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| **Lesson Title** | | | | | | | |
| AVERTS™ Soft Restraint System (SRS) Self Harm | | | | | | | |
| **Learner Programme** | | | | | | | |
| The students are current employees of Birmingham and Solihull Mental Health trust. The program is mandatory training for all AVERTS 5 day trained staff who work at Ardenleigh, Sycamore at Tamarind or Eden PICU on a permanent or temporary basis. | | | | | | | |
| **No. of Learners** | | **Gender Mix** | **Age Range** | | **Date** | | **Time** |
| 9-16 | | Variable | 18-65 | | Variable | | 30 minutes- 1 Hour |
| **Prior Knowledge/ experience/ skills** | | | | | | | |
| All Learners will have completed an initial AVERTS 5-day programme of training and will maintain their in-date status via annual refresher training. | | | | | | | |
| **Promotion of Equal Opportunities** | | | | | | | |
| A human rights-based approach can be achieved by applying what has been described as the ‘PANEL’ principles. PANEL relates to Participation, Accountability, Non-discriminatory, Empowerment and Legality. Course participants should consider how these might be applied when thinking about the care and support of people who present with behaviour that challenges services. Further information around PANEL can be found in the Department of Health (2014) Positive and Proactive Care: reducing the need for restrictive interventions. The group will be diverse and culturally varied and consist of a range of participants with a variety of clinical, educational and vocational experience.  All paper-based information will be available in a variety of formats to meet individual learner requirements. | | | | | | | |
| **Key/ Specialist Language** | | | | | | | |
| Approaches to Violence through Effective Recognition and Training for Staff (AVERTS™), SRS, D-Ring, Compression strap, Soft Cuffs, Velcro locking strap. | | | | | | | |
| **Health and Safety** | | | | | | | |
| Dartmouth training room has been risk assessed for up to 16 student learners to be undertaking physical skills within the matted area at any time.  Lynmouth training room has been risk assessed for up to 9 student learners to be undertaking physical skills within the matted area at any time.  The training facilitators will observe for any potential health and safety risks and manage accordingly. Any defects within the training facility will be reported to reception for appropriate delegation to estates.  There will be a minimum of 2 training facilitators to observe all elements of physical skills work. Where an individual’s physicality precludes them from undertaking the physical skills component of training, they should observe the process and their line manager will be informed at the end of the training course via the skills letter. | | | | | | | |
| **Aims** | | | | | | | |
| Identify own practice issues.  Identify links within care settings.  Recognise the impact that physical intervention can have on people.  Recognise the importance that physical intervention is a last resort.  Identify any shortfalls concerning the process of debrief for service users. | | | | | | | |
| **Session Outcomes** | | | | | | | |
| Discussion around principles of planned intervention and care planning  Understanding of MDT roles and responsibilities  Reflection on service user experience.  Safe application of SRS belt  Demonstrate physical health checks once SRS is in situ. | | | | | | | |
| **Resources** | | | | **Assessment activities** | | | |
| SRS belt  Soft Cuffs  Velcro Locking strap.  Extension straps  Matted area | | | | Discussion and feedback concerning service user perspectives and identifying positive outcomes for people | | | |
| **Planning for Evaluative Feedback** | | | | | | | |
| Both verbal and written evaluation | | | | | | | |
| **Timing** | **Teacher Activity** | | | | | **Student Activity** | |
| 5 mins  5 mins  5 mins  15 mins  5 mins  20 mins  5 mins | SRS belt and Soft Cuffs  Lead trainer will hand participants both SRS belt and soft cuffs, Lead trainer will refer participants to the Trust Policy on the use of SRS belt and Self Harm. Lead trainer will explain the component parts for each:  SRS belt:  Body of belt  Primary and secondary handles  D-Ring  Compression strap  Soft Cuffs:  Demonstrate that they are one continuous length of fabric.  Reinforced nylon buckles  Locking Velcro strap  Standing Demonstration  Lead trainer will:  • Request a volunteer  • Demonstrate the application of the SRS belt around the waist above the hips  • Demonstrate how the SRS belt may be loosened safely  • Attach a soft cuff to each side of the SRS belt using handle and or D-Ring  • Demonstrate application of each cuff to each wrist  Demonstrate safety checks:  Ask if any pain or discomfort.  Ask if any numbness or pins and needles.  Check capillary refill.  • Ensure correct and a comfortable fit before attaching Velcro locking strap  Risks and Mitigating factors.  Risks Mitigating factors.  Trips and stumbles  Aggravation of any wounds/abrasions and contamination  Aspects of personal care  Unaided Escape from SRS belt or Soft Cuffs  Safer staffing levels to intervene identified and agreed within care plan.  Advice concerning wound care, monitoring and management inclusive of medics, MDT, Infection Prevention and Control team to be incorporated within the care plan.  Assessed, identified and addressed within the agreed care plan.  Constant observation and monitoring by staff who will apply AVERTS holding and adjustments to SRS belt and soft cuffs where required.  Lead trainer will organise the participants into groups of 3 or more in order to begin supervised practice whilst standing.  Lead trainer will supervise and question Learners regarding application and safety checks.  Demonstration in prone restraint  Lead trainer will revisit AVERTS prone holding.  Lead trainer will:  • Request a volunteer  • Apply level 3 holding  • Demonstrate application of the SRS belt  • Attach a soft cuff to each side of the SRS belt using handle and or D-Ring utilising pre-existing AVERTS skills  • Demonstrate application of each cuff to each wrist    Demonstrate safety checks:  Ask if any pain or discomfort.  Ask if any numbness or pins and needles.  Check capillary refill.  • Ensure correct and a comfortable fit before attaching Velcro locking strap  • Demonstrate moving from prone to seated  • Demonstrate moving from seated to standing  Lead trainer will organise the participants into groups of 3 or more in order to begin supervised practice whilst prone.  Lead trainer will supervise and question Learners regarding application and safety checks.  Lead trainer will facilitate Q and A and refer participants to Trust policy concerning the use SRS and self-harm.  Session End | | | | | Learners will examine the SRS belt and Soft Cuffs in order to identify the relevant component parts of the equipment.  Participation and questions  Learners will apply the SRS belt and soft cuffs under supervision and ensure all safety checks are carried out.  Participation and questions  Learners will apply the SRS belt and Soft cuffs under supervision and ensure all safety checks are carried out  Opportunity for further questions | |