

A Practical Guide Positive and Proactive Care

Reducing the need for Restrictive Interventions

*Managing Control and Restraint including
Implementing the New National Guidance*

Thursday 23 October 2014 Hallam Conference Centre, London

Topics include:

- Positive, Safe and Proactive Care
- Implementing the 2014 national guidance in practice
- Is control and restraint used only as a last resort in the NHS?
- Monitoring and oversight of use of restrictive practice
- Control and Restraint: Legal Extended Update Session
- Improving control and restraint practice locally including implementing a ban on face down restraint
- Developing positive behavioural support for people with challenging behaviour
- Implementing a restrictive intervention reduction programme
- Interactive session: Restraint, restrictive intervention reduction and least restrictive option



Facilitators & Speakers Include:

Mark Easton
BBC Home Editor

Dr Julie Hankin
Consultant Psychiatrist
& National Professional Advisor
Care Quality Commission

Eric Baskind
International Expert on
Physical Interventions
Liverpool John Moore's University

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"Investigations into abuses at Winterbourne View Hospital and Mind's Mental Health Crisis in Care: physical restraint in crisis (2013) showed that restrictive interventions have not always been used only as a last resort in health and care. They have even been used to inflict pain, humiliate or punish. Restrictive interventions are often a major contribution to delaying recovery, and have been linked with causing serious trauma, both physical and psychological, to people who use services and staff. These interventions have been used too much, for too long and we must change this. There is overwhelming support for the need to act... Whilst I appreciate there may be times when restrictive interventions may be required to protect staff or other people who use services, or the individuals themselves, there is a clear and overwhelming case for change... Together Positive and Proactive Care and A Positive and Proactive workforce provide a framework to radically transform culture, leadership and professional practice to deliver care and support which keeps people safe, and promotes recovery."

Norman Lamb MP, Minister of State for Care and Support, April 2014

"We will radically reduce the use of all restrictive practices and take action to end the use of high risk restraint, including face down restraint and holding people on the floor"

Closing the Gap: Priorities for essential change in mental health, Department of Health, January 2014

"The huge variation in the use of physical restraint across England is unacceptable. There is a fundamental contradiction at the heart of mental health, between care and control. While mental health services in general are driven by the commitment to help and support people who are distressed or in crisis, many aspects of our work involve containment and control of people who are considered a risk to themselves or others as a result of their mental health problems. Our findings have shown that physical restraint is used far too often in some parts of the country and the practice varies significantly." Mental health crisis care: physical restraint in crisis A report on physical restraint in hospital settings in England Mind

Chaired by Mark Easton, BBC Home Editor, this conference focuses implementing the new Department of Health guidance on Positive and Proactive Care: reducing the need for restrictive interventions and on managing control and restraint in a way that is not excessive and that is respectful of service users. There is a focus on reducing control and restraint to a minimum level. Through national and legal updates, service user perspectives, and practical case studies of implementation in practice and an interactive session on restraint techniques, the conference will provide an invaluable and practical approach to ensuring the new national guidance is implemented effectively in your service.

10.00 AM Chairmans introduction

Mark Easton *BBC Home Editor*

10.10 Positive, Safe and Proactive Care
Reducing the need for restrictive interventions

Norman Lamb MP
Minister for Care and Support
Invited

- learning from Winterbourne: transforming culture, leadership and professional practice
- implementing the 2014 national guidance framework

10.30 Is control and restraint used as a last resort in the NHS?

Alison Cobb
Senior Policy and Campaigns Officer
MIND

Paul Scates
peer specialist for the Dorset Mental Health Forum

11.00 Monitoring and oversight of restrictive practices

Dr Julie Hankin
Consultant Psychiatrist
& National Professional Advisor on Mental Health
Care Quality Commission

- monitoring and oversight of restrictive practices: an update from the Care Quality Commission

11.30 Question and answers, followed by coffee and exhibition

12.00 Control and Restraint: Legal Extended Update Session

Kate Hill
Solicitor/Senior Trainer
RadcliffesLeBrasseur/InPractice

- what constitutes restraint?
- understand when restraint can, cannot and must be used
- techniques that can and cannot be used
- the legal basis for restraint
- case studies and examples in specialist areas

12.40 Developing a Positive and Proactive Workforce

The session will present new Skills for care guidance on establishing

Marie Lovell
Project Manager
Skills for Care

- who is your workforce
- what activities to they need to carry out in relation to restrictive practices?
- what skills, knowledge, values and attitudes so they need to do this well
- how can these skills best be developed

12.50 Question and answers, followed by lunch and exhibition

14.00 PM Chairman

Eric Baskind *Senior Lecturer in Law and International Expert on Physical Interventions* Liverpool John Moores University

FOCUS: Control and restraint in practice: Case studies

14.00 Implementing Positive and Proactive Care in your organisation
Improving control and restraint locally including a ban on face down restraint

Caroline Mackay
Senior Practitioner
with Barnard Turner
Assistant Lead for Aggression and Violence Training
Sheffield Health and Social Care NHS Foundation Trust

- reducing the need for restrictive interventions
- implementing the national guidance framework on positive and proactive care
- how we have implemented a ban on face down restraint in Sheffield and the impact this has had on other types of restraint
- the challenges in practice

14.30 Developing positive behavioural support and supporting people with challenging behaviour

Peter Baker
Consultant Clinical Psychologist
Sussex Partnership NHS Foundation Trust &
Editor, The International Journal of Positive Behavioural Support

- understanding the context and meaning behind the behaviour
- developing supportive environments and skills
- training and educating staff in positive behavioural support
- developing behaviour support plans and primary preventative strategies with service users
- supporting people with challenging behaviour
- de-escalation techniques in practice

15.00 Implementing a restrictive intervention reduction programme: case study

Michelle Hopkins
Head of Patient Safety and Risk
Dorset Healthcare University NHS Foundation Trust

- developing an organisational commitment to reducing restrictive interventions
- implementing a restrictive intervention programme
- ensuring you have the data and information on restrictive intervention use
- learning from post incident reviews

15.30 Question and answers, followed by coffee and exhibition

INTERACTIVE EXTENDED SESSION

16.00 Restraint, restrictive intervention reduction and least restrictive option

Eric Baskind
Senior Lecturer in Law
and International Expert on Physical Interventions
Liverpool John Moores University

This extended session will examine various restraint techniques and address problems delegates are facing with particular physical restraint techniques in practice as well as the ban on prone restraint 6 months on. The session will also focus on developing a restrictive intervention reduction plan and the use of least restrictive option.

17.15 Question and answers followed by close

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The pdf will be sent out after the conference, please fill in the 'Your Details' section above for delivery, and the 'Payment' section.

Venue

Hallam Conference Centre, 44 Hallam Street, London W1W 6JJ. A map of the venue will be sent with confirmation of your booking.

Date

Thursday 23 October 2014

Conference Fee

- ☐ £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
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