



Approved Centre Name:
Department of Psychiatry Portlaoise

The total number of persons that the centre can accommodate at any one time	46
The total number of persons that were admitted during the reporting period	698
The total number of persons who were secluded during the reporting period	23

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	<5
The total number of episodes of mechanically restrained	0
The shortest episode of mechanically restraint	0
The longest total episode of mechanically restraint	0
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	<5

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

During 2023 the Dept of Psychiatry, Portlaoise Oversight and Review Committee (DOPPORC) for the reduction of Seclusion and Physical & Enduring Mechanical Restraint was formally set up in March 2023 pursuant to requirements of the Mental Health Act 2001-2018, September 2022. This committee meets monthly to determine if there is compliance with Mental Health Commission regulations and policy and identify areas requiring improvement and learning and develop actions and time frames.

As part of the work of this committee a number of policy documents were developed or revisited in line with the new Mental Health commission requirements to include the following:

1. development of a Policy of the Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint,
2. development of a Policy on the Rules Governing the Use of Mechanical Means of Bodily Restraint

There were fewer than 5 episodes of the use of Mechanical Means of Bodily Restraint in 2023 and these were reviewed by the DOPPORC and were in compliance with the MHC rules and the DOPP's own policies.

The DOPP has been effective in reducing mechanical means of bodily restraint in 2023 and will continue to work towards further reducing this into 2024 and beyond.



Approved Centre Name:
Dept of Psychiatry Portlaoise

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

There were fewer than 5 episodes of the use of Mechanical Means of Bodily Restraint in 2023 and these were reviewed by the DOPPORC and were in compliance with the MHC rules and the DOPP's own policies.

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

The Dept of Psychiatry, Portlaoise Oversight and Review Committee (DOPPORC) for the reduction of Seclusion and Physical & Enduring Mechanical Restraint was formally set up in March 2023 pursuant to requirements of the Mental Health Act 2001-2018, September 2022. This committee meets monthly to determine if there is compliance with Mental Health Commission regulations and policy, to identify areas requiring improvement and learning and to develop actions and time frames.

As part of the work of this committee a number of policy documents were developed or revised in line with the new Mental Health Commission requirements to include the following:

1. Development of a Policy of the Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint.

The DOPPORC will continue to review all episodes in line with the DOPP's own policy on Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint.



Approved Centre Name:
Dept of Psychiatry Portlaoise

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	26
The shortest episode of seclusion	15mins
The longest episode of seclusion	60hrs

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

The Dept of Psychiatry, Portlaoise Oversight and Review Committee (DOPPORC) for the reduction of Seclusion and Physical & Enduring Mechanical Restraint was formally set up in March 2023 pursuant to requirements of the Mental Health Act 2001-2018, September 2022. This committee meets monthly to determine if there is compliance with Mental Health Commission regulations and policy and identify areas requiring improvement and learning and develop actions and time frames.

As part of the work of this committee a number of policy documents were developed or revisited in line with the new Mental Health Commission requirements to include the following:

1. development of a Policy of the Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint.
2. development of Policy on Rules Governing Use of Seclusion

There was a 25% reduction in the use of seclusion from 2022 to 2023. The Committee and all staff will continue to strive to reduce these figures further and to optimise patient outcomes.

Initiatives that may have contributed towards this reduction are:

1. Enhanced focus of the training on trauma informed care and de-escalation techniques.
2. Increased therapeutic activation on the wards.
3. Introduction of predictive risk assessments of violence and aggression

The DOPPORC will continue to review all episodes in line with the DOPP's own policy on Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint.

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

The Dept of Psychiatry, Portlaoise Oversight and Review Committee (DOPPORC) for the reduction of Seclusion and Physical & Enduring Mechanical Restraint was formally set up in March 2023 pursuant to requirements of the Mental Health Act 2001-2018, September 2022. This committee meets monthly to determine if there is compliance with Mental Health Commission regulations and policy and identify areas requiring improvement and learning and develop actions and time frames.

As part of the work of this committee a number of policy documents were developed or revisited in line with the new Mental Health Commission requirements to include the following:



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1. development of a Policy of the Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint.
2. development of Policy on Rules Governing Use of Seclusion,

During 2023 each episode of seclusion was reviewed by the DOPPORC with an overall 98% compliance with the Rules on the Use of Seclusion.

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

There was a 25% reduction in the use of seclusion from 2022 to 2023. The Committee and all staff will continue to strive to reduce these figures further and to optimise patient outcomes.

The DOPPORC will continue to review all episodes in line with the DOPP's own policy on Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint.



Approved Centre Name:
Dept of Psychiatry Portlaoise

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	27
The total number of episodes of physical restraint	34
The shortest episode of physical restraint	1min
The longest episode of physical restraint	9mins

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

There was a 37.9% reduction in the use of Physical Restraint from 2022 to 2023. The Committee and all staff will continue to strive to reduce these figures further and to optimise patient outcomes.
The DOPPORC will continue to review all episodes in line with the DOPP own policy on Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint.

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

There was a 37.9% reduction in the use of Physical Restraint from 2022 to 2023. The Committee and all staff will continue to strive to reduce these figures further and to optimise patient outcomes.

Initiatives that may have contributed towards this reduction are:

1. Enhanced focus of the training on trauma informed care and de-escalation techniques.
2. Increased therapeutic activation on the wards.
3. Introduction of predictive risk assessments of violence and aggression

The Committee and all staff will continue to strive to reduce these figures further and monitor compliance with the code of practice in order to optimise patient outcomes.
The DOPPORC will continue to review all episodes in line with the DOPP own policy on Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint.

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

There was a 37.9% reduction in the use of Physical Restraint from 2022 to 2023.

The Committee and all staff will continue to strive to reduce these figures further and to optimise patient outcomes.
The DOPPORC will continue to review all episodes and monitor compliance in line with the DOPP own policy on Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint.

Signed by Registered Proprietor Nominee: Claire Donnelly

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