



Approved Centre Name:  
Ashlin Centre

<b>The total number of persons that the centre can accommodate at any one time</b>	<b>46</b>
<b>The total number of persons that were admitted during the reporting period</b>	<b>502</b>
<b>The total number of persons who were secluded during the reporting period</b>	<b>33</b>

### **Rules Governing the Use of Mechanical Means of Bodily Restraint**

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

<b>The total number of persons who were mechanically restrained</b>	0
<b>The total number of episodes of mechanically restrained</b>	n/a
<b>The shortest episode of mechanically restraint</b>	n/a
<b>The longest total episode of mechanically restraint</b>	n/a
<b>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</b>	0

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

The Ashlin Centre is committed to the continued provision of safe and high quality care and is committed to adhering to the principle that the use of restrictive practices and interventions should only take place following a risk assessment and where there are no alternative means to support the patient's safety.

In early 2022, the Ashlin Centre were a part of the HSE's Project on Reducing Restrictive Practices which supported services to work towards and plan for the new Mental Health Commissions published Codes and Rules relating to Seclusion and Physical Restraint. Through the involvement of this pilot group, the Ashlin Centre commenced planning towards the adoption of the new Codes and Rules and made us self-reflect on our practices and approaches. We commenced in-service 1:1 and group education teaching sessions with our staff members to ensure we embedded the knowledge and procedures of the Codes and Rules.

As part of the revised Rules Governing Mechanical Means of Bodily Restraint for Enduring Risk of Harm to Self or Others, the Ashlin Centre did not have any episodes of Mechanical Means of Bodily Restraint for Enduring Risk of Harm to self or others in 2023 therefore the rules are not applicable.

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

The Ashlin Centre recognises that restrictive practices compromises a person's liberty and that it's use must be the safest and least restrictive options of last resort necessary to manage the immediate risk.

The use of restrictive practice must be proportionate to the assessed risk, employed for the shortest possible duration and its use must only occur following reasonable attempts to use alternative means of de-escalation to enable the person to regain self-control (MHC, 2022). Working towards and achieving compliance with the Codes and Rules remains our priority. In order to achieve this we have focused our attention on the following:

- Oversight Committee Membership



**Approved Centre Name:**  
Ashlin Centre

- Re-focused our approach to individualised auditing
- Changed our Debrief and MDT review template
- Sensory Room
- Re-purposed rooms in the Approved Centre
- New Reducing Restrictive Practices ICP appendix document
- Focus groups with service users
- Quarterly Quality and Patient Safety (QPS) presentation

The Ashlin Centre did not have any episodes of Mechanical Means of Bodily Restraint for Enduring Risk of Harm to self or others in 2023 therefore the rules were not applicable during the annual inspection.

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

In the creation of our "Seclusion and Physical Restraint Reduction Policy" we focused our attention on the Mental Health Commission's Seclusion and Restraint Reduction Strategy (2014) in order to focus on SMART goals to reduce or where possible eliminate episodes of Restrictive Practice. Since the new changes in 2023 on the Codes and Rules, we have embedded commitment, leadership, quality initiatives, investments towards changing practices and a heightened focus on training and education amongst our staff members. The Ashlin Centre is fully compliant with its own reduction policy.

Within the reduction policy, we continue to focus on the following areas:

1. Enhance the work force through the provision of education & training related to restrictive practice reduction.
2. Conducting reviews of restrictive practice aimed at identifying areas for improvement.
3. Embedding quality initiatives within our Approved Centre.
4. Identification and implementation of non-restrictive practices such as de-escalation, positive behaviour support and one to one therapeutic engagement.

The Ashlin Centre did not have any episodes of Mechanical Means of Bodily Restraint for Enduring Risk of Harm to self or others in 2023.



**Approved Centre Name:**  
**Ashlin Centre**  
**Rules Governing the Use of Seclusion**

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

<b>The total number of seclusion episodes</b>	<b>43</b>
<b>The shortest episode of seclusion</b>	<b>2hrs 45mins</b>
<b>The longest episode of seclusion</b>	<b>196hrs</b>

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

The Ashlin Centre is committed to the continued provision of safe and high quality care and is committed to adhering to the principle that the use of restrictive practices and interventions should only take place following a risk assessment and where there are no alternative means to support the patient's safety.

In early 2022, the Ashlin Centre were a part of the HSE's Project on Reducing Restrictive Practices which supported services to work towards and plan for the new Mental Health Commissions published Rules relating to seclusion. Through the involvement of this pilot group, the Ashlin Centre commenced planning towards the adoption of the new Rules and made us self-reflect on our practices and approaches. We commenced in-service 1:1 and group education teaching sessions with our staff members to ensure we embedded the knowledge and procedures of the Rules.

As per our use of data to inform our practice, there has been a noted reduction in episodes of Seclusion over the past number of years. In 2023, the Ashlin Centre achieved a 14% reduction in episodes of Seclusion compared with 2022 data. This was achieved through the implementation of a comprehensive restrictive practice reduction policy, the establishment of a restrictive practice reduction-working group and an increased focus on training and education.

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

The Ashlin Centre recognises that restrictive practices compromises a person's liberty and that it's use must be the safest and least restrictive options of last resort necessary to manage the immediate risk.

The use of restrictive practice must be proportionate to the assessed risk, employed for the shortest possible duration and its use must only occur following reasonable attempts to use alternative means of de-escalation to enable the person to regain self-control (MHC, 2022).

Working towards and achieving compliance with the Codes and Rules remains our priority.

In order to achieve this we have focused our attention on the following:

- Oversight Committee Membership
- Re-focused our approach to individualised auditing
- Changed our Debrief and MDT review template
- Sensory Room
- Re-purposed rooms in the Approved Centre
- New Reducing Restrictive Practices ICP appendix document
- Focus groups with service users
- Quarterly Quality and Patient Safety (QPS) presentation

The 2023 annual inspection by the Mental Health Commission found that the Ashlin Centre was found not to be compliant with the Rules Governing the Use of Seclusion and a Corrective and Preventative Actions (CAPA) was put in place to address the issues identified.



**Approved Centre Name:**  
Ashlin Centre

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

In the creation of our "Seclusion and Physical Restraint Reduction Policy" we focused our attention on the Mental Health Commission's Seclusion and Restraint Reduction Strategy (2014) in order to focus on SMART goals to reduce or where possible eliminate episodes of Restrictive Practice. Since the new changes in 2023 on the Codes and Rules, we have embedded commitment, leadership, quality initiatives, investments towards changing practices and a heightened focus on training and education amongst our staff members. The Ashlin Centre is fully compliant with its own reduction policy.

Within the reduction policy, we continue to focus on the following areas:

1. Enhance the work force through the provision of education & training related to restrictive practice reduction.
2. Conducting reviews of restrictive practice aimed at identifying areas for improvement.
3. Embedding quality initiatives within our Approved Centre.
4. Identification and implementation of non-restrictive practices such as de-escalation, positive behaviour support and one to one therapeutic engagement.

**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**

35



**Approved Centre Name:**  
Ashlin Centre

<b>The total number of episodes of physical restraint</b>	51
<b>The shortest episode of physical restraint</b>	1min
<b>The longest episode of physical restraint</b>	10min

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

The Ashlin Centre is committed to the continued provision of safe and high quality care and is committed to adhering to the principle that the use of restrictive practices and interventions should only take place following a risk assessment and where there are no alternative means to support the patient's safety.

In early 2022, the Ashlin Centre were a part of the HSE's Project on Reducing Restrictive Practices which supported services to work towards and plan for the new Mental Health Commissions published Codes relating to Physical Restraint. Through the involvement of this pilot group, the Ashlin Centre commenced planning towards the adoption of the new Codes and made us self-reflect on our practices and approaches. We commenced in-service 1:1 and group education teaching sessions with our staff members to ensure we embedded the knowledge and procedures of the Codes.

As per our use of data to inform our practice, there has been a noted reduction in episodes of Physical Restraint over the past number of years. In 2023, the Ashlin Centre achieved a 39.2% reduction in episodes of Physical Restraint compared with 2022 data. This was achieved through the implementation of a comprehensive restrictive practice reduction policy, the establishment of a restrictive practice reduction-working group and an increased focus on training and education.

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

The Ashlin Centre recognises that restrictive practices compromises a person's liberty and that its use must be the safest and least restrictive options of last resort necessary to manage the immediate risk.

The use of restrictive practice must be proportionate to the assessed risk, employed for the shortest possible duration and its use must only occur following reasonable attempts to use alternative means of de-escalation to enable the person to regain self-control (MHC, 2022).

Working towards and achieving compliance with the Codes and Rules remains our priority.

In order to achieve this we have focused our attention on the following:

- Oversight Committee Membership
- Re-focused our approach to individualised auditing
- Changed our Debrief and MDT review template
- Sensory Room
- Re-purposed rooms in the Approved Centre
- New Reducing Restrictive Practices ICP appendix document
- Focus groups with service users
- Quarterly Quality and Patient Safety (QPS) presentation

The 2023 annual inspection by the Mental Health Commission found that the Ashlin Centre was compliant with the Code of Practice on Physical Restraint.



**Approved Centre Name:**  
Ashlin Centre

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

In the creation of our "Seclusion and Physical Restraint Reduction Policy" we focused our attention on the Mental Health Commission's Seclusion and Restraint Reduction Strategy (2014) in order to focus on SMART goals to reduce or where possible eliminate episodes of Restrictive Practice. Since the new changes in 2023 on the Codes and Rules, we have embedded commitment, leadership, quality initiatives, investments towards changing practices and a heightened focus on training and education amongst our staff members. The Ashlin Centre is fully compliant with its own reduction policy.

Within the reduction policy, we continue to focus on the following areas:

1. Enhance the work force through the provision of education & training related to restrictive practice reduction.
2. Conducting reviews of restrictive practice aimed at identifying areas for improvement.
3. Embedding quality initiatives within our Approved Centre.
4. Identification and implementation of non-restrictive practices such as de-escalation, positive behaviour support and one to one therapeutic engagement.

**Signed by Registered Proprietor Nominee:** Anne Marie Donohue

*\*If you don't have a Digital Signature, typing your name will be accepted as your signature.*