

Prevention and Management of Violence and Aggression

Tutor: Tom Starling	Course: PMVA Level 1	Group size: 16	Date: February 2019
Time: 09:00 – 16:00		Duration: Two days (15 Hours)	
<p>Lesson Aim: To refresh, advice and support staff in the safe breakaway and restraint in the management of serious disruptive and violent behaviour.</p> <p>*RRN recommendations that NO more than 3 refresher courses before requirement to do full 4 x day Course again.</p>			
<p>Learning Outcomes:</p> <p>By the end of the course, participants will:</p> <ol style="list-style-type: none"> 1. Understand the risk in the use of breakaway and restraint 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 Restraint 6. Develop skills to minimise the risk to the person requiring intervention and supporting staff team 			
<p>Links to other courses: Breakaway PMVA Level 1; Breakaway and Safe Holds PMVA Level 2: PMVA Level 1 Refresher:</p>			
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 • Compartment syndrome 	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. *RRN Restraint Reduction Network February 2019	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 – 16:00	Safe Holds 1. Wrist * 2. Starling Hold 3. Thumb in Palm * 4. Encapsulation *Safe Holds Level 1,2,3,4	Whole Group	Gym & mats
Day 2 09:00 – 09:30	Warm Up Refresh	Whole Group	Gym & mats
09:30 – 10:00	Refresh Final or Ultimate Lock (If required by purchasing Organisation)	Whole Group	Gym & mats
10:00 – 10:40	Two Person Approaches 1. Front 2. Back	Whole Group	Gym & mats
10:40 – 11:00	Tea/Coffee break	Whole Group	Tea & Coffee
11:00 – 12:00	Two Person Approaches 1. Corridor 2. Relocation Patient	Whole Group	Gym & mats
12:00 – 13:00	Lunch	Whole Group	
13:00 – 14:00	Warm Up Role of Head Person Care, Communication, Control Three Person Team Approaches	Whole Group	Gym & mats
14:30 – 14:50	Three Person Team Approaches 1. Front	Whole Group	Gym & mats
14:50 – 15:10	Tea/Coffee break	Whole Group	Tea & Coffee
15:10 – 16:00	Observation and practical assessment Refresh Evaluation and Feedback	Whole Group	Gym & mats Feedback forms
Method of Assessment/Confirming Learning: Formative: Group tasks; feedback; practical assessment; theory assessment x 1			

Resources: (Materials, Health & Safety)

Gym and Mats

Flipchart and Pens

Seating to accommodate all participants

Tea and Coffee

Any additional considerations: *RRN Restraint Reduction Network Guidance from BILD & NHS England February 2019 to be UK National Standard April 2020 UKAS