# Restrictive Practices



## What is Restrictive Practices?

Restrictive practices in healthcare refers to the implementation of any practice that restricts an individual's movement, liberty and/or freedom to act independently without coercion or consequence.  Care interventions or restraints can unintentionally restrict the movement of people.  Some interventions can be seen as providing protection for residents.  This course encourages participants to reflect on practices or interventions that could be considered as restraining residents if viewed from a resident's perspective.

## Who should complete this training:

Restrictive Practice training is aimed at Healthcare professionals and employees. The aim of this training training is to develop an awareness of what restrictive practices are, why they are used and more importantly identifying alternatives. The goal is to create an environment that is free from restraint or that minimises the use of restrictive practices.

## Restrictive Practices Training Content:

- Legislation
- Types of Restrictive Practice
- When is it appropriate to use Restrictive Practice
- General Principles
- When not to use Restrictive Practice
- Documentation
- What are the consequences of Restrictive Practice
- Consent
- Therapeutic Approaches
- Alternatives to Restrictive Practice
- Abuse of Restrictive Practice
- Inspections and SAQ
- Q & A

## Duration:

Approximately 3 hours

## Maximum Participants:

15 participants per course

## Restrictive Practices Training Assessment & Certification:

**Assessment:**

Learner skill and knowledge will be continually assessed throughout the duration of the course.

In addition Learners will complete:

- A Multiple Choice Questionnaire

**Certification:**

Upon successful completion of this course participants will receive a certificate issued by Donegal Safety Services which is valid for 2 years.

Book your course today by calling us on 0874170941, emailing us on info@donegalsafetyservices.ie or alternatively please ***complete our contact form by clicking here.***

## Additional Healthcare Training:

Donegal Safety Services facilitate a full range of healthcare specific training:

- IHF Basic Life Support (BLS)
- IHF Heartsaver CPR/AED
- Cardiac First Response
- Epilepsy Awareness & the administration of Emergency Medications
- People Moving & Handling
- Infection Prevention Control

- Wheelchair Clamping & Lifting Equipment
- Prevention and Management of Aggression & Violence
- Fire Safety Awareness
- Fire Warden
- Evac Chair Training

For further information on restrictive practices check out HIQA's guide by ***clicking here.***

We look forward to hearing from you.