



Approved Centre Name:  
St Lomans Hospital Mullingar

<b>The total number of persons that the centre can accommodate at any one time</b>	<b>44</b>
<b>The total number of persons that were admitted during the reporting period</b>	<b>267</b>
<b>The total number of persons who were secluded during the reporting period</b>	<b>12</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>	<5
<b>The total number of episodes of mechanically restrained</b>	0
<b>The shortest episode of mechanically restraint</b>	0
<b>The longest total episode of mechanically restraint</b>	0
<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>	<5

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

The Approved Centre had fewer than or equal to 5 episodes of Enduring Mechanical Restraint in use during 2023.

As part of the Approved Centre Reduction of Restraints Policy, our aim is to reduce restraints including enduring mechanical restraint. We have developed a multidisciplinary oversight group that 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.

#### **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 fully compliant with the revised Rules governing the use of Mechanical means of Bodily Restraint (Sept 2023).

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

As part of our Restrictive Practice Reduction Policy to reduce restraint including Enduring Mechanical Restraint, the Oversight and Review Committee for the Reduction of Physical Restraint, Seclusion & Enduring Mechanical Restraint at Admission & St Edna's Ward, St. Lomans Hospital (who meet monthly) is to monitor and analyse every episode of physical restraint, seclusion 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 Seclusion & Enduring Mechanical Restraint (2022).

Each episode of Enduring Mechanical Restraint was reviewed as outlined in the Reduction Policy by the Oversight group and therefore we were compliant with our own Reduction of Restrictive Practices policy.



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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>13</b>
<b>The shortest episode of seclusion</b>	<b>1hr</b>
<b>The longest episode of seclusion</b>	<b>53hrs</b>

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

There were 13 episodes of seclusion during 2023. This was an 83% reduction in episodes compared with the previous year, the main differences being for the March to May period, and the month of October.

Initiatives that may have contributed towards this reduction are:

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

Despite interventions, each episode was clinically indicated to ameliorate risk of serious harm to self for others.

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

Compliance with MHC rules was, on average, 94%.

The purpose of the Oversight and Review Committee for the Reduction of Physical Restraint, Seclusion & Enduring Mechanical Restraint at Admission & St Edna's Ward, St. Loman's Hospital (who meet monthly) is to monitor and analyse every episode of physical restraint, seclusion 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 Seclusion & Enduring Mechanical Restraint (2022).

New Care Pathways were devised to ensure compliance with Codes of Practice and piloted as a direct result of audit findings.

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, seclusion and enduring mechanical restraint, to promote ongoing learning and awareness.



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

A MDT Review Mechanism for each episode of Seclusion and Physical & Enduring Mechanical Restraint was developed in 2023.

A new Reduction Policy and Pathway documentation was created and piloted from March 2024.

In line with our own reduction policy 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 Admissions and St Edna's Ward, St Loman's Hospital.

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, seclusion and enduring mechanical restraint, to promote ongoing learning and awareness.



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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>	13
<b>The total number of episodes of physical restraint</b>	17
<b>The shortest episode of physical restraint</b>	1min
<b>The longest episode of physical restraint</b>	7mins

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

There were 17 episodes of Physical restraint during 2023 in which 13 involved a seclusion, this is a 65% reduction compared with 2022.

Initiatives that may have contributed towards this reduction are:

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

Despite interventions, each episode was clinically indicated to ameliorate risk of serious harm to self for others.

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

During 2023, the longest episode of physical restraint was 7 minutes and the shortest was for 1 minute. Compliance, on average, was 87%.

The purpose of the Oversight and Review Committee for the Reduction of Physical Restraint, Seclusion & Enduring Mechanical Restraint at Admission & St Edna's Ward, St. Loman's Hospital (who meet monthly) is to monitor and analyse every episode of physical restraint, Seclusion 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 Seclusion & Enduring Mechanical Restraint (2022).

New Care Pathways was devised to ensure compliance with Codes of Practice and piloted as a direct result of audit findings.

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**Approved Centre Name:**  
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**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.

In line with our own reduction policy 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 Admissions and St Edna's Ward, St Loman's Hospital.

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, seclusion 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.*