



Annual Report 2023

Acute Psychiatric Unit, Cavan General Hospital

Code of Practice in the Use of Physical Restraint

The total number of persons that the approved 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 physically restrained during the reporting period	16
The total number of episodes of physical restraint	38
The shortest episode of physical restraint	1 minute
The longest episode of physical restraint	10 minutes

Cavan Monaghan Mental Health Services (CMMHS) are committed to a reduction in restrictive practice with a culture and clear governance structures to support this.

The Acute Psychiatric Unity (APU) in Cavan General Hospital 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 the 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.

Cavan APU has processes in place to review each episode of physical restraint at unit level after the restraint occurs. Cavan Monaghan Mental Health Services has a Mental Health Commission (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.

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)

The approved centre continues to strive for compliance with the Code of Practice on the Use of Physical Restraint (2022) and relevant approved centre policy.



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