Terms of Reference.

Challenging Restrictive Practice
Steering Group.

Context.
The safe and therapeutic care in our services of people with mental health, intellectual and developmental disabilities, some of whom will on occasion put their own safety and that of others at risk, is a multi faceted challenge in terms of legal, ethical and government guidance and professional conduct codes adherence. Where the restriction of people’s liberty and choice is supported by such frameworks it is essential that the culture of professional care enables a Recovery focus, rarely more so than when that professional care may entail the physical restraint and forced medication of our patients. It might also be argued that other ‘softer’ restrictions with lower impact but higher frequency than physical restraint, such as ‘house rules’ around observation level decision making or the ability to escort patients for meaningful activity have an equally restrictive impact on patients rights and recovery and are commonly implicated as causative factors in some expressions of emotional and behavioural distress leading to physical restraint.

The MHA 1983 Code of Conduct, DOH guidance - *Positive and Proactive Care: reducing the need for restrictive interventions* and other national drivers make challenging restrictive practice essential and timely.

Definitions.

Restrictive interventions are… deliberate acts on the part of other person(s) that restrict an individual’s movement, liberty and/or freedom to act independently in order to:

* take immediate control of a dangerous situation where there is a real possibility of harm to the person or others if no action is undertaken; and

* end or reduce significantly the danger to the person or others; and

* contain or limit the person’s freedom for no longer than is necessary*. (Positive and Proactive Care: reducing the need for restrictive interventions. 2014).

A blanket restriction or a blanket restrictive practice is any practice that restricts the freedom (including freedom of movement and communication with others) of all patients on a ward or in a hospital, which is not applied on the basis of an analysis of the risk to the individual or others. (MHA 1983 Code of Practice. 2015).
**Purpose of the Group.**
The steering group has been established within Local Services to make key decisions and support the workstreams of clinical, service improvement and involvement teams dedicated to the identification, challenge and continuous reduction of restrictive practices. The group will also link to wider work within the Trust undertaken by the CHP and Forensic directorates.

**Authority.**
The steering group is authorised by the sponsorship of the Executive Director of Local Services to support innovative, Recovery focused care in finding solutions, and to challenge robustly operational and/or cultural barriers, to overcoming restrictive practices.

**Membership.**
- Local service clinical support team – (chair).
- Deputy chair.
- Senior operational managers and clinical leads, including medics, from Specialist Service, MHSOP and AMH.
- Directorate team matrons.
- Pharmacy.
- Safeguarding representation.
- Professional advisory group representation.
- Service users and carer representation.
- MHA/MCA/DOLS advisory representation.
- Recovery lead.
- Learning and development representation.
- TMV&A representation.
- Students in training.
- Colleagues from the Forensic and CHP divisions.

**Quorum.**
The quorum for the steering group will be the attendance of six members including a representation from each of the three directorates and the chair of the meeting or nominated deputy.

**Frequency of meetings.**
Bi monthly.

**Reporting.**
The chair of the group will report progress of these terms of reference and related action plans to the Local Services Senior Management Group, the Local Services Risk, Health and Safety Committee and the Local Services Recovery Forum.

**Mick O’Driscoll, Deputy Divisional Nurse, Local Services. Reviewed and agreed by the LS Challenging Restrictive Practice Steering Group – 26/11/14 – update with new definitions on 22/05/15.**

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