

Elimination of Restrictive Practices



**Are we on
track?**

Sharon Brandford, 6th NZASID Conference, August 2009

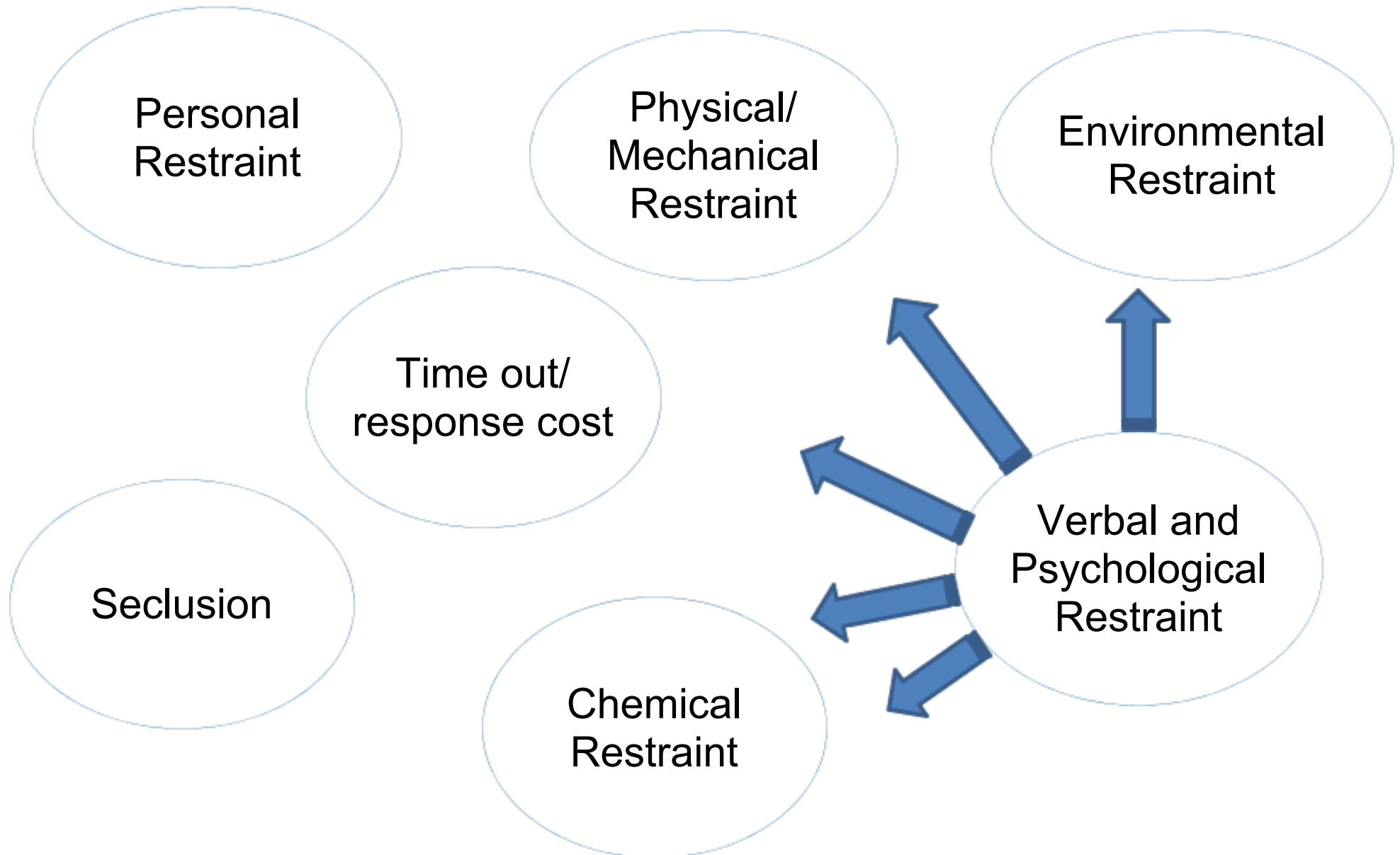




Purpose

- Overview of literature
 - Experiences of being restrained
 - Strategies and effectiveness
- Overview of Australian initiatives
 - National Mental Health Seclusion and Restraint Project (<http://www.nmhsrp.gov.au/c/mh>)
 - Australian Collaboration on promoting dignity of people with disabilities

Restrictive practices include:





Research - the experience of restraint

- Feeling safe is a priority, yet many do not feel safe
- Behaviours of resistance and protest as legitimate responses to maladaptive environments
- Starting point is not to change the person and their behaviour
- Analysis from a rights and power perspective



Research - Use of Restrictive Practices

People most likely...

- Young, male and on ASD spectrum
- Under Court orders
- Self-harm
- Severe challenging behaviour
- Destructive behaviour
- Placed out of home area



Research - Effective Strategies

- Staff education programmes – lack of reliable evidence
- Multi-element systematic intervention (Active Support)
- Behavioural interventions – antecedent intervention, counter-intuitive strategies, fixed time release contingencies
- Sensory interventions - room-based; low arousal
- Intensive interaction
- Mindfulness techniques

NZ - are we on track?

- Ministry of Education Practice Guidelines for the Management of Serious and Challenging Behaviour (2007)
- NZ Standards (8134.2:2008) - to reduce the use of restraint in all its forms and encourage least restrictive practices
 1. Restraint minimisation... all must comply
 2. Safe restraint use ... must comply if use restraint
 3. Seclusion ... subject to legal mandate - approved facilities / inpatient care



NZ Acute Mental Health Sector: 6 core strategies

1. Leadership toward organisational change
2. Use of data to inform practice
3. Workforce development
4. Use of seclusion and restraint prevention tools
5. Full inclusion of service users and families
6. Review and evaluate restraint and seclusion events

“Action Plan: developing alternatives to the use of seclusion and restraint in acute mental health services”

Australasian Collaboration on promoting dignity of people with disabilities



Findings from survey

Survey found variations in:

- Generic and specific legislation impacting on policy and practice, each with different definitions
- Range and rate of restrictive interventions used and reported
- Monitoring mechanisms
- Data collected – prevalence
- Strategies to decrease

Where to next?

- Local discussion
- Wider engagement, e.g. Royal College of GPs
- Meeting at ASSID conference Hobart November 2009.



For discussion...



1. What can each person take away to do to promote reduction of restrictive practices?
2. What role might ASSID play if any in promoting informed debate on this topic?
3. Who could contribute to NZ debate and progress?