



Approved Centre Name:  
Cluain Lir Care Centre Mullingar

<b>The total number of persons that the centre can accommodate at any one time</b>	<b>42</b>
<b>The total number of persons that were admitted during the reporting period</b>	<b>34</b>
<b>The total number of persons who were secluded during the reporting period</b>	<b>n/a</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>	<b>&lt;5</b>
<b>The total number of episodes of mechanically restrained</b>	<b>0</b>
<b>The shortest episode of mechanically restraint</b>	<b>0</b>
<b>The longest total episode of mechanically restraint</b>	<b>0</b>
<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>	<b>19</b>

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

Cluain Lir Care Centre Oversight and Review Committee has been established for the reduction of Physical and Enduring Mechanical Restraints. This Review and Oversight Committee and have developed:

- Terms of Reference of the Committee,
- Policy of the Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint,
- Review Mechanism for each episode of Seclusion and Physical & Enduring Mechanical Restraint,
- New documentation and tools to assist staff the recording of Seclusions and Restraints,
- Training to assist staff in the avoidance of and reduction in the need for Seclusions and Restraints.

The decision to prescribe an Enduring Physical Restraint is as a result of and MDT Review and Risk Assessment to ensure patient safety.

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

Each episode of Enduring Mechanical Restraint was audited and deemed to be 100% compliant with the revised Rules governing the use of Mechanical means of Bodily Restraint (Sept 2023). The purpose of the Oversight and Review Committee for the Reduction of Physical Restraint & Enduring Mechanical Restraint at St. Bridget's & St. Marie Goretti's Ward, Cluain Lir Care Centre is to monitor and analyse every episode of physical restraint and enduring mechanical restraint in the approved centre and to provide assurance to the Registered Proprietor of the adherence to the Code of Practice on the Use of Physical Restraint and Rules governing Enduring Mechanical Restraint (2022).



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

A risk assessment of the safety and suitability of the Enduring Mechanical Restraint had been undertaken by the MDT and this specified the monitoring arrangements and frequency to be implemented during its use. A record of the monitoring arrangements was maintained in the clinical file. The episodes had been prescribed by the treating Consultant Psychiatrist and were in use for the shortest possible timeframe. In addition, this is in compliance with the Rules as audited monthly by the CNM3. A report is produced after each meeting of the Oversight and Review Committee and this is available to staff who participate, or may participate, in physical restraint, and enduring mechanical restraint, to promote ongoing learning and awareness.



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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**

N/A

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

N/A

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

N/A



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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

<b>The total number of persons who were physically restrained during the reporting period</b>	<5
<b>The total number of episodes of physical restraint</b>	3
<b>The shortest episode of physical restraint</b>	2mins
<b>The longest episode of physical restraint</b>	8mins

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

On review of episodes of physical restraint there were less than or equal to 5 episodes for the year 2023. This was a 79% reduction compared with 2022.

Initiatives that may have contributed towards this reduction are:

1. We have enhanced our learning by providing extra training in the area of Reducing Restrictive Practices.
2. We provided audit results to improve clinical practice.

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

Compliance for the year 2023 was 97% which was overseen and reviewed by the Oversight Committee.

The purpose of the Oversight and Review Committee for the Reduction of Physical Restraint & Enduring Mechanical Restraint at St. Bridgit's & St. Marie Goretti's Ward, Cluain Lir Care Centre is to monitor and analyse every episode of physical restraint and enduring mechanical restraint in the approved centre and to provide assurance to the Registered Proprietor of the adherence to the Code of Practice on the Use of Physical Restraint and Rules governing Enduring Mechanical Restraint (2022).

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

A Review Mechanism for each episode of Seclusion and Physical & Enduring Mechanical Restraint was developed in 2023 and piloted from March 2024. As referenced above, each episode of Physical Restraint, Seclusion and enduring mechanical restraint is reviewed at the Oversight and Review committee for the Reduction of Physical Restraint, Seclusion and Enduring Mechanical Restraint at St Bridget's and St Marie Goretti's Ward, Cluain Lir. A report is produced after each meeting of the Oversight and Review Committee and this is available to staff who participate, or may participate, in physical restraint and enduring mechanical restraint, to promote ongoing learning and awareness.

**Signed by Registered Proprietor Nominee:** Claire Donnelly

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