



Approved Centre Name:
Cavan Acute Psychiatry Unit

The total number of persons that the centre can accommodate at any one time	25
The total number of persons that were admitted during the reporting period	264
The total number of persons who were secluded during the reporting period	n/a

Rules Governing the Use of Mechanical Means of Bodily Restraint

Issued Pursuant to Section 69(2) of the Mental Health Act 2001-2018.

The total number of persons who were mechanically restrained	n/a
The total number of episodes of mechanically restrained	n/a
The shortest episode of mechanically restraint	n/a
The longest total episode of mechanically restraint	n/a
The total number of persons who were mechanically restrained as a result of mechanical means of bodily restraint for enduring risk of harm to self or others	n/a

A statement about the effectiveness of the approved centre's actions to reduce and, where possible, eliminate mechanical means of bodily restraint

Mechanical restraint was not used in Cavan APU in 2023

A statement about the approved centre's compliance with the rules governing the use of mechanical means of bodily restraint

Mechanical restraint was not used in Cavan APU in 2023

A statement about the compliance with the approved centre's own reduction policy

Mechanical restraint was not used in Cavan APU in 2023



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Rules Governing the Use of Seclusion

Issued Pursuant to Section 69(2) of the Mental Health Act 2001-2018.

The total number of seclusion episodes	n/a
The shortest episode of seclusion	n/a
The longest episode of seclusion	n/a

A statement about the effectiveness of the approved centre's actions to reduce or, where possible, eliminate the use of seclusion

Seclusion is not used in Cavan APU

A statement about the approved centre's compliance with the rules governing the use of seclusion

Seclusion is not used in Cavan APU

A statement about the compliance with the approved centre's own reduction policy

Seclusion is not used in Cavan APU



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Code of Practice on the Use of Physical Restraint

Issued Pursuant to Section 33(3)(e) of the Mental Health Act 2001-2018

The total number of persons who were physically restrained during the reporting period	16
The total number of episodes of physical restraint	38
The shortest episode of physical restraint	>1min
The longest episode of physical restraint	10mins

A statement about the effectiveness of the approved centre's actions to eliminate, where possible, and reduce physical restraint

Cavan APU is committed to reducing episodes of physical restraint to their lowest possible level. The training the staff engage in annually focuses on the professional management of complex behaviours and dealing with these behaviours before they reach a crisis point eliminating the need for restraint. Sometimes restraint is unavoidable and when this must occur staff have been taught different levels of restraint and the restraint used is the always the least restrictive possible.

All clinical staff in Cavan APU have been trained in the use of the Broset Violence Checklist (BVC). This is a key component in the service's strategy to reduce and minimise the use of physical restraint in the Approved Centre. Cavan APU have been effective in reducing the use of physical restraint in 2023 and will further reduce its use in 2024.

A statement about the approved centre's compliance with the code of practice on the use of physical restraint

Cavan APU has processes in place to review each episode of physical restraint at unit level after the restraint occurs. CMMHS has a MHC Compliance officer who reviews each restraint and the documentation relating to each restraint. Cavan APU has a Restraint Reduction Oversight Group made up of staff from the APU, members of Senior Management and members of Practice Development who meet quarterly and review any restraints that have occurred and the corresponding audits. Specific actions for improvement are identified and implemented to improve compliance with the code of practice on the use of physical restraint.

A statement about the compliance with the approved centre's own reduction policy

Cavan APU staff, the Restraint Reduction Oversight Group and the MHC Compliance officer are dedicated to reducing the amount of physical restraint to the lowest possible level. Every episode of restraint is reviewed in detail to examine if any learning can be taken from it to prevent reoccurrence in the future. This Learning is passed onto the APU staff and also the instructors of PMCB (Professional Management of Complex Behaviours)

Signed by Registered Proprietor Nominee: Pauline Ackermann

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