

1-DAY: REFRESHER
**PMVA/PBM/
MOVA/MVA/
MAV/MAPA
COURSE**

1 DAY TRAINING

CONTROL & RESTRAINT/SAFE HOLDING

*Effective Methods of Restraint
Using Primarily Non Harmful
Methods of Control.*

COURSE OVERVIEW:

The PMVA Training course covers conflict management, breakaway and control and restraint all delivered together in a Prevention and Management of Violence & Aggression (PMVA) Course. Training is often a mandatory requirement for healthcare staff that work in a violent/ aggressive setting or those that are frontline workers.

We will cover communication/de-escalation, non-aggressive conflict management, hands on approaches to conflict management, things that your staff will need to diffuse and manage a potentially dangerous situation.

TO ACHIEVE THE OUTCOMES A STUDENT MUST:

1. Understand the Law in relation to the use of physical restraint.
2. Evaluate the risks associated with physical restraint and consider methods to reduce the risks.

PACKAGE ONE COURSE IS FOR THOSE CANDIDATES THAT ONLY NEED TO UPDATE THEIR SKILLS AND IS DELIVERED OVER A ONE DAY PERIOD:

1. Delegates to demonstrate non-pain compliant methods of control and how to safely apply them and if required demonstrate more restrictive methods of control and when they should be used.
2. Remember the importance of Incident reports and de-briefing for all involved in restraint.

COURSE PROGRAM:

- Refresher on Breakaway techniques
- Refresher on Laws covering restraint.
- Reminder of the use of your communication skills to prevent restraint wherever possible.
- Positional asphyxia risks
- Corporate manslaughter act – and how it affects you.
- Reminder of the holds to be used in restraint.
- The use of non-pain compliant methods of control – 2, 3 and 4 man teams.
- Teamwork: Contact and Cover
- Shepherding, Figure of four.
- The more restrictive figure of four, dealing with a client that spits.
- From figure of four into thumb in palm techniques
- The different approaches using 2 or 3 in the team.
- To the chair, the rest position, and defusing / Change overs
- Taking clients through door ways.
- Restrictive methods of control (flexion, finger & thumb hold) where identified by risk assessment.
- Controlled take down onto the knees then into the prone position.
- Prone rest position, de-escalation & defusing techniques / The take up to standing position from prone.
- From prone into supine position / Rest position in supine / Take up from supine position
- The dangers of using prone & supine restraints & if possible, avoid them.

- Techniques for seclusion (If required)
- Incident Reporting and De-briefing
- Refresh on techniques
- Question and answer time
- The what "ifs".
- Remember the most important aspect is to try to defuse and de-escalate – if possible, try to avoid restraint

THIS IS A SAMPLE PROGRAM WHICH CAN BE ADAPTED FOR YOUR SPECIFIC NEEDS.

ESSENTIAL INFORMATION:

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| WHO SHOULD ATTEND? | All employees who work within an environment where there is a requirement for the use of restraint |
| TEACHING METHODS | <ul style="list-style-type: none"> • Group Discussions • Demonstration & Practice Under Observation |
| DURATION OF COURSE | One-day refresher training for those who have experience of restrictive physical intervention with 2 trainers delivering the course |
| NUMBER OF DELEGATE PLACES | <ul style="list-style-type: none"> • Minimum 3 • Maximum 16 |
| TRAINERS QUALIFICATIONS | <ul style="list-style-type: none"> • Trainers are ENB A74 Qualified & have Professional Membership of NFPS • The physical aspects of the training have been risk assessed, and this goes in line with what the department of health recommend. We also have BTEC industry recognized qualifications. • BRS Ltd courses are Aligned to Skills for Health Core Skills Training Framework and follow the All Wales Passport to do with safe restraints • NFPS/BTEC Level 3 Restraint Instructors Award Course. • NFPS/BTEC Level 3 Self Defence Instructors Award Course. • NFPS/BTEC Level 3 Conflict Management Training Award Course. |

The publication by the Department of Health "Positive & Proactive Care: reducing the need for restrictive intervention" state the following: (127. There are no universally accepted standards for the use of physical restraint.