

Prevention and Management of Violence and Aggression			
Tutor: Tom Starling	Course: PMVA Level 1	Group size: 16	Date: March 2019
Time: 09:00 – 16:00		Duration: One day	
Lesson Aim: To train, advice and support staff in the safe breakaway and restraint in the management of potentially dangerous serious disruptive and violent behaviours.			
Learning Outcomes:			
By the end of the course, participants will:			
<ol style="list-style-type: none"> 1. Understand the risk in the use of breakaway and safe holding 2. Recognise the importance of De-escalations and the Positive and Proactive Strategy 3. Recognise and react to a person in Respiratory Distress 4. Understand the law and legal legislation regarding it's use and their role within this 5. Understand the organisation's Policy on Breakaway and safe holding 6. Develop skills to minimise the risk to the person requiring intervention and supporting staff team 			
Links to other courses: Breakaway PMVA Level 1; Breakaway and Safe Holds PMVA Level 2; Breakaway and Restraint PMVA Level 3; PMVA Level 1 Refresher; PMVA Level 2 Refresher			
Timing	Session Delivery	Individual/Group	Resource
Day 1 09:00 – 09:30	Introduction, plan of course, objectives, ground rules, health review	Whole Group	Flipchart/Pens
09:30 – 10:40	Risks in Breakaway and Restraint <ul style="list-style-type: none"> • Positional Asphyxia • Metabolic Acidosis 	Whole Group	Flipchart/Pens
10:40 – 11:00	Tea/Coffee break	Whole Group	Tea & Coffee
11:00 – 12:15	Legislation and Guidance Positive & Proactive Strategy De-escalation skills	Whole Group	Flipchart/Pens
12:15 – 13:15	Lunch	Whole Group	
13:15 – 14:30	Warm Up Breakaway	Whole Group	Gym & mats
14:30 – 14:50	Tea/Coffee	Whole Group	Tea & Coffee
14:50 – 15:15	Breakaway Continued	Whole Group	Gym & mats
15:15 – 15:50	Safe Holds	Whole Group	Gym & mats
15:50 – 16:00	Theory Assessment	Whole Group	Flipchart/Pens

Method of Assessment/Confirming Learning:

Formative: Group tasks; feedback; practical assessment; theory assessment

Resources: (Materials, Health & Safety)

Gym and Mats

Flipchart and Pens

Seating to accommodate all participants

Tea and Coffee

Any additional considerations: