



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

Approved Centre Name: Teach Aisling

The total number of persons that the centre can accommodate at any one time	8
The total number of persons that were admitted during the reporting period	4

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	Less than 5
The total number of seclusion episodes	Less than 5
The shortest episode of seclusion	75 min
The longest episode of seclusion	75 MIN

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

Teach Aisling has a strong commitment to a least-restrictive approach, supported by robust governance, regular audits, multidisciplinary oversight and service user engagement. Following comprehensive reviews, staff training and targeted initiatives, Teach Aisling has now effectively eliminated the use of Seclusion on the unit. The Mental Health Commission were informed of this on the 19th Aug 2024.

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

Teach Aisling has effectively eliminated the use of Seclusion, which is now no longer used on the unit.

The single episode of seclusion that occurred in 2024 was thoroughly reviewed by the Multidisciplinary Team (MDT) within five working days. Compliance was ensured through audit. Teach Aisling ensure transparency and accountability through regular review by the MDT Review and Oversight Committee for Restrictive Practices. Reports were disseminated to relevant staff to support continuous learning and improvement.

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



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

Teach Aisling has effectively eliminated the use of Seclusion, which is now no longer used on the unit.

Teach Aisling remains fully committed to compliance with its **Seclusion and Physical Restraint Reduction Policy**, as demonstrated by eliminating the use of Seclusion.

The single episode of seclusion was thoroughly reviewed by the **Multidisciplinary Team (MDT)** and the MDT **Review and MDT Oversight Restrictive Practice Committee**, ensuring alignment with the policy objectives. Audits, governance meetings and staff training initiatives support ongoing compliance, while service user feedback is actively incorporated into the review process. Teach Aisling continuously refines its **restrictive practice reduction strategy**, implementing targeted initiatives, including the eliminating of Seclusion. This reflects the units dedication to upholding its policy and working towards the ultimate goal of reducing and, where possible, eliminating restrictive practices.

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	15
The total number of episodes of physical restraint	6
The shortest episode of physical restraint	2minutes
The longest episode of physical restraint	10 Minutes

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

Teach Aisling adopts a comprehensive approach to minimising physical restraint. This strategy includes fostering a **least-restrictive culture**, creating a **recovery-focused therapeutic environment**, providing ongoing education, engaging service users and ensuring strong governance. Physical restraint is used only as an absolute last resort, for the shortest possible duration, to ensure safety. Each episode of physical restraint is thoroughly reviewed by the **Multidisciplinary Team (MDT)**, with feedback from those involved actively sought and encouraged to inform future improvements. All episodes are discussed during **MDT meetings**, to identify opportunities for improvement and continuous learning. Teach Aisling continually refines its restrictive practice reduction strategy through regular reviews and updates. Personalised activities and therapeutic interventions are provided to meet individual's specific needs ensuring every effort is made to minimise physical restraint.



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

Teach Aisling adheres fully to the **Code of Practice on the Use of Physical Restraint**. All physical restraint practices are conducted in line with regulatory guidelines, ensuring restraint is only used as a last resort when all alternative interventions have been exhausted and the individual presents an immediate risk of harm. Each instance of physical restraint is reviewed by the **Multidisciplinary Team (MDT)** within five working days, with compliance consistently monitored through **quarterly audits and reviews**. Any non-compliance is swiftly identified and addressed, with corrective actions implemented to maintain adherence to the Code of Practice. The Centre ensures transparency and accountability through regular reporting and oversight at the MDT Review and Oversight Committee for Restrictive Practice meetings, reaffirming its commitment to best practices in the use of physical restraint.

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

Teach Aisling fully complies with its **Seclusion and Physical Restraint Reduction Policy**. Each instance of physical restraint is reviewed by the **Multidisciplinary Team (MDT)** to ensure compliance with the policy, with any areas for improvement promptly addressed. Ongoing **quarterly audits** and continuous staff training further support adherence to the policy's principles. Teach Aisling's dedication to reducing and where possible, eliminating physical restraint is evident in its proactive implementation of preventive strategies and alternative interventions. Regular reporting and oversight ensure continued compliance, reinforcing the Teach Aisling's commitment to minimising restrictive practices while preserving the dignity and well-being of service users.

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

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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N/A

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

N/A

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

N/A

Signed by Registered Proprietor Nominee:

**If you do not have a Digital Signature, typing your name will be accepted as your signature.*