



Approved Centre Name:
CAMHS Inpatient Unit Merlin Park Hospital Galway

The total number of persons that the centre can accommodate at any one time	14
The total number of persons that were admitted during the reporting period	58
The total number of persons who were secluded during the reporting period	0

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

There is no mechanical restraint in CAMHS

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

N/A

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

N/A



Approved Centre Name:
CAMHS Inpatient Unit Merlin Park Hospital Galway

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	0
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

Since the implementation of the updates of the Codes of Practice on the Rules Governing the Use of Seclusion. We have had zero Episodes of Seclusion.

In preparation for the implementation of these updated rules there was a working Group established in November 2022 This working group went through all our current practices, and what the change would mean for us. Each committee member were delegated roles. All current documentation with regard to seclusion and restraint were modified. Restrictive practice clinical practices forms for seclusion and restraint specific to CAMHS were established and rolled out. From January 2023 all requirements were put in place.

All staff encouraged to attend a presentation by a CNM1 highlighting all the changed specific to Restrictive Practices.

Training – All staff advised to complete HSEland training -

Module 1: Changes to the Rules and Code of Practice on Restrictive Practices (20 minutes to complete)

There are three shorter 10 minute modules that are also recommended and address the specific changes to the rules of seclusion and mechanical restraint for enduring risk of harm and the specific changes to the code of physical restraint.

☑ Changes to the Rules on Mechanical Restraint for enduring risk of harm

☑ Changes to the Code of Practice on Physical Restraint

What has been implemented as a component of Reduction in Restrictive Practices?

Safewards – 10 interventions – workshops provided by Ciaran Cuddihy

Trauma Informed Care- workshops and training day Paul Mc Loughlin and Liam Mc Gabhann

Sensory Room renovated

De-escalation log book

Environmental Changes- Reception area – Corridor in therapy block

Therapeutic Management of Violence (TMV) training amended to incorporate the requirements of restrictive practices

The service is of the belief that the buy in from staff to attend all the training, as well as change their attitudes i.e. utilising the Safeward interventions, has definitely impacted on the fact that there has been zero episodes of seclusion

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

To date the approved centre has been compliant with the new requirements in the updated codes of practice. Staff have completed the training as mentioned above on HSEland to ensure awareness of these changes as well as attended presentations to better their knowledge. They have read and signed the updated seclusion policy, and the Restrictive Practices reduction strategy and Policy.

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

A Policy titled Restrictive Practices reduction strategy and Policy was Established through Policies and Procedures Committee and Implemented in April 2023. All staff were notified via email and at handover meetings of this policy and all staff have read and signed same. Staff are aware of their specific roles within restrictive practices.



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	85
The shortest episode of physical restraint	>1min
The longest episode of physical restraint	29mins

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

Since the implementation of the updates of the Codes of Practice on the Rules Governing the Use of Restraining on the 1st of January 2023 to June 2024 We have had 17 episodes of Physical Restraint - from Jan to June 30th the total number of restraints were 4 (all the same patient), from July to dec 2024 there was a total of 11 restraints (9 on the same pt post admission, 2 on separate female patients), Jan 2024 to June 2024 - 2 restraint on the same person post admission.

This is a reduction of 5 restraints from 2022.

In preparation for the implementation of these updated rules there was a working Group established in November 2022 This working group went through all our current practices, and what the change would mean for us. Each committee member were delegated roles. All current documentation with regard to seclusion and restraint were modified.

Restrictive practice clinical practices forms for seclusion and restraint specific to CAMHS were established and rolled out. From January 2023 all requirements were put in place .

All staff encouraged to attend a presentation by a CNM1 highlighting all the changed specific to Restrictive Practices.

Training – All staff advised to complete HSEland training -

Module 1: Changes to the Rules and Code of Practice on Restrictive Practices (20 minutes to complete)

There are three shorter 10 minute modules that are also recommended and address the specific changes to the rules of seclusion and mechanical restraint for enduring risk of harm and the specific changes to the code of physical restraint .

Changes to the Rules on Mechanical Restraint for enduring risk of harm

Changes to the Code of Practice on Physical Restraint

What has been implemented as a component of Reduction in Restrictive Practices?

Safewards – 10 interventions – workshops provided by Ciaran Cuddihy

Trauma Informed Care- workshops and training day Paul Mc Loughlin and Liam Mc Gabhann

Sensory Room renovated

De-escalation log book

Environmental Changes- Reception area – Corridor in therapy block

Therapeutic Management of Violence (TMV) training amended to incorporate the requirements of restrictive practices

Safety Pause takes place daily also, informing all staff in attendance of potential risks with regard to patients , environment, staffing etc

The service of of the belief that the buy in from staff to attend all the training, as well as change their attitudes ie utilising the safeguard interventions, has definitely impacted on the fact that there has been a reduction in the episodes of restraint. So far this year, the number of restraints has halved for 2023 stats.



Approved Centre Name:

CAMHS Inpatient Unit Merlin Park Hospital Galway

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

To date the approved centre has been compliant with the new requirements in the updated codes of practice. Staff have completed the training as mentioned above on HSEland to ensure awareness of these changes as well as attended presentations to better their knowledge. They have read and signed the updated seclusion policy, and the Restrictive Practices reduction strategy and Policy

However, although the changes have been implemented, given the volume of changes, not all elements of the documentation requirements were compliant in our most recent inspection. In order to rectify this, we have now implemented a Restraint care pathway document which is a composite set of documents which includes all elements of the requirements of the restrictive practices, and prompts staff to fill out and update documents as required ie update of ICP post restraint.

We have not had any restraints since this document was implemented, but it will be audited once utilised.

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

A Policy titled Restrictive Practices reduction strategy and Policy was Established through Policies and Procedures Committee and Implemented in April 2023. All staff were notified via email and at handover meetings of this policy and all staff have read and signed same. Staff are aware of their specific roles within restrictive practices.

Signed by Registered Proprietor Nominee: Steve Jackson

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