

2023 Annual Report on the Use of Restraint in Cois Dalua, Approved Centre

1. Introduction

Cois Dalua has compiled this Annual Report on the Use of Restraint in accordance with:

- Code of Practice on the Use of Physical Restraint – Part 3. Use of Physical Restraint – Section 7. Clinical Governance – Paragraph 7.7
- Rules Governing the Use of Mechanical Means of Bodily Restraint – Part 3. Use of Mechanical Means of Bodily Restraint for Immediate Threat of Serious Harm to Self or Others – Section 7. Clinical Governance – Paragraph 7.9
- Rules Governing the Use of Mechanical Means of Bodily Restraint – Part 4. Use of Mechanical Means of Bodily Restraint for Enduring Risk of Harm to Self or Others – Paragraph 10.7
- Rules Governing the Use of Seclusion – Part 3. Use of Seclusion – Section 10. Clinical Governance – Paragraph 10.7

We are committed to promoting a restraint-free environment by adopting a human rights-based approach. Cois Dalua promotes the least restrictive environment possible and advocates non-aversive and proactive approaches to supporting Residents while embracing a person-centred approach to care that aims to limit the use of restraint to exceptional circumstances, as a last resort, for the shortest possible duration of time.

We recognise that in exceptional circumstances restraint may be required to support a Resident who presents with a risk of an immediate threat of serious harm to self or others. Any impact of such a restraint on the Resident is assessed and carefully managed through a Restraint Reduction Plan the aim of which is to reduce – or where possible – eliminate the use of restraint.

We assign a zero-tolerance approach to any potential inappropriate use of restraint by staff members.

2. The effectiveness of Cois Dalua's actions to eliminate, where possible, and reduce physical and mechanical restraint.

We recognise the inherent rights to personal dignity and freedom for all in accordance with national and international human rights instruments and legislation. Our policies align with and support the recently released 'Sharing the Vision' strategy alongside any appropriate changes to the Mental Health Acts, the Assisted Decision Making (Capacity) Act 2015 and all other relevant national and international regulations and standards.

Any type of restraint compromises a person's liberty, and we recognise the physical, psychological, and emotional impact that restraint can have on the person. We are assured there is clear documentation and evidence that any restraint utilised has been after all other non-restrictive and/or less restrictive alternatives have been deemed unsuccessful. At Cois Dalua, we assure that any restraint utilised in cases where the Resident poses an immediate threat to themselves or others, is the least restrictive option and utilised for the shortest possible duration of time. Positive Behaviour Support (PBS) involves assessments that look beyond the behaviour of the person and seek to understand the causes or triggers of the behaviours. These causes may be social, environmental, cognitive, or emotional. The approach is one of behaviour change as opposed to behaviour management.

a. Physical Restraint

Physical Restraint is defined in the Code as “the use of physical force (by one or more persons) for the purpose of preventing the free movement of a person’s body when the person poses an immediate threat of serious harm to self or others.”

Reporting Period: 01 st January 2023 – 31 st December 2023	
Total number of persons that the approved centre can accommodate at any one time.	16
Total number of persons that were admitted during the reporting period.	less than or equal to five
Total number of persons who were physically restrained during the reporting period	7
Total number of episodes of physical restraint.	35
Shortest episode of physical restraint.	1 minute
Longest episode of physical restraint.	10 minutes

Year	2022	2023
Total number of persons who were physically restrained	6	7
Total number of episodes of physical restraint	58	35
Shortest episode of physical restraint (Hours: Minutes: Seconds)	00:00:20	00:01:00
Longest episode of physical restraint (Hours: Minutes: Seconds)	00:30:00	00:10:00

Note: The average number of Residents in 2023 increased by circa 17% over 2022.

b. Mechanical Restraint

Mechanical Restraint is defined in the Rules as “the use of devices or bodily garments for the purpose of preventing or limiting the free movement of a person’s body.”

Reporting Period: 01 st April 2023 – 31 st December 2023	
Total number of persons that the approved centre can accommodate at any one time.	16
Total number of persons that were admitted during the reporting period.	less than or equal to five
Total number of persons who were mechanically restrained as a result of immediate threat to self or others during the reporting period.	less than or equal to five
Total number of episodes of mechanical restraint.	less than or equal to five
Shortest episode of mechanical restraint.	10 Minutes
Longest episode of mechanical restraint.	10 Minutes

Year	2022	2023
Total number of persons who were mechanically restrained as a result of immediate threat to self or others	less than or equal to five	less than or equal to five
Total number of episodes of mechanical restraint	less than or equal to five	less than or equal to five
Shortest episode of mechanical restraint (Hours: Minutes: Seconds)	N/A	00:10:00
Longest episode of mechanical restraint (Hours: Minutes: Seconds)	N/A	00:10:00

Reporting Period: 01 st April 2023 – 31 st December 2023	
Total number of persons that the approved centre can accommodate at any one time.	16
Total number of persons that were admitted during the reporting period.	less than or equal to five
Total number of persons who were mechanically restrained as a result of the use of Mechanical Means of Bodily Restraint for Enduring Risk of Harm to Self or Others.	less than or equal to five

Year	2022	2023
Total number of persons who were mechanically restrained as a result of the use of Mechanical Means of Bodily Restraint for Enduring Risk of Harm to Self or Others	less than or equal to five	less than or equal to five

c. Seclusion

Seclusion is defined in the Rules as “the placing or leaving of a person in any room alone, at any time, day or night, with the exit door locked or fastened or held in such a way as to prevent the person from leaving” (MHC, 2009a). Approved centres that provide dedicated seclusion rooms must include adequate access to toilet facilities and furnishings in order to protect the dignity and privacy of the person. Seclusion facilities cannot be used as bedrooms (MHC, 2009a).

There were zero incidents of seclusion in Cois Dalua in 2023.

3. Cois Dalua’s compliance with the Code of Practice on the Use of Physical Restraint.

Cois Dalua was deemed not compliant on inspection in 2023 with the Code of Practice on the Use of Physical Restraint. The findings that gave rise to the non-compliance on inspection were addressed through a comprehensive corrective and preventive action plan (CAPA) submitted and accepted by the Mental Health Commission. All appropriate corrective and preventive actions have been implemented to fully address the non-compliances found under this code of practice on inspection in 2023.

4. Cois Dalua’s compliance with the Rules Governing the Use of Mechanical Means of Bodily Restraint.

Cois Dalua was deemed not compliant on inspection in 2023 with the Rules Governing the Use of Mechanical Means of Bodily Restraint. The findings that gave rise to the non-compliance on inspection were addressed through a comprehensive corrective and preventive action plan (CAPA) submitted and accepted by the Mental Health Commission. All appropriate corrective and preventive actions have been implemented to fully address the non-compliances found under this code of practice on inspection in 2023.

5. Cois Dalua’s compliance with the Rules Governing the Use of Seclusion.

As Cois Dalua did not use seclusion throughout 2023, this rule was deemed ‘Not Applicable’ on inspection in 2023.

6. Cois Dalua’s Compliance with Own Restraint Reduction Policy

The Restraint Reduction policy in Cois Dalua provides the means to establish and promote a restraint-free environment in so far as is possible by focussing on planned reduction and ensuring that restraint is used as per the guidance set out in the Code of Practice. The policy in place provides for and ensures that restraint is only utilised after all other non-restrictive alternatives have been trialled and deemed unsuccessful.

Furthermore, where restraint is deemed necessary, it is only initiated following assessment of risk to ensure the safety and welfare of the Resident. Where any restraint is utilised, that the rights of the Resident is upheld, and the Resident is treated with dignity and respect before, during, and after the restraint.

Residents' wishes in relation to restraint is documented within their Individual Care Plans and Residents' needs, preferences, and values are considered within the development of a Restraint Reduction Plan.

Internal audits were conducted by Nua Healthcare's independent Quality Assurance Department in February 2024 on the use of physical and mechanical restraint in Cois Dalua and compliance with its own Restraint Reduction Policy. The audits covered the period from the date of implementing the policy in November 2023 through to January 2024 and found Cois Dalua to be Satisfactorily Compliant meeting 71 of the 77 criteria within the internal audit tools. Some minor action was required to ensure that:

- Documentation and recording of episodes of restraint were always clear and maintained contemporaneously within Residents' clinical files, and
- All Staff in the Approved Centre had signed to indicate they have read and understood the policy.

Cois Dalua – and Nua Healthcare Mental Health Services – are fully committed, and dedicated to the philosophy of promoting a restraint-free environment where which any consideration to engage in restrictive practices is based on comprehensive assessment of risk and only utilised after all other non-restrictive alternatives have been trialled and deemed unsuccessful. We will continue to identify and implement proactive actions and initiatives to further reduce – or where possible – eliminate the use of restraint.

The Registered Proprietor will ensure that the annual report regarding restraint and the Restraint Reduction policy is made publicly available on Nua Healthcare Services' Website.

The Registered Proprietor has appointed Richard Wasik (Director of Nursing) as the named senior manager who is responsible for the approved centre's reduction of physical restraint.



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Dr Abdulazeez Towobola

Clinical Director
Cois Dalua, Approved Centre
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Richard Wasik

Director of Nursing
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