



Statement on compliance with the rules governing seclusion, restraint & mechanical restraint for 2024

Approved Centre Name: Dept of Psychiatry, Midland Regional Hospital Portlaoise

The total number of persons that the centre can accommodate at any one time	46
The total number of persons that were admitted during the reporting period	665

Rules Governing the Use of Seclusion

Issued Pursuant to Section 69(2) of the Mental Health Act 2001-2018.

The total number of persons who were secluded during the reporting period	29
The total number of seclusion episodes	37
The shortest episode of seclusion	2 hours
The longest episode of seclusion	112 hours

A statement about the effectiveness of the approved centre's actions to reduce or, where possible, eliminate the use of seclusion

The Dept of Psychiatry, Portlaoise Oversight and Review Committee (DOPPORC) for the reduction of Seclusion and Physical & Enduring Mechanical Restraint was formally set up in March 2023 pursuant to requirements of the Mental Health Act 2001-2018, September 2022. During 2024, the committee continued to meet monthly to determine if there was compliance with the Mental Health Commissions regulations and policy and identify areas requiring improvement and learning and develop actions and time frames. During 2024, the committee met every month to review every episodes of seclusion and also undertook a significant amount of work to include the following:

- **Review of our Terms of Reference as a committee,**
- **Development of a Policy of the Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint,**
- **Development of a Policy on Rules Governing Use of Seclusion,**
- **Development of a Review Mechanism for each episode of Seclusion and Physical & Enduring Mechanical Restraint,**
- **Organised and informed training to assist staff in the avoidance of and reduction in the need for Seclusion and Restraint.**

There was an increase in the use of seclusion from 2023 to 2024, up by 10 episodes from 27 (25 patients) in 2023 to 37 (29 patients) in 2024, 29 out of a total of 665 patients admitted during 2024.

The Committee and all staff will continue to strive to reduce these figures and to optimise patient outcomes.

Initiatives that will continue in improving less restrictive practices include the following:

1. Changes to the environment were implemented over the reporting period in order to create a low stimulus environment. Further developments are planned to create a specific space – Quiet Space - that patients can use to self-regulate emotional distress and



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experience wellbeing. The use of this space will be incorporated into the enhanced learning that will be provided in the area of Reducing Restrictive Practices.

2. We have enhanced our learning by providing extra training in the area of reducing Restrictive Practices, including Trauma Informed Practices.
3. Culture change following introduction of new Rules and Codes by The Mental Health Commission.
4. Increased therapeutic activation on the wards.
5. Introduction of predictive risk assessments of violence and aggression.
6. Introduction of de-escalation boxes on both units.
7. Changes in who can initiate seclusion to most senior person.

The DOPPORC will continue to review all episodes in line with the DOPP own policy on Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint.

A statement about the approved centre's compliance with the rules governing the use of seclusion

The Dept of Psychiatry, Portlaoise Oversight and Review Committee (DOPPORC) for the reduction of Seclusion and Physical & Enduring Mechanical Restraint was formally set up in March 2023 pursuant to requirements of the Mental Health Act 2001-2018, September 2022. This committee continues to meet monthly to determine if there is compliance with the Mental Health Commission regulations and policy and identify areas requiring improvement and learning and develop actions and time frames. As part of the work of this committee, a number of policy documents were developed or revisited in line with the new Mental Health Commission requirements to include the following:

1. development of a Policy of the Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint.
2. development of a Policy on Rules Governing Use of Seclusion.

During 2024 each episode of seclusion was reviewed by the DOPPORC with an overall 98% compliance with the Rules on the Use of Seclusion.



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A statement about the compliance with the approved centre's own reduction policy

In total, there were 37 episodes of seclusion involving 29 service users in 2024, up 10 on the 27 episodes of Seclusion involving 25 patients in the DOPP in 2023.

The shortest episode of Seclusion in 2024 was 2 hours and the longest episode of Seclusion was 112 hours.

Compliance with Rules on the Use of Seclusion was on average 99%.

The Committee and all staff will continue to strive to reduce these figures and to optimise patient outcomes.

The DOPPORC will continue to review all episodes in line with the DOPP own policy on Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint.

Code of Practice on the Use of Physical Restraint

Issued Pursuant to Section 33(3)(e) of the Mental Health Act 2001-2018

The total number of persons who were physically restrained during the reporting period	36
The total number of episodes of physical restraint	55
The shortest episode of physical restraint	1min
The longest episode of physical restraint	10mins

A statement about the effectiveness of the approved centre's actions to eliminate, where possible, and reduce physical restraint

There was an increase in the use of physical restraint from 36 episodes in 2023 (30 patients) to 55 in 2024 (36 patients), 36 patients out of a total of 665 patients admitted during the period of 1st. January to 31st. December 2024.

The Committee and all staff will continue to strive to reduce these figures and to optimise patient outcomes.

The DOPPORC will continue to review all episodes in line with the DOPP own policy on Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint.



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A statement about the approved centre's compliance with the code of practice on the use of physical restraint

There was an increase in the use of physical restraint from 36 episodes in 2023 (30 patients) to 55 in 2024 (36 patients).

All episodes were audited with a 99% compliance rate with the Code of Practice on the use of Physical Restraint.

The Committee and all staff will continue to strive to reduce these figures and to optimise patient outcomes.

A statement about the compliance with the approved centre's own reduction policy

There was an increase in the use of physical restraint from 36 episodes in 2023 (30 patients) to 55 in 2024 (36 patients).

All episodes were audited with a 99% compliance rate with the Code of Practice on the use of Physical Restraint and in line with the DOPP own reduction policy.

The Committee and all staff will continue to strive to reduce these figures and to optimise patient outcomes.

The DOPPORC will continue to review all episodes and monitor compliance in line with the DOPP own policy on Reduction of the use of Seclusion and Physical & Enduring Mechanical Restraint.

Rules Governing the Use of Mechanical Means of Bodily Restraint

Issued Pursuant to Section 69(2) of the Mental Health Act 2001-2018.

The total number of persons who were mechanically restrained under Part 3 (Immediate Risk of Harm)	0
The total number of episodes of mechanically restrained under Part 3 (Immediate Risk of Harm)	0
The shortest episode of mechanically restraint under Part 3 (Immediate Risk of Harm)	0
The longest total episode of mechanically restraint Part 3 (Immediate Risk of Harm)	0
The total number of persons who were mechanically restrained (Part 4: enduring risk of harm to self or others)	0

A statement about the effectiveness of the approved centre's actions to reduce and, where possible, eliminate mechanical means of bodily restraint



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There were no episodes of mechanical restraint during 2024.

A statement about the approved centre's compliance with the rules governing the use of mechanical means of bodily restraint

The DOPP is compliant with the rules governing the use of mechanical restraint.

A statement about the compliance with the approved centre's own reduction policy

There were no episodes of mechanical restraint in 2024

Signed by Registered Proprietor Nominee:

Statement prepared by: Helen Hanlon

Chairperson of the Dept of Psychiatry, Portlaoise Oversight and Review Committee (DOPPORC) and Principal Social Worker

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