

Annual Report for Seclusion and Physical Restraint

Ginesa Suite 2024



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1. Introduction

As a service of St John of God University Hospital Clg., Ginesa Suite provides adolescent inpatient mental health care for 12 young people from 13 years up to 18 years who are experiencing mental health difficulties. Our philosophy of care is to provide assessment and therapeutic care in partnership with the young person and their families/guardians.

We recognise the uniqueness of each young person and provide a comprehensive and multi-disciplinary approach to assessment, treatment and care.

Since its foundation in 1882, the mission of St John of God hospital is to bring healing, care and wholeness to people who have mental illness or psychological and emotional problems.

Assessment, treatment, rehabilitation, and care are provided in accordance with the highest professional standards and always in keeping with the ethics and caring traditions as modelled for us by St John of God.

This annual report has been compiled as requested by the MHC which states that:

“All information regarding the use of Seclusion and Physical Restraint should be held in the approved centre and used to compile an annual report on the use of Seclusion and Physical Restraint at the approved centre”.

Ginesa Suite does not have Seclusion facilities therefore this report pertains to Physical Restraint only.

2. Ginesa Suite 2024

Ginesa Suite provides services for both privately and publicly funded young people experiencing mental health problems.

As a service of St John of God University Hospital, Ginesa suite participates in the Hospital's Seclusion and Physical Restraint Reduction Committee which oversees the use of these restrictive practices and implements initiatives to reduce these practices in both approved centres. The following practices are in place to reduce, or where possible eliminate the use of Physical Restraint in Ginesa Suite:

- Utilisation of the Safewards model of care which specifically aims to reduce conflict and containment in mental health services.
- Care is delivered using a Recovery Model lens and a Trauma Informed approach.
- Staff are trained Breakaway Techniques and CPI with an emphasis on De-escalation.
- Further education in Trauma Informed Care and Positive Behaviour Support approaches to care is available.
- All clinical staff undertake training in Clinical Risk Management.
- A new strategy to reduce the use of Seclusion and Physical Restraint is currently in development.

Physical Restraint is defined as “the use of physical force (by one or more persons) for the purpose of preventing the free movement of a person's body when the person poses an immediate threat of serious harm to self or others” (MHC 2022)

In line with the Recovery approach Ginesa Suite seeks to ensure Physical Restraint is never used as a standard intervention but only as an emergency measure of last resort and only in the best interest of the patient when (s)he poses an immediate threat of serious harm to self or others. The use of this restrictive measure will always be proportionate to the assessed risk.

In Ginesa Suite, there was an 86% reduction in the number of episodes of physical restraints in 2024.

3: Physical Restraint

Less 5 young people experienced an episode of physical Restraint in 2024 which was the same as 2023. The episodes of restraint amounted to 4.8% of all admissions in the approved centre in 2024 versus 4.9% in 2023.

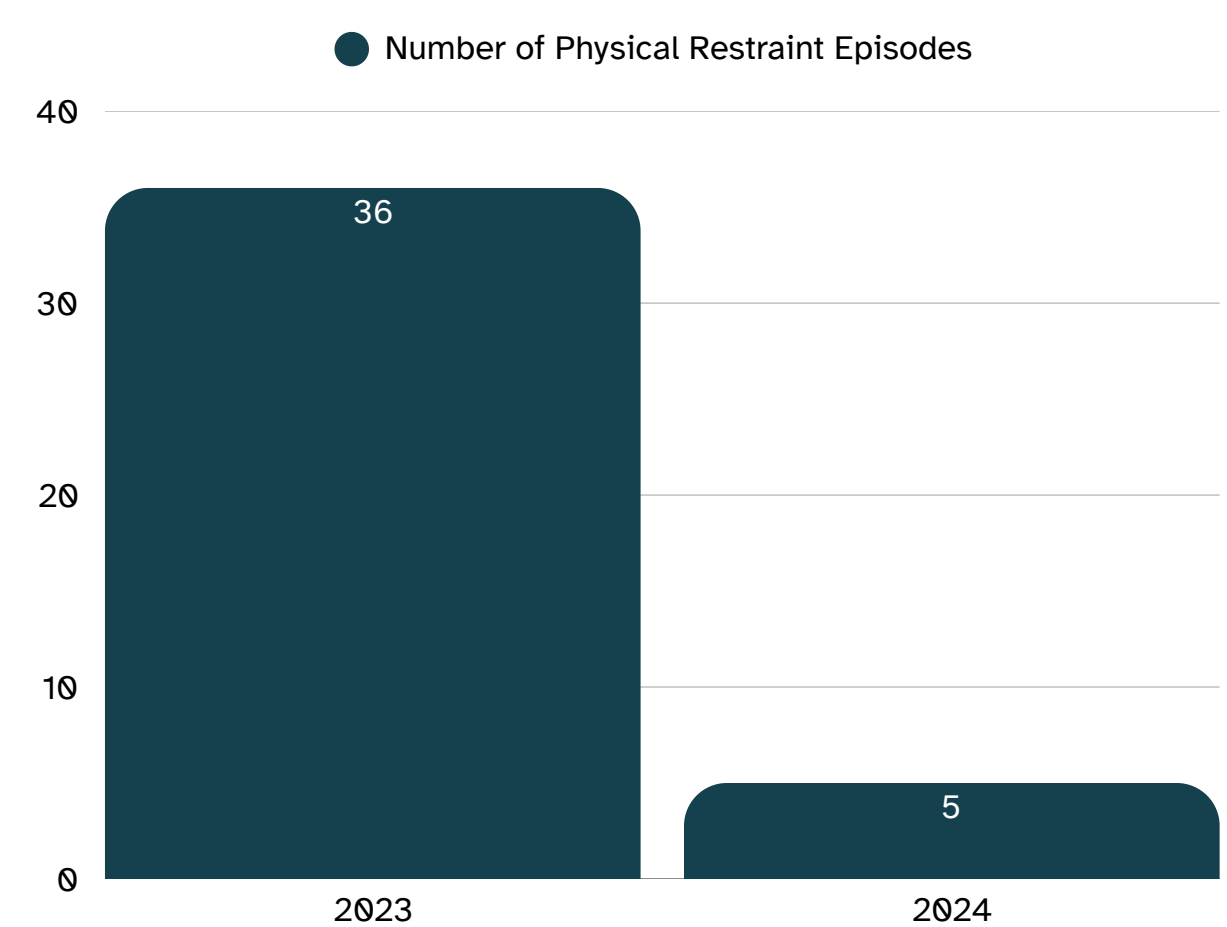


Figure 2: Number of Physical Restraint Episodes



Figure 3: Number of Young Persons Physically Restrained

4: Physical Restraint Duration

The duration of episodes ranged from 40 seconds to 9 minutes with an average of 6 minutes and 20 seconds.

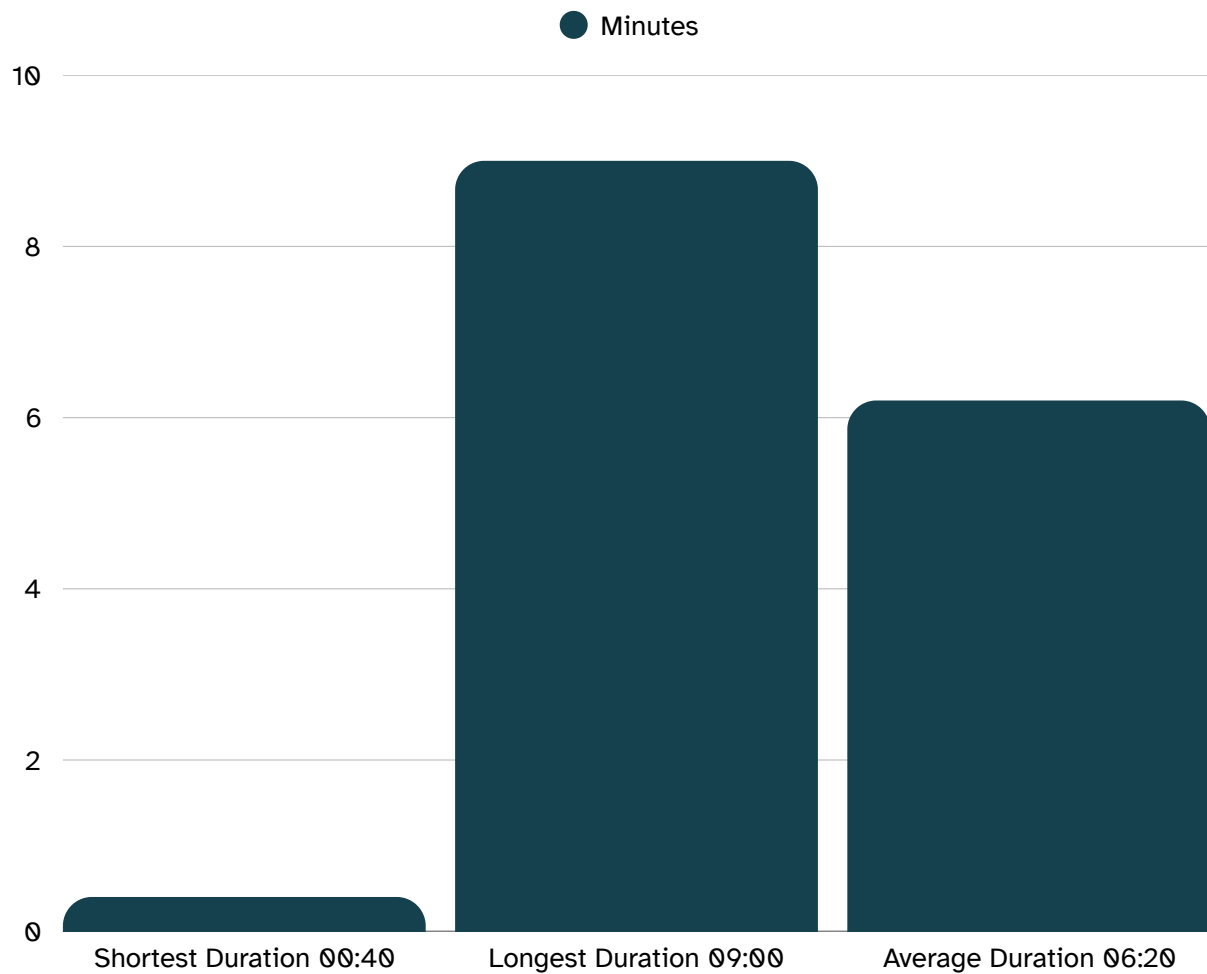


Figure 4: Physical Restraint Durations 2024

4: Compliance with Policies

In relation to the Mental Health Commission Code of Practice on the use of Physical Restraint, Ginesa Suite has been reviewing each episode of Physical Restraint to determine compliance with this code and the approved centres own policy.

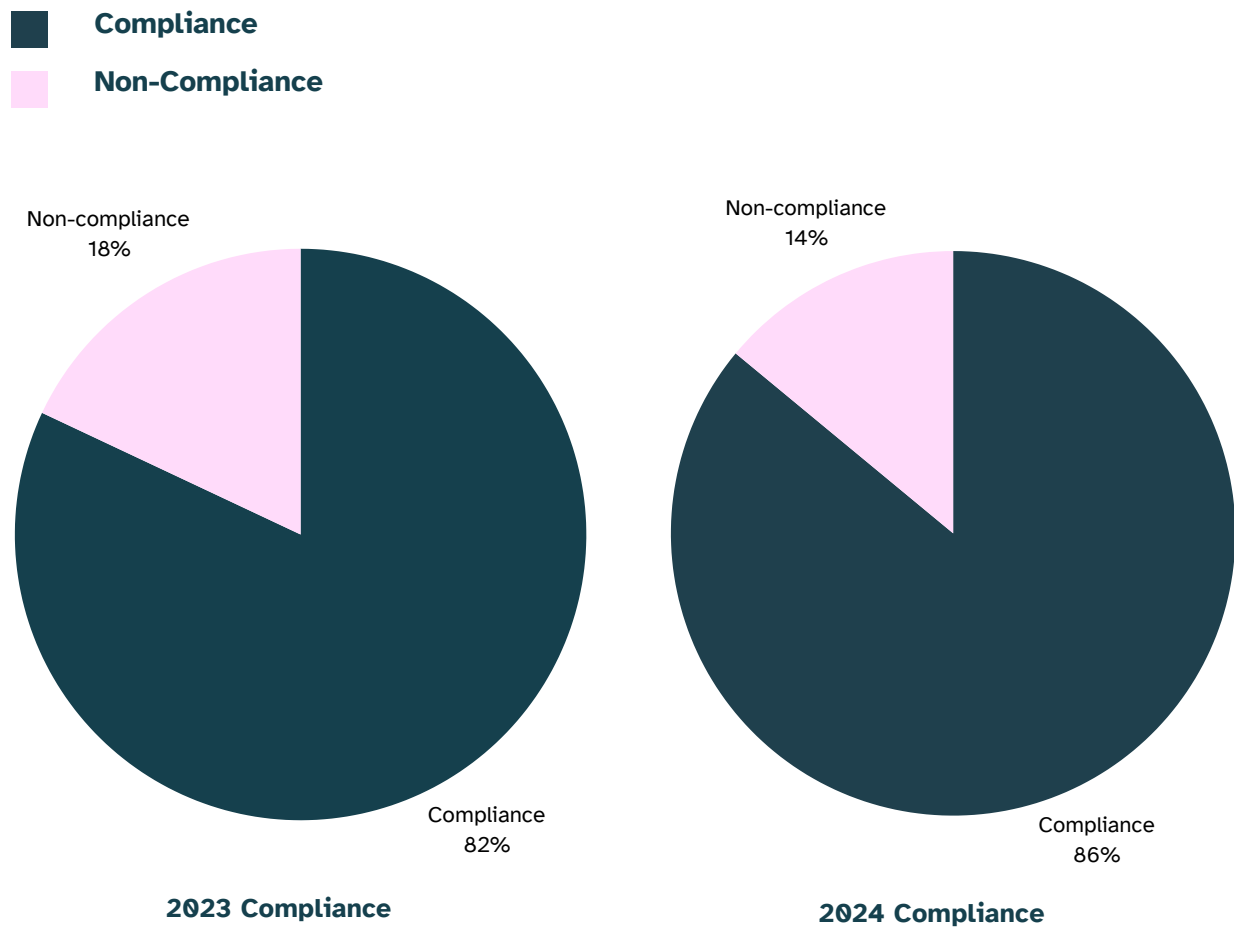


Figure 5: Physical Restraint: Compliance with Policies and MHC Code of Practice - Ginesa Suite

5: Conclusion

As a service of St John of God University Hospital, Ginesa Suite is committed to reducing the use of restrictive practices within our services.

We want to ensure our service is delivered in a safe and dignified way which is respectful of the people who use our services and their choices. To do this we are committed to delivering care using evidence based, trauma informed and preventative approaches ensuring there is continuous quality improvement in relation to the use of restrictive practice in our setting.

