

## 5 DAY PREVENTION AND MANAGEMENT OF VIOLENCE AND AGGRESSION TRAINING

The Trust provides training for individuals that work within an Inpatient Mental Health setting. It is called Prevention and Management of Violence and Aggression with the aim to equip employees or workers with sufficient skills to de-escalate/diffuse (to calm) a difficult situation, break away from violent or dangerous situations, as well as providing the skills to safely restrain a patient, where there may be a danger to themselves or to others. This may be when a client is either standing, in a chair, or in emergency situations, on the floor.

Employees or workers will have the relevant interpersonal and physical skills together with the most current knowledge and research available to ensure safe physical interventions with patients/service users taking into consideration their privacy, dignity, rights, social, ethnic and racial needs.

They will be able to work as part of a team in order to apply the most safe and effective restraint techniques and will understand the place of physical intervention within a healthcare setting and the benefits to staff and to patients/service users. Dorset Healthcare have produced a short film of the training course in action: <https://www.youtube.com/watch?v=6Fs1eOXGFWo&feature=youtu.be>

**The training develops self-confidence and personal strategies to help manage violent incidents at work.**

### Content covered during the PMVA course

Dorset HealthCare Trust Policy on Control & Restraint Peaceful de-escalation  
Physical and non-physical interventions to deal with physically challenging behaviour  
Cardiopulmonary resuscitation (CPR)  
Ethical, legal, ethnic and racial considerations  
Positional asphyxia  
Sickle Cell disease and restraint  
Sudden death in epilepsy  
Mental Health Act

