



Approved Centre Name:  
Eist Linn

The total number of persons that the centre can accommodate at any one time	16
The total number of persons that were admitted during the reporting period	21
The total number of persons who were secluded during the reporting period	n/a

### **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	0
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	0

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

Mechanical Restraint is not used in the Eist Linn Approved Centre

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

Mechanical Restraint is not used in the Eist Linn Approved Centre

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

Mechanical Restraint is not used in the Eist Linn Approved Centre



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### **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>0</b>
<b>The shortest episode of seclusion</b>	<b>0</b>
<b>The longest episode of seclusion</b>	<b>0</b>

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

Seclusion is not in use in the Eist Linn Approved Centre

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

Seclusion is not in use in the Eist Linn Approved Centre

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

Seclusion is not in use in the Eist Linn Approved Centre



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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>	37
<b>The shortest episode of physical restraint</b>	1min
<b>The longest episode of physical restraint</b>	30mins

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

Eist Linn operates a reduction policy. Staff are encouraged to utilise alternate means to deescalate a patient prior to the use of physical restraint. 1:1 therapeutic time with staff is offered. Medication is offered and given if accepted. Board games and craft items are freely available for use on all wards. both indoor and outdoor exercise spaces are available to patients. A sensory room is used to reduce the likelihood of restraint. Weighted blankets are also in use. Auditing is completed post each episode as a means of learning for the staff. After action reviews are also utilised post serious incident to discuss areas for improvement and effective team work.

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

Debriefings are completed with each individual within 2 working days of episodes of physical restraint.

MDT reviews of the physical restraint are completed within five working days of each episode.

Physical assessments are completed with patients consent within the specified timeframes.

All episodes are for the minimal time possible with regular review taking place to ensure same.

All staff have receive training in the use of PMCB and have completed HSE land training modules.

Reports are compiled post reduction meeting and made available to staff for review.

All staff have completed training all staff working in the Eist Linn Approved Centre of medical and nursing staff have completed Professional Management of Complex Behaviour (PMCB). All staff have completed HSELand modules on Trauma Informed Care. A Trauma Informed Care Steering Committee is in place in the Approved Centre.



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

Reduction meetings take place at regular intervals. Each episode of physical restraint is reviewed and learning outcomes are discussed. A report is compiled post each meeting highlighting learning outcomes and statistics regarding number of episodes, length of time and patient numbers and this is also reviewed at a monthly MDT Meeting. This report is made available on the ward for staff to review.

**Signed by Registered Proprietor Nominee:** Vincent Goggin

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