 7 AVERTS consultants
- 5 Band 6 AVERTS trainers

Q4 On average, how many physical interventions (Breakaway / Physical restraint) courses does your Trust run per year?

For the year 2020 the Trust facilitated the following courses,

- 22 5-day course
- 97 1-day updates
- 5 3-day updates

For the year 2021 the following training is anticipated to take place

- 23 5-day course with increased capacity
- 114 1-day updates with increased capacity
- 8 3-day update courses

Has this been affected by Covid-19?

Yes

If YES in what way?

Due to Covid-19 and the unprecedented demands on the Trust physical interventions training updates from 30th March 2020 to 1st July 2020 were disrupted and some courses had to be rescheduled to recapture missed training.

Furthermore the Trust had to increase the 5-day physical interventions training capacity to incorporate the additional recruited staff that has taken place.

In addition to this, the Trust developed a 3-day course which is utilised for training re-deployed staff members and those with expired training.

Q5 Does the Trust deliver a bespoke physical intervention training package for staff that may work in the following areas:

Psychiatric Intensive Care Low / Medium / High Secure Services
Tier 4 CAMHS Acute In-Patient Working Age Adult

The Trust does not deliver a bespoke physical intervention training package for staff that may work in the listed service areas.

However, all service areas have an AVERTS consultants assigned who will provide patient as well as service specific advice and guidance.

Q6 Please provide average numbers of participants and instructors per course for

- a) Breakaway - Incorporated into 5-day, 3 day and 1 day courses
- b) Physical restraint training - 9 to 16 participants and 2 instructors
- c) Any specific restraint course designed for staff working in areas in Q5

Q7 Please provide in hours the length of physical intervention training (Breakaway / Initial Physical Restraint and Refresher, any bespoke package for areas in Q5 if appropriate)

Please see table below.

	2018	2019	2020
5 Day	37.5	37.5	37.5
3 Day	22.5	22.	22.5
1 Day	7.5	7.5	7.5

Q8 What amount of time (in hours) is spent on non-physical elements of the course(s) and what is the ratio of Theory to Practical during both initial training and refreshers?

Please see table below.

	Theory	Practical	Comments
1 Day	25%	100%	Exploring e-learning options
3 Day	33.33%	66.67%	Exploring e-learning options
5 day	40%	60%	Exploring e-learning options

Q9 Has the ratio of time (theory / practical) changed in the previous three years

The ratio of time (theory / practical) has not changed in the past 3 years.

If YES – in what way?

If NO - is this expected to change in the next 2 years and how?

1 day and 5 day courses have remained consistent over the previous 3 years however, it has been identified via the process of obtaining the RRN accreditation that there is a requirement to incorporate a theory element into Trust physical intervention training updates, and as such we are exploring e-learning options to capture this.

Please note that the 3-day course was deployed during 2020 as a result of the unprecedented demands of Covid-19.

Q10 What is the total number of individual techniques taught on the physical intervention training (Breakaway and Restraint procedures)

Please see table.

Breakaway	Physical restraint Course	Refresher
Teach Aversive strategies - 5	21	19

Q11 How do you assess the competence of the staff attending the courses?

The level of staff competency is obtained via on-going assessment of taught skills throughout the courses and formal assessment of the fixed position skills on each course.

Q12 Are 'resistance based' role plays (where participants are expected to respond to simulated aggression by the trainer or other participants), used during training?

The Trust does not carry out assistance-based role plays.

Q13 How many injuries involving participants and or trainers were reported in

2017: 4

2018: 0

2019: 2

2020 (representative to 23rd December 2020): 1

Please supply course programme and learning outcomes for all Breakaway and physical restraint / intervention courses.

Please find attached the Trust's Scheme of Work document which outlines the aims of physical restraint / intervention courses.