

Safeguarding Service Users from Abuse and Harm: Restrictive Interventions, Restraint, Physical Controls and Restrictive Practices

Introduction

The Burdett Trust for Nursing is an independent charitable trust that makes grants to support nurse-led¹ projects focused on supporting the nursing contribution to healthcare. The Trust aims to use its funds to empower nurses and through this to make significant improvements to the patient care environment.

Reducing Restrictive Interventions

Recently, there has been understandable concern about the use of restraint and restrictive interventions in the care of people with mental health issues and intellectual disabilities. Restraint, seclusion, isolation, segregation and deprivation of liberty should always be applied as a last resort, an extreme measure to sanction and manage someone's behaviour where it is considered dangerous to themselves or others around them. However, it can cause significant physical, emotional and psychological distress and at worst, lead to psychological trauma, injury and even death. Despite overwhelming support being evidenced for reducing and potentially eliminating the use restraint and restrictive interventions and the proven success of isolative and behaviour reduction programmes, these practices continue to be used regularly in mental health and learning disability care settings.

The Burdett Trust believes that in most circumstances, restraint, isolative and restrictive interventions can be avoided by introducing and implementing positive changes to the patient care environment, supported by cultural changes in staff responses to behavioural challenges. It recognises that nurses, in a range of healthcare settings, face dilemmas when balancing the delivery of therapeutic and personalised approaches to care with the need to 'regulate' and 'manage' challenging behaviours. Their responses are often driven by their commitment to support people who are distressed or in crisis.

The Burdett Trust shares the nursing workforce's commitment to the future elimination of restrictive interventions, and believes that this is possible through preventative, evidence-based interventions that can help minimise aggression and challenging behaviour and promote safety and personal dignity when behavioural emergencies occur. The Trust believes nurses are well-placed to take a leadership role in designing, modelling and implementing more appropriate forms of non-intrusive crisis intervention and behavioural management. However, more evidence is needed to establish what works safely and effectively, supported by measures such as reduced stimulation, active listening, diversionary techniques, de-escalation interventions, boundary setting and the use of appropriate medication.

¹ Where the term nurse is used in this document it includes midwives, health visitors and allied health professionals

The Trustees are keen to support innovative, nurse-led initiatives that promote the reduction and potential elimination of restraint, isolative and restrictive interventions, whilst keeping the focus sharply on improving the safety and well-being of service users who may occasionally present with unpredictable and concerning behaviours.

Please note that this programme **will not** support personal study.

All projects **must be nurse-led** and have the nursing contribution to healthcare at their core. Proposals must be well-argued and demonstrate why the project is needed, what benefits and impacts it will deliver and how it will generate learning that can be shared, disseminated and adopted more widely.

Eligibility

Grant applications are invited from charities, non-profit organisations and public bodies that wish to undertake innovative projects to strengthen nursing leadership. Projects must be nurse-led and demonstrate an innovative approach. Grant applications are invited from charities, non-profit organisations and public bodies. The programme is not designed to support projects developed and undertaken by individuals and cannot award grants to private sector organisations.

Applicant organisations must be:

- properly constituted bodies in the public or voluntary/charity sectors; or
- a university or other charitable educational body that provides health-related education, training or research and development.

The Trust will not fund salary costs, posts, services or direct care costs that are regarded as the core funding responsibilities or statutory responsibility of Government or a public body. However, the additional cost of locum cover, staff to provide training, support, research and development, or to undertake project management or evaluation, which are an integral part of the project proposal and would not otherwise be funded by the applicant organisation, may be included in an application for funding. **Please note:** the costs of laptop computers and mobile phones will not included in any grants awarded.

Funding & Awards

Grants awarded within this programme will be between £20,000 and £100,000.

Terms and Conditions

- Projects are likely to be completed within a twelve-month period.
- Projects that exceed six months in duration will be required to submit periodic monitoring reports to the Trust, the timing of which will be project-specific and agreed with successful applicants as part of the approval process.
- Grant payments will be staged and may be withheld if projects do not progress as approved.
- Applications for projects with a significant educational element will be required to demonstrate evidence of a strong service-academic partnership.
- A final report will be required from all projects.
- The Trust will not fund projects that are part of established improvement programmes or projects which are already funded by other bodies.
- The Trust will not fund projects concerned with the statutory elements of staff transfer or the mandatory retraining or orientation of staff to new organisations.
- Applicants are advised that project proposals will be evaluated on a competitive basis to ensure that funds are used to support projects that best meet the Trust's objectives.
- **Please note** in addition to their own plans for dissemination and knowledge transfer, successful applicants will be expected to contribute to a half-day conference/seminar in Central London to share learning with other grant recipients and publicise the outcomes of the programme.

What will Trustees look for in applications?

Trustees anticipate a large number of project proposals. The Trustees aim to fund projects that:

- are innovative, offering new ways to strengthen and improve nursing leadership and multi-agency collaboration
- provide evidence of direct user and patient involvement and the co-production of self-care solutions;
- will generate learning or new practices that can be shared with others and which have the potential to be disseminated and adopted more widely;
- will promote collaborative working among health and social care professionals, and partnerships within and across organisations;
- have the support and backing of key stakeholders;
- have sound arrangements for project management and monitoring, and robust plans for evaluation;
- Focus on patient/service user safety and the promotion of dignity and respect;

Grant Guidelines for Applicants

- are succinct, well-argued and demonstrate clearly why the project is needed and what benefits it will deliver.

Application Process and Deadlines

The Trust recognises that developing grant applications is time consuming and can result in disappointment. To minimise the burden on applicants the application process has been designed to be as user-friendly as possible, using online application technology. Applicants are advised to download the questions in advance and prepare their answers carefully before attempting to complete the application form online. All applications will be acknowledged, and applicants will be contacted during the assessment process to answer any questions relating to their application.

Applicants must download a copy of Burdett Trust's Grant Contract prior to making an application to ensure their organisation can agree to its terms in the event of a grant being offered.

Applicants are ***strongly advised*** to apply well in advance of the deadline: **midnight, 1 February 2020**
Applicants will be notified of the outcome of their application within four months of the closing date.

Data Protection Act

To comply with this Act, we require your consent to use personal data supplied by you in the processing and review of your grant application. This includes transfer to and use by such individuals and organisations as the Trust deems appropriate. The Trust requires your further assurance that personal data about any other individual is supplied to the Trust with his/her consent. Submitting an outline proposal to the Trust confirms this consent and assurance.

Please note: the Trustees' decisions are final and no correspondence will be entered into in relation to them.