

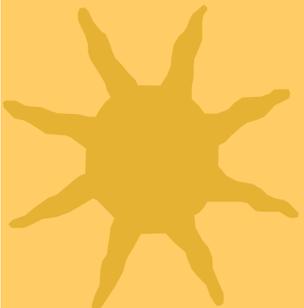
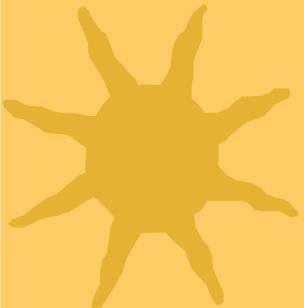
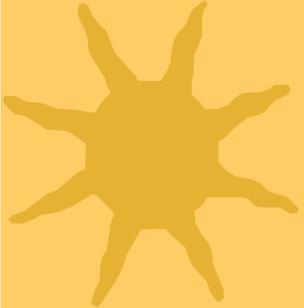
SECLUSION – What works and a Patient's perspective.

Aum P Bennett and S/N D Wheeldon
Severn unit (ICU) Reaside clinic.

Exploring people's attitudes towards use of seclusion and how it can be effectively used to manage risk.



People's attitudes towards seclusion.

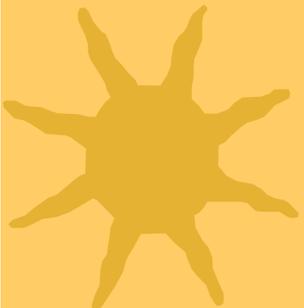
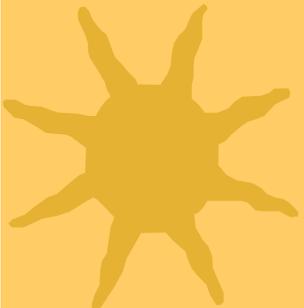
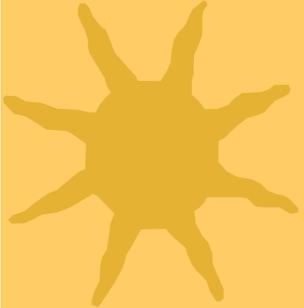


In 2008 unit psychologist Dr Richard Bennett carried out a survey of both staff and patient's attitudes towards dealing with disturbed/hostile behaviour. The study produced some interesting results. Bennett, (2008)



The Survey

Patients and staff were asked how they would prefer to deal with disturbed/hostile behaviour. They were given a range of choices and asked to grade their choices as to how the incident should be dealt with.





The Options

- Speaking to a member of staff on a one to one basis.
- Being offered/taking oral medication.
- Prolonged restraint by staff without medication.
- Prolonged restraint by staff in order to give medication by injection.
- A period of seclusion in the seclusion room.





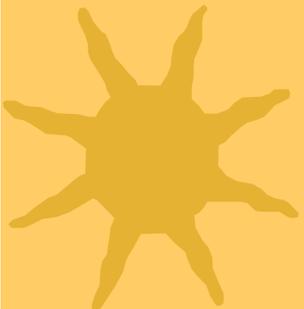
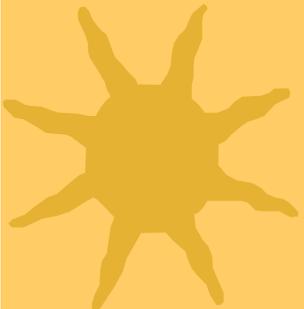
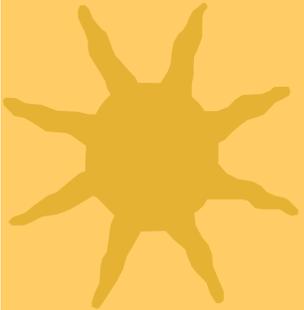
The Results

Patients

1. Counselling
2. PRN Medication
3. Restraint without medication
4. Seclusion
5. Restraint with medication

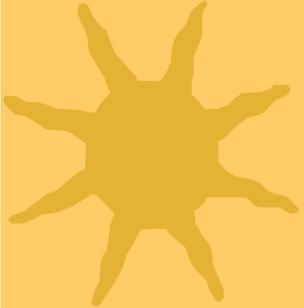
Staff

1. Counselling
2. PRN Medication
3. Seclusion
4. Restraint without medication
5. Restraint with medication

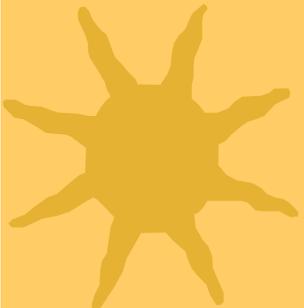




What Works - What are the advantages of using seclusion?



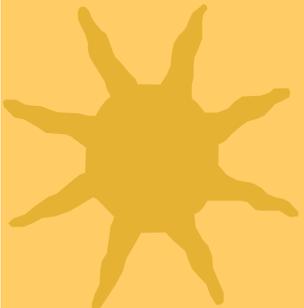
→ Marked decrease in administration of rapid tranquilisation.



→ Significant decrease in incidents of restraint.

→ Reduction in duration of restraints.

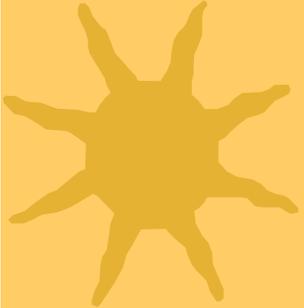
→ Maintains patient dignity.



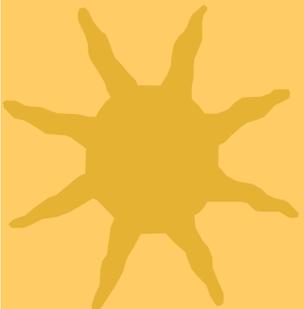
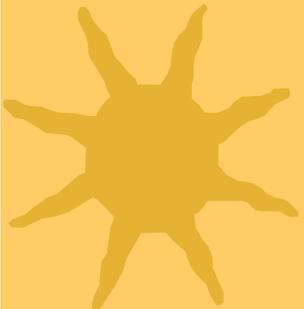
→ Gives reassurance to patients/staff that aggressive behaviour will be managed.



What Works - What are the advantages of using seclusion?



- Environment helps to manage risk.
- Allows safe observation/assessment. Which can include initial assessment following admission.
- Enables dialogue to take place in a safe manner.
- Helps to provide boundaries.





How can seclusion be effectively used?



→ Seclusion to be used to manage a specific risk.



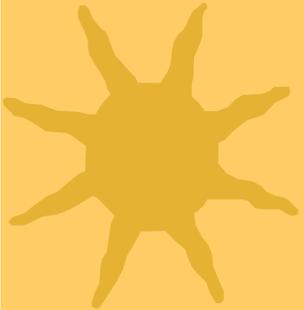
→ All parties are aware of what this risk is.



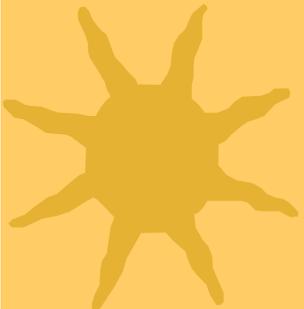
→ Clear understanding of how both parties can be confident this risk has significantly reduced.



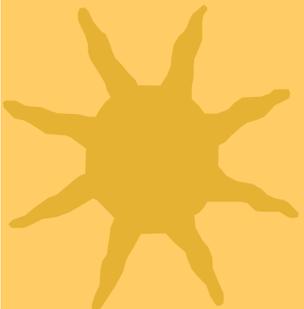
How can seclusion be effectively used?



→ Guidelines on how reduction in risk can be achieved. This includes responsibilities of both parties and strong emphasis on patient's taking responsibility for their actions.



→ Clear guidelines on how both parties can avoid seclusion being recommenced.





How is this achieved?

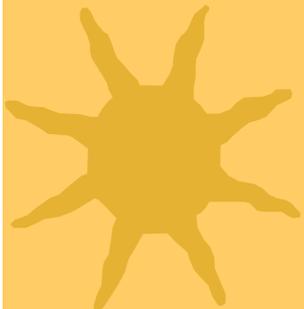
- Seclusion room fit for purpose.
- Fill in seclusion documentation correctly.
- Follow review process.
- Offer support and guidance to review teams.





How is this achieved?

- Document interactions.
- Care plan everything!
- Reflect and learn from experiences.





References

Bennett R, (2008) MANAGEMENT OF DISTURBED BEHAVIOUR IN A MEDIUM SECURE INTENSIVE CARE UNIT: VIEWS OF STAFF ON OPTIONS FOR INTERVENTION.

