

**HANDLING CHALLENGING BEHAVIOUR - THE USE OF PHYSICAL INTERVENTION**

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*This Policy defines the Home's philosophy towards the use physical intervention by care staff in situations of challenging behaviour (reference Policy No: 335).*

**A: BACKGROUND:**

1. Policy No: 335 addresses the concept of challenging behaviour and how it may be managed, depending upon the circumstances. In exceptional circumstances a service user may display an episode of challenging behaviour which requires physical intervention in order to prevent harm or injury to the service user, or to others. The need for possible physical intervention will have been identified at the assessment of needs stage for the service user, and integrated into the service user's unique Care Plan as an agreed strategy should circumstances require it. This will justify, and support the need for, physical intervention.
2. Physical intervention is defined as the use of force to restrict or restrain movement or mobility, or the use of force to disengage from harmful or dangerous physical contact initiated by a service user. Physical intervention involves the application of the minimum degree of force necessary to prevent injury or serious damage to property.

**B: THE USE OF PHYSICAL INTERVENTION:**

1. *Guidelines:*

- 1.1 Physical intervention should always be used as a last resort, except where the service user, care workers or others are in immediate and serious physical danger.
- 1.2 At all times, the least restrictive procedure must be used, with the minimum of force for the shortest period of time.
- 1.3 Physical intervention must be used in such a way that maintains the dignity of the service user, care workers and others as far as possible.
- 1.4 The application of physical intervention must take into account the service user's physical characteristics, behaviour and location.

2. *Planned Physical Intervention:*

This is where care staff employ pre-arranged and agreed strategies and methods, and will differ from the measures taken to address emergency or unplanned physical intervention (see section B.3). Planned interventions must be developed as follows:

- 2.1 They must be agreed in advance by a multi-disciplinary team working in consultation with the service user, family members or advocate (as appropriate), their carers and, in the case of a child, those with parental responsibility.
- 2.2 They must be recorded in writing so that the method of physical intervention, and the circumstances under which it is sanctioned for use, are clearly understood by all persons. The strategies for planned physical intervention will be fully documented in the form of authorised instructions and written records that includes the following:
  - The names and responsibilities of those persons present at the planning meeting;
  - Description of the behaviour sequences and settings that may require physical intervention;
  - The results of an assessment that determines any alternative actions to the use of physical intervention;