



Approved Centre Name:
Elm Mount Unit, St Vincent's University Hospital

The total number of persons that the centre can accommodate at any one time	36
The total number of persons that were admitted during the reporting period	302
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	<5
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	<5

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

The Elm Mount Approved Centre (AC) has implemented several effective measures to reduce and, where possible, eliminate the use of mechanical means of bodily restraint, demonstrating a commitment to the dignity and well-being of patients in our care. The AC has prioritised the adoption of de-escalation techniques and other non-restrictive interventions, providing ongoing training for staff to manage challenging behaviors without resorting to mechanical restraints, thereby fostering a more therapeutic and non-restrictive environment.

Comprehensive monitoring and review processes ensure that any use of restraint is thoroughly documented and evaluated, promoting continuous improvement and accountability. Additionally, Elm Mount AC promotes a culture of patient-centered care by actively involving patients in their treatment plans and decision-making processes, which helps address underlying causes of distress and reduces the likelihood of situations escalating to the point where restraints might be necessary. These measures underscore Elm Mount AC's dedication to maintaining a safe and supportive environment while upholding the rights and dignity of its patients, reflected in the decreased frequency of restraint use and positive feedback from both patients and staff.

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

The Elm Mount AC aims to fully comply with the MHC Rules governing the use of mechanical means of bodily restraint. The AC adheres strictly to all regulatory guidelines and standards, ensuring that any restraint intervention is conducted in accordance with established PPPGs. This includes thorough documentation and review of each episode of restraints, ensuring transparency and accountability. The AC has established a Restraint Reduction Oversight Committee with a relevant multi-disciplinary team (MDT) representative to review each restraint episode. This committee plays a crucial role in evaluating restraint episodes, identifying areas for improvement, and sharing learnings with the wider team. This diligent adherence to rules and the committee's proactive oversight not only safeguards patients' rights and dignity but also promotes a culture of safety and continuous improvement within the facility.



Approved Centre Name:
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A statement about the compliance with the approved centre's own reduction policy

The Elm Mount AC aims to fully comply with CHE MHS policy on Rules Governing the use of Mechanical Means of Bodily Restraint. This policy emphasises minimising and, where possible, eliminating the need for such restraints through proactive and preventative measures. The AC ensures all staff are trained in de-escalation techniques and other non-restrictive interventions, aligning with the CHE MHS Policy. Comprehensive monitoring and regular reviews are conducted to evaluate each restraint episode, ensuring adherence to the AC's Policy . Additionally, the centre conducts quarterly audits to assess and identify areas for improvement and implements Corrective and Preventative Actions (CAPA) based on these findings. The multidisciplinary team develops individualised care plans that include less restrictive alternatives and conducts reviews of all restraint episodes. This commitment to compliance and continuous improvement underscores the centre's dedication to providing a safe, dignified, and therapeutic environment for all residents.



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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



Approved Centre Name:
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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

The total number of persons who were physically restrained during the reporting period	17
The total number of episodes of physical restraint	39
The shortest episode of physical restraint	1min
The longest episode of physical restraint	10min

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

At Elm Mount AC, we are dedicated to creating a safe and therapeutic environment by implementing comprehensive strategies to eliminate and reduce the use of physical restraint. CHE MHS policies prioritise non-restrictive interventions, ensuring that physical restraint is used only as a last resort. We provide regular staff training in de-escalation techniques and crisis intervention strategies, equipping our team with the skills to manage challenging behaviours effectively and compassionately. Each patient benefits from individualised care plans developed in collaboration with patients, their families and MDT, ensuring that their unique needs and preferences are met, thus reducing the likelihood of situations escalating to the point where physical restraint might be considered. Additionally, we integrate alternative therapies such as sensory room, art therapy, yoga therapy, and mindfulness practices into our care regimen. We promote mental and physical well-being and proactive measures to prevent behaviours that might lead to restraint. Our commitment to continuous monitoring and data-driven strategies allows us to maintain transparency, accountability, and a focus on continuous improvement. By prioritising patient-centred care and innovative practices, we have significantly decreased the frequency of physical restraints, enhancing the overall well-being of our patients.

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

The Elm Mount AC aims to fully comply with the MHC Code of Practice (COP) on the use of physical restraint, ensuring that our practices uphold the highest standards of safety and dignity for the patients. The AC's adherence to these guidelines is demonstrated through the implementation of stringent policies and procedures that prioritise the well-being of every patient in the AC. We ensure that all staff members receive comprehensive and ongoing training in accordance with the COP, focusing on de-escalation techniques and alternative intervention strategies. This training equips the staff with the skills necessary to effectively manage challenging situations while minimising the need for physical restraint. Continuous monitoring and regular audits are integral to our approach, allowing us to evaluate our practices rigorously and ensure they consistently align with established standards. By rigorously implementing comprehensive de-escalation strategies and training programs, we ensure that physical restraint is used only as an absolute last resort. Our commitment to these practices reflects our unwavering dedication to upholding the rights and well-being of the patients, ensuring their safety and dignity at all times.



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This approach complies with regulatory requirements and embodies our core values of empathy, respect, and excellence in care.

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

Elm Mount Unit AC aims to fully comply with the CHE MHS Policy on the use of physical restraints and restraints reduction policy to ensure the highest standards of care and safety. Our commitment is reflected in the effective implementation of policies and procedures designed to minimise the use of physical restraint. All staff members undergo comprehensive training that emphasizes de-escalation techniques, trauma-informed care, and alternative intervention strategies, all in line with the CHE MHS restraints reduction policy. Furthermore, a quarterly audit is undertaken to determine compliance with the physical restraint policies and procedures, ensuring they are fully and effectively implemented in clinical practice. This commitment to policy compliance and continuous improvement underscores the AC's dedication to safeguarding the rights and dignity of patients and fostering a safe and therapeutic environment.

Signed by Registered Proprietor Nominee: Niamh McAlinden

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