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Annual Report 2023

Blackwater House, Cavan Monaghan Mental Health Services

Code of Practice in the Use of Physical Restraint

The total number of persons that the approved centre can accommodate at any one time	16
The total number of persons that were admitted during the reporting period	3
The total number of persons who were physically restrained during the reporting period	<=5
The total number of episodes of physical restraint	<=5
The shortest episode of physical restraint	1 minute
The longest episode of physical restraint	1 minute

Blackwater House cares for individuals over age of 65 years with degenerative cognitive disorders and mental illness. This is a very specific patient profile, both in terms of risk and presenting symptoms.

Blackwater House management and staff are committed to achieving full compliance with the code of practice on the use of physical restraint. This is reflected in our physical restraint data for 2023, with only one episode of physical restraint occurring in Blackwater House.

The Approved Centre has a specific and tailored training program in the Professional Management of Complex Behaviours (PMCB). This reflects the specific care needs of our residents and provides staff with the best possible foundation in terms of minimising the need and occurrences of physical restraint. This tailored approach to training for staff is complemented by the implementation of Focused Intervention Training and Support (FITS) in the care of residents that have a Dementia or degenerative cognitive disorder diagnosis. This galvanises staffs' understanding and fosters a care-focused management approach to complex and challenging behaviours associated with the profile of resident in Blackwater House.

All staff who participate, or may participate, in the use of physical restraint have received the appropriate training to do so.

The service has provided ongoing training and education to staff in terms of PMCB training, to maintain and achieve the expected levels of compliance with regards to the code of practice in the use of physical restraint and the correct use, documentation and recording of all episodes of physical restraint.

Furthermore; the HSEland training modules on Restrictive Practices have been promoted for all staff with additional sessions included in the postgraduate teaching programme for medical staff as well as trauma informed care, cultural competence, human rights, training in PMAV, positive behaviour support, and a focus on alternatives to seclusion/restraint.

A training video on physical restraint and the requirements of the physical restraint policy has been developed and is available on the Cavan Monaghan Mental Health Services shared drive for all staff to view.

Additional training in the use of the Broset Violence Checklist (BVC) was also provided to staff working in the Approved Centre. This is a key component in the service's strategy to reduce and minimise the use of physical restraint in the Approved Centre and complies with both the CMMHS's Restraint Reduction Policy and Use of Physical Restraint Policy.

Restrictive practices are executed in the approved centre only when all other options have been exhausted without good effect and the service continues to strive for compliance with the Code of Practice on the Use of Physical Restraint (2022).



Pauline Ackermann
Nominee Proprietor/ General Manager
Mental Health Service
Community Healthcare Cavan, Donegal, Leitrim, Monaghan, Sligo