

Annual Report for Seclusion and Physical Restraint Hospital 2023

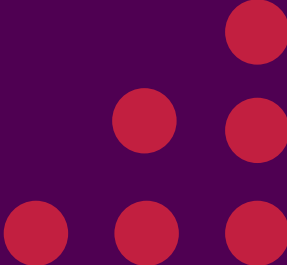


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1. Introduction

St John of God Hospital is an Independent acute psychiatric teaching hospital with 168 Adult inpatient beds and is one of the leading providers in mental health treatment and care.

St John of God hospital retains a leadership role in developing innovative and effective treatment programmes for people suffering from mental health problems. Referrals are accepted nationally and internationally. While providing excellent clinical treatment and care to patients and their families we are committed to training healthcare professionals and to conducting clinical research designed to enhance treatment programmes to improve outcomes for patients and the overall enhancement of their quality of life.

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 ethics and caring traditions as modelled for us by Saint John of God.

This annual report has been compiled as requested by the mental Health Commission (MHC 2022) 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 2022).

2. Reduction of Restrictive Practices

St John of God Hospital has an established Seclusion and Physical restraint Reduction Committee to both oversee the use of these restrictive practices and find initiatives to reduce both the use of Seclusion and Physical restraint. The following practices are in place to reduce, or where possible, eliminate the use of Seclusion and Physical Restraint:

- A reduction in the number of beds in our Acute Admission Suite from 18-16.
- Implementation of Safewards model of Care on all Suites.
- Implementation of Sensory Modulation on our Acute Admission Suite with the opening of a sensory modulation room.
- The purchase of De-escalation Furniture for our Low Stimulus Environment.
- Care is delivered via the Recovery Model approach.
- Staff are trained in TMVA and Breakaway Techniques with an emphasis on De-escalation.
- Training has commenced 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.

As you will note throughout the report, these practices have been successful in reducing the number of seclusion episodes. However, episode of physical restraint episodes have, unfortunately, increased during 2023. The implementation of Sensory Modulation occurred in the last quarter of 2023, therefore it is hoped that the impact of this significant intervention will assist in lowering the incidents of physical restraint during 2024.

3. Admissions in 2023

1237



Figure 1: Hospital Admissions

3: Seclusion

Seclusion is defined as “the placing or leaving of a person in any room, at any time, day or night, such that the person is prevented from leaving the room by any means.” (MHC, 2022)

In line with the Recovery approach St John of God Hospital seeks to ensure Seclusion 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 when (s)he 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 Seclusion in Saint John of God Hospital from January to December 2023:

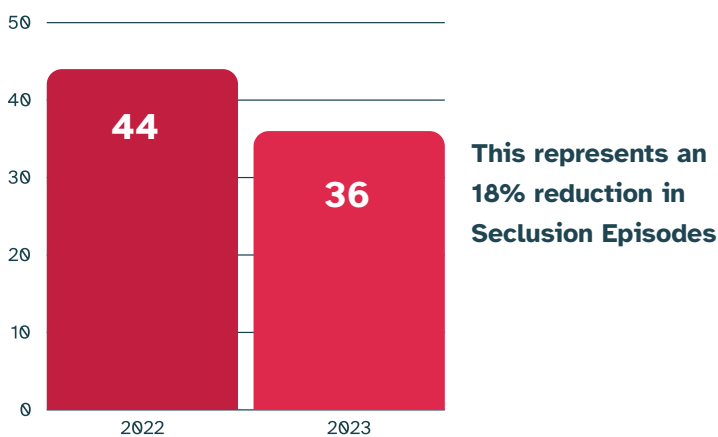


Figure 4: Number of Seclusion Episodes

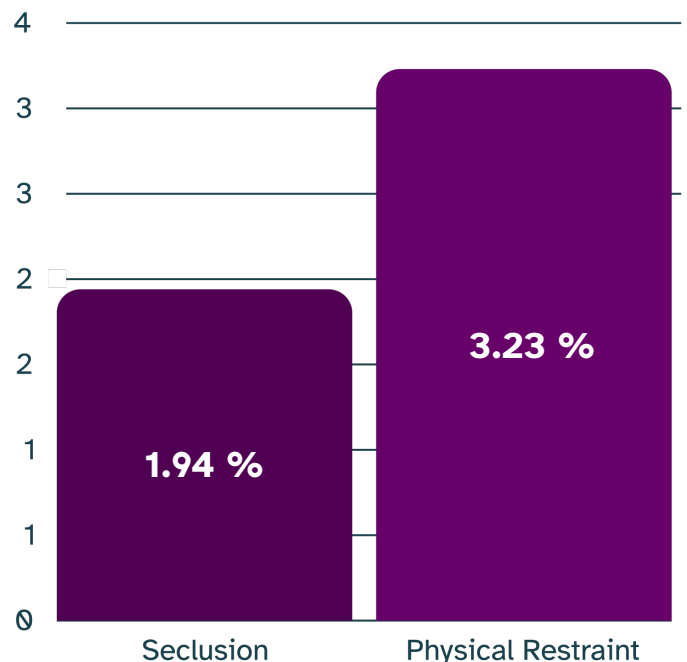


Figure 2: Percentage of Individuals admitted to Saint John of God Hospital who experienced a Restrictive Practice



Figure 5: Number of Persons Secluded

The Mental Health Commission implemented new Rules governing the Use of Seclusion Code in January of 2023. In accordance with this code, Saint John of God Hospital has been reviewing each episode of seclusion to determine compliance with the Rules and the approved centres own policy. Overall compliancy with the Rules and the Hospitals Policy is noted in the graphs below.



Figure 6: Seclusion Duration

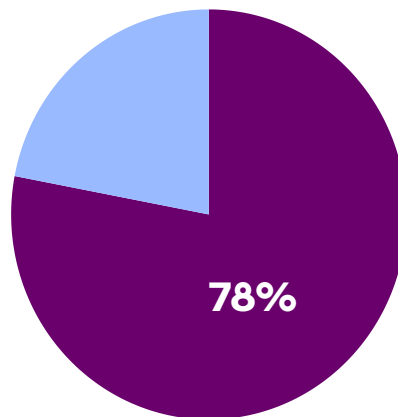


Figure 7: Seclusion: Compliance with Policies and MHC Rules

5: 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 2022)

In line with the Recovery approach St John of God Hospital 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 when (s)he 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 Saint John of God Hospital from January to December 2023:

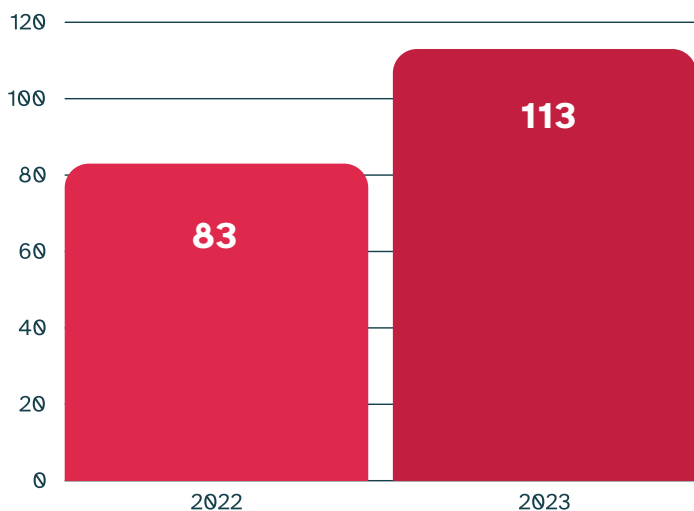


Figure 8: Number of Physical Restraint Episodes



Figure 9: Number of Persons Physically Restrained

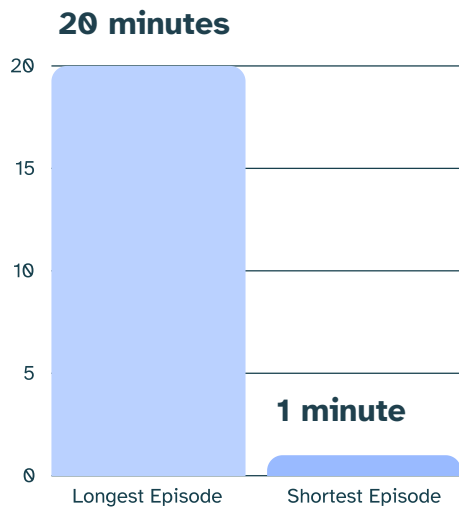


Figure 10: Physical Restraint Duration

The Mental Health Commission implemented new Code of Practice on the use of Physical Restraint in January of 2023. In accordance with this code, Saint John of God Hospital has been reviewing each episode of Physical Restraint to determine compliance with the Code of Practice and the approved centres own policy. Overall compliancy with the Rules and the Hospitals Policy is noted in the graph below.

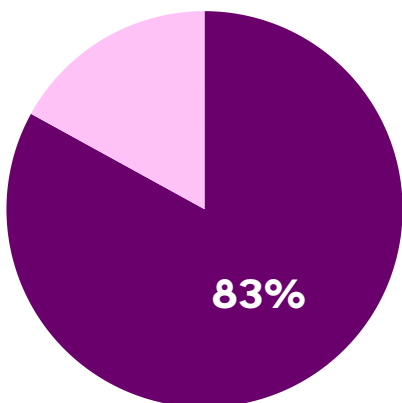


Figure 10: Physical Restraint: Compliance with Policies and MHC Code of Practice

6: Conclusion

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.

