

**Annual Report for Seclusion
and Physical Restraint
Ginesa Suite 2023**



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1. Introduction

As a service of St John of God Hospital Clg., Ginesa Suite provides adolescent inpatient mental health care for 12 young people, from 13 to 18 years of age, who are experiencing mental health difficulties. Our philosophy of care is to provide assessment and therapeutic care in partnership with the young person and their families/guardians. We recognise the uniqueness of each young person and provide a comprehensive and multi-disciplinary approach to assessment, treatment and care.

Since its foundation in 1882, the mission of St John of God Hospital is to bring healing, care and wholeness to people who have mental illness or psychological and emotional problems.

Assessment, treatment, rehabilitation, and care are provided in accordance with the highest professional standards and always in keeping with the ethos and caring traditions as modeled for us by St John of God.

This annual report has been compiled as requested by the MHC which states that:

“All information gathered regarding the use of Seclusion and Physical Restraint should be held in the approved Centre and used to compile an annual report on the use of Seclusion and Physical Restraint at the approved centre.” (MHC).

It should be noted that Ginesa Suite does not have Seclusion facilities therefore this report pertains to Physical Restraint only.

2. Reduction of Restrictive Practices

Ginesa Suite participates in the St John of God Hospital Seclusion and Physical Restraint Reduction Committee which oversees the use of these restrictive practices and find initiatives to reduce these practices in both approved centres. The following practices are in place to reduce, or where possible, eliminate the use of Seclusion and Physical Restraint:

- Implementation of Safewards Model of Care.
- Care is delivered via the Recovery Model and Trauma Informed Approach.
- Staff are trained in Therapeutic Crisis Intervention with an emphasis on De-escalation and Crisis Support Plans.
- Training is provided in both Trauma Informed Care and Positive Behaviour Support approaches to care.
- Provision of training for all clinical staff in Clinical Risk Management.
- The establishment of a multidisciplinary group to review every episode of seclusion and physical restraint that occurs in the approved centre.

In 2023, there was an increase in the use of physical restraint in Ginesa Suite. Therefore, the committee will be reviewing the actions outlined above to ascertain if there are any further actions that could take place to reduce the use of this restrictive practice in 2024.

3. Admissions in 2023

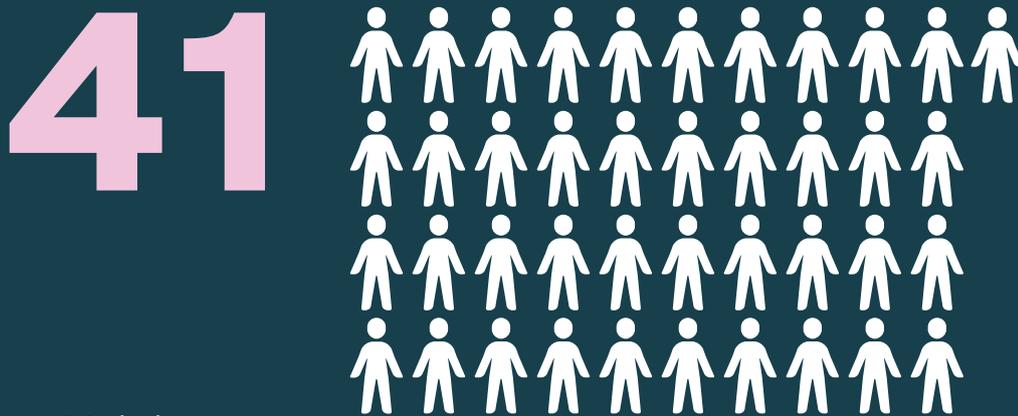


Figure 1: Admissions

3: Physical Restraint

Physical Restraint is defined 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”. (MHC).

In line with the Recovery approach Ginesa Suite seeks to ensure Physical Restraint is never used as a standard intervention but only as an emergency measure of last resort and only in the best interest of the patient(s) when he/she poses an immediate threat of serious harm to self or others. The use of this restrictive measure will always be proportionate to the assessed risk.

This section of the report provides information on the use of Physical Restraint in Ginesa Suite from January to December 2023: Contents

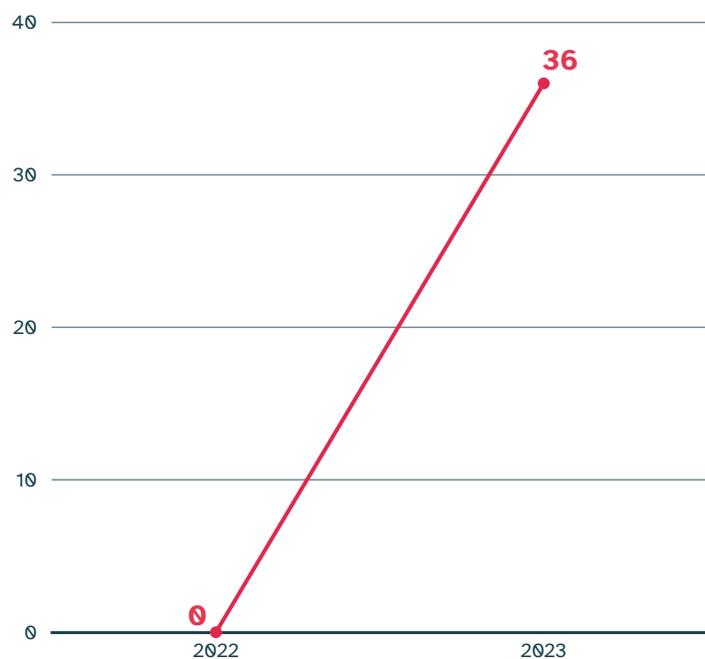


Figure 2: Number of Physical Restraint Episodes



Figure 3: Number of Young Persons Physically Restrained



Figure 4: Physical Restraint Duration

The MHC implemented new Code of Practice on the use of Physical Restraint in January of 2023. In accordance with this code, Ginesa Suite has been reviewing each episode of Physical Restraint to determine compliance and the approved centres own policy. Overall compliancy with the Code and the approved centres policy is noted below.

4: Conclusion

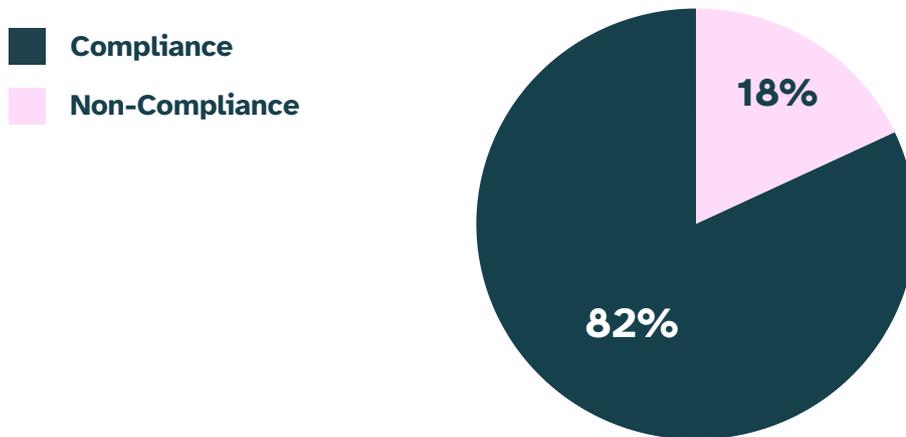


Figure 5: Physical Restraint: Compliance with Policies and MHC Code of Practice - Ginesa Suite

Saint John of God Hospital is committed to reducing the use of restrictive practices within our services. We want to ensure our service is delivered in a safe and dignified way which is respectful of the people who use our services and their choices. To do this we are committed to delivering care using evidenced based, trauma informed and preventative approaches ensuring there is continuous quality improvement in relation to the use of restrictive practices in our setting.

