

Safe Use Of Restraint Policy

HS10

Date Written	
Author(s)	
Version	
Date Signed Off	
Reviewed by	

Date: []

Review Data

Initial Production

Name	Role/Department	RACI	Date

R = Responsible for writing the policy; **A** = Accountable; **C** = Consulted; **I** = Informed

Change History

Version	Date	Details of Change	Author

Emergency Contact Details

Name	Email	Mobile

CQC Fundamental Standards

Regulation Number	Regulation Details
Regulation 13: Safeguarding service users from abuse and improper treatment	Care or treatment for service users must not be provided in a way that includes acts intended to control or restrain a service user that are not necessary to prevent, or not a proportionate response to, a risk of harm posed to the service user or another individual if the service user was not subject to control or restraint.

Key Lines of Enquiry

KLOE	How this applies to Restraint
Safe	Only restraining a person in full accordance with appropriate procedures is essential to maintaining safety.

Related Documents

This policy should be read in conjunction with our:

- CM16 - Deprivation Of Liberty Safeguards Policy
- HS08 - Risk Assessment Policy
- CM33 - Safeguarding Vulnerable Adults Policy

Policy Statement



Policy Aims

Careville Ltd understands physical restraint to refer to the restriction of a person's freedom without their permission. In the context of a care service to someone living in their own home restraint could relate to:

- the use of restraint in the event of a service user or other person becoming aggressive or behaving in a threatening manner
- the use of restraint to prevent self-harm or injury to a service user (for instance, the use of cot sides in bed, locking doors, etc.)
- the use of restraint to prevent a service user from leaving their home in situations where staff are concerned as to the safety of that service user

This policy is intended to set out the values, principles and policies underpinning Careville Ltd to physical restraint by staff. It is integral to Careville Ltd's overall approach to the safeguarding of vulnerable service users and should be read in association with related policies on aggression towards staff, rights, risks and restraint and physical intervention by staff.

Restraint Policy

Careville Ltd understands that restraint is illegal unless it can be demonstrated that for an individual in specific circumstances where not being restrained would conflict with its duty of care to keep the person safe.

Careville Ltd considers that physical restraint represents bad practice in care and should be avoided wherever possible. **Staff will use physical restraint only as a last resort or in exceptional circumstances.**

Careville Ltd understands that use of restraint is depriving an individual of their liberty.



Key Question: Where will restraint be used?

Restraint will be used only where:

- the particular form of restraint has been agreed as necessary and has been entered in the service user's plan of care
- the restraint is needed in an emergency situation to prevent serious physical harm to the service user or another person
- those involved in the intervention have received the appropriate training and supervision

Any restraint used must be in the best interests of the person. It should be based upon the level of risk present, taking account of the person's size, gender, age and medical conditions.

It should be used for the minimum amount of time and with the least amount of intervention.

Any use of restraint must be carefully documented in the person's care records and organisation's incident sheets and reviewed. Alternative methods of care should be used wherever possible.

It is accepted that some service users can exhibit challenging behavior at some time or another. Staff are always expected to deal with these events in a calm and professional manner. Whenever restraint is used full details must be entered in the service user's record and the management informed of the incident. Restraint should never be used as an easy option and all staff should be aware of the service users' legal and moral rights to freedom, dignity and autonomy at all times.

Restraint Used in Situations of Aggression or Violence

Physical and verbal aggression by a service user should be dealt with as per Careville Ltd's policy on aggression and violence and never met with hostility from staff. Physical interventions should be used only as a last resort by trained staff and to protect the rights and best interests of the service user and should be the minimum consistent with making sure that all involved are kept safe from harm.

If a member of staff is attacked they are permitted to use "minimum reasonable force" to defend themselves. Care should therefore be taken to ensure that minimum force is indeed used and that service users who are acting in an aggressive or threatening manner are not subject to undue restraint.

The law gives protection to people from being abused or attacked and, if a member of staff is attacked, they are allowed to use “minimum reasonable force” to defend themselves. However, staff should remember that if they restrain a violent person and injure them as a result of the amount of force they use, they could be charged for assault. Because of this risk, staff must always follow the established procedure.

Training

All new staff receive training on the policy on dealing with aggression and violence as well as this policy on physical restraint as part of their induction process.

Careville Ltd provides existing staff with further training to address challenging behaviour and aggression and violence.

Careville Ltd provides ongoing training so that staff can develop skills to manage and reduce unacceptable behavior on the basis of detailed problem analyses and the selection of individualized interventions appropriate to each case. Staff are trained in a range of intervention strategies that have developed in respect of socially inappropriate behavior.



Key Question: What does training include?

Training includes:

- de-escalation techniques
- the concept and use of “minimum force”
- approved and acceptable break away techniques
- inappropriate or unacceptable techniques



Key Points to Take Away

- Careville Ltd understands that restraint is illegal unless it can be demonstrated that for an individual in specific circumstances where not being restrained would conflict with its duty of care to keep the person safe.
- Staff will use physical restraint only as a last resort or in exceptional circumstances.
- If a member of staff is attacked they are permitted to use “minimum reasonable force” to defend themselves.
- Staff should remember that if they restrain a violent person and injure them as a result of the amount of force they use, they could be charged with assault.

Authorisation and Signature

This Policy is the authorised version agreed by the Directors of Careville Ltd. All employees are expected to follow this policy and failure to do so could result in disciplinary action.

Director's Signature

Director