

Prevention and Management of Violence and Aggression

Tutor: Tom Starling	Course: PMVA Level 2 Full Course	Group size: 16	Date: March 2019
Time: 09:00 – 16:00		Duration: Four days	
Lesson Aim: To train, advice and support staff in the safe breakaway and restraint in the management of serious disruptive and violent behaviour.			
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 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 (seclusion if necessary) 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 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 • 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	Whole Group	Gym & mats

	Continued		
15:15 – 16:00	<p>Safe Holds</p> <ol style="list-style-type: none"> 1. Wrist * 2. Starling Hold 3. Thumb in Palm * 4. Encapsulation <p>*Safe Holds Level 1,2,3,4</p>	Whole Group	Gym & mats
Day 2 09:00 – 09:30	Warm Up Refresh	Whole Group	Gym & mats
09:30 – 10:00	Refresh Pain Compliance & Flexion(RRN) Final or Ultimate Lock (If requested by purchasing Organisation)	Whole Group	Gym & mats
10:00 – 10:40	Two Person Approaches <ol style="list-style-type: none"> 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 <ol style="list-style-type: none"> 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 <ol style="list-style-type: none"> 1. Front 	Whole Group	Gym & mats
14:50 – 15:10	Tea/Coffee break	Whole Group	Tea & Coffee
15:10 – 15:30	Three Person Team Approaches <ol style="list-style-type: none"> 1. Back 	Whole Group	Gym & mats
15:30 – 16:00	Three Person Team Approaches <ol style="list-style-type: none"> 2. Corridor 	Whole Group	Gym & mats
Day 3 09:00 – 09:30	Theory Assessment	Whole Group	Flipchart/Pens
09:30 – 10:40	Warm Up Three Person Team Approaches <ol style="list-style-type: none"> 3. Doorway 	Whole Group	Gym & mats

	4. Three Person Chair Kneeling De-escalation		
10:40 – 11:00	Tea/Coffee break	Whole Group	Tea & Coffee
11:00 – 12:15	ECC&R Policy on Restraint	Whole Group	Flipchart/Pens
12:15 – 13:15	Lunch	Whole Group	
13:15 – 13:40	Groundwork Prone (Only if the purchasing organisation requests it)RRN 1. Kneeling to standing 2. Leg support hold 3. Prone to standing 4. Rolling over to Supine	Whole Group	Gym & mats
13:40 – 14:20	Groundwork Supine RRN 1. Straight Arm 2. L Shaped Arm 3. Recovery Position 4. De-escalation	Whole Group	Gym & mats
14:20 – 14:40	Tea/Coffee break	Whole Group	Tea & Coffee
14:40 – 16:00	Refresh	Whole Group	Gym & mats
Day 4 09:00 – 11:00	Warm Up Refresh Seclusion(If requested by purchasing organisation)	Whole Group	Gym & mats
11:00 – 11:20	Tea/Coffee	Whole Group	Tea & Coffee
11:20 – 13:00	Observation and practical assessment	Whole Group	Gym & mats
13:00 – 14:00	Lunch	Whole Group	
14:00 – 15:30	Refresh	Whole Group	Gym & mats
15:30 – 16:00	Evaluation and Feedback	Whole Group	Feedback forms
Method of Assessment/Confirming Learning: Formative: Group tasks; feedback; practical assessment; theory assessment x 2			
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			