



The Use of Seclusion, Mechanical Means of  
Bodily Restraint and Physical Restraint in  
Approved Centres:  
Activities Report 2009

January 2011

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## 1. Introduction

The Mental Health Commission produced a report on the use of seclusion, mechanical means of bodily restraint and physical restraint in approved centres for the first time in 2008. We intend to produce this report on an annual basis and are therefore pleased to present the second report in this series; *The Use of Seclusion, Mechanical Means of Bodily Restraint and Physical Restraint in Approved Centres: Activities Report 2009*. The report uses data provided to the Commission by approved centres in accordance with the *Rules Governing the Use of Seclusion and Mechanical Means of Bodily Restraint* and the *Code of Practice on the Use of Physical Restraint in Approved Centres*<sup>1</sup>.

The *Rules Governing the Use of Seclusion and Mechanical Means of Bodily Restraint* and the *Code of Practice on the Use of Physical Restraint in Approved Centres* regulate the use of seclusion and mechanical restraint in approved centres. Provisions within both the Rules and Code stipulate that these interventions should only be used in rare and exceptional circumstances and only in the best interests of a resident when he or she poses an immediate risk of harm to self or others. The Commission believes that focus needs to be directed towards preventative measures that eliminate or minimise the use of restrictive interventions.

The report aims to provide a picture of the use of seclusion, mechanical restraint and physical restraint nationally, regionally and in individual services. Approved centres should use the data presented in these annual reports to inform the quality improvement process in mental health services. This in turn should assist services to achieve compliance with Standard 8.3 of the *Quality Framework for Mental Health Services - Corporate Governance* which underpins the management and delivery of the mental health service.

Some changes have been made to the report format this year. We provide data on the duration of seclusion and physical restraint episodes in individual approved centres and include a section on the overall use of all three interventions. We also present data for each of the 13 regional HSE super catchment areas and show data for the national forensic service, the national intellectual disability service, child & adolescent approved centres and approved centres in the independent sector. Data for 2008 and 2009 are compared throughout the report. Care should be taken when interpreting changes in the use of seclusion and restraint from 2008 to 2009 as these are short term trends.

### Data Coverage

We present data for all centres which were on the Register of Approved Centres during 2009 and which were accepting admissions during the year. Three approved centres were added to the Register of Approved Centres in 2009. These were: the Adolescent In-patient Unit at St Vincent's Hospital (January 2009), the Haven Children's Residential Unit (September 2009) and the Child & Adolescent Mental Health In-patient Unit in St Stephen's Hospital (October 2009). Although the

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<sup>1</sup> An updated Version 2 of the Rules Governing the Use of Seclusion and Mechanical Means of Bodily Restraint in Approved Centres and an updated Version 2 of the Code of Practice on the Use of Physical Restraint in Approved Centres came into effect on 1st January 2010. However, the provisions of Versions 1 of the Rules and Code applied to all uses of seclusion and restraint in 2009.

Haven Children's Residential Unit was registered in September 2009, it did not open until 2010 and so is not included in this report. Kylemore Clinic ceased to operate as an approved centre in April 2009.

Sixty-six approved centres were therefore eligible for inclusion in this year's report. However, the report only includes complete data for 65 out of 66 approved centres. The Central Mental Hospital submitted draft annual returns on the use of seclusion but did not submit annual data on the use of mechanical restraint or physical restraint. Numerous requests were made to the facility during 2010 by email, letter and telephone to return these data but they were never submitted. We know that physical restraint was used in this centre in 2008 when it recorded 37 physical restraint episodes.

### **Quality Assurance & Validation of Data**

- Data were required in four quarterly reports as opposed to one aggregate report for the whole year. Templates for these quarterly reports are shown in Appendix 2. Collecting data quarterly makes the collation and validation process easier.
- A draft annual report based on the four quarterly reports was sent to data collectors in approved centres on 12 April 2010 for verification. They were requested to sign off on the data by 30 April 2010. Where data were outstanding, reminders were sent.
- The individual's right to privacy, dignity and autonomy are central to the operations of the Commission. Therefore, information was requested in aggregate format with no individual patient identifiers included.

### **Data Limitations**

- As the data are returned in aggregate format without unique patient identifiers or individual service user level data, there are limitations to the extent of data analysis that can be carried out.
- Approved Centres vary in size and the type of service they deliver, therefore comparative analysis between Approved Centres is crude. (For information regarding individual services see the Approved Centre Inspection Reports 2009 [www.mhcirl.ie](http://www.mhcirl.ie)).
- Data collection on the use of restrictive interventions is manual and therefore limits the Mental Health Commission in what it can reasonably request. The Commission only receives aggregate data for some of the fields which are completed on the Register for Seclusion, Register for Mechanical Means of Bodily Restraint and the Clinical Practice Form for Physical Restraint. Therefore, it is not possible to report on all of the data that is available on the registers maintained in approved centres. The reporting templates which are used by services to return data to the Commission are shown in Appendix 2. A national mental health information system would also enable the Commission to request additional information that would enable us to more easily compare our national data with international data.

### **Information Regarding Admissions to Approved Centres in 2009**

Information regarding admission activity in 2009 may provide some context in relation to the use of seclusion and restraint. The following information was reported by the Health Research Board<sup>2</sup>:

- There were 20,195 admissions to approved centres in 2009 a rate of 489.5 per 100,000 population.
- There were an equal proportion of male and female admissions.
- Admission rates were highest in Roscommon Mental Health catchment area, at 626.6 per 100,000 population. Cavan/Monaghan had the lowest rate of all admissions, at 153.2 per 100,000 population.

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<sup>2</sup> Health Research Board. *National Psychiatric Inpatient Reporting System (NPIRS) Preliminary National Bulletin Ireland 2009* (November 2010).

## 2. Seclusion and Restraint Data - National Overview

Table 1 shows the number and percentage of approved centres that used seclusion, mechanical restraint and physical restraint in 2008 and 2009. It also shows the number and percentage of approved centres that do not use each intervention or that indicated that they had zero returns for this intervention in either year.

We can see from Table 1 that in 2009, 29 (43.9%) approved centres nationally reported that they used seclusion, six (9.2%) approved centres reported that they used mechanical means of bodily restraint and 47 (72.3%) centres indicated that they used physical restraint. The number of approved centres that reported using physical restraint fell from 49 to 47 from 2008 to 2009. The number of approved centres that reported using seclusion decreased from 30 to 29. There was a sharp decline in the number of centres that indicated that they used mechanical restraint for immediate risk of harm to self or others in 2009. Only six approved centres used this intervention in 2009 compared to 11 services in 2008. A more detailed breakdown of the use of each intervention in all approved centres is provided in Table 7 (pages 42-46).

**Table 1: Overview of 2008 and 2009 data returns for All Approved Centres. Numbers and percentages**

Year	Data Type		
	Seclusion	Mechanical Means of Bodily Restraint*	Physical Restraint*
2008	√ = 30 (47%) NR = 8 (12%) DNU = 26 (41%) Total = 64 (100%)	√ = 11 (17%) NR = 18 (28%) DNU = 35 (55%) Total = 64 (100%)	√ = 49 (77%) NR = 8 (12%) DNU = 7 (11%) Total = 64 (100%)
2009	√ = 29 (43.9%) NR = 7 (10.6%) DNU = 30 (45.5%) Total = 66 (100%)	√ = 6 (9.2%) NR = 20 (30.8%) DNU = 39 (60%) Total = 65 (100%)	√ = 47 (72.3%) NR = 6 (9.2%) DNU = 12 (18.5%) Total = 65 (100%)

Abbreviations used in Table 1:

√ = Approved Centre indicated Positive data returns (i.e. that they used the intervention)

NR = Approved Centres indicated Nil returns (confirmed zero use in 2009)

DNU = Approved Centre indicated that they Do Not Use

\* The Central Mental Hospital did not submit annual returns on the use of mechanical restraint or physical restraint during 2009. Therefore, it has not been included in any of the calculations made in relation to the use of mechanical restraint or physical restraint shown in Table 1.

### **3. Use of Seclusion in 2009**

#### **Recording Episodes of Seclusion**

The Rules Governing the Use of Seclusion (and Mechanical Means of Bodily Restraint) state that all uses of seclusion must be clearly recorded, as soon as is practicable, on the Register for Seclusion. Data in this report were collated from each approved centre's Register for Seclusion and returned to the Commission in four quarterly reports using a prescribed template (see Appendix 2). Seclusion is defined in the Rules as *"the placing or leaving of a person in any room alone, at any time, day or night, with the exit door locked or fastened or held in such a way as to prevent the person from leaving."*

We present data on the number of seclusion episodes, rate of seclusion episodes per 100,000 population, number of residents placed in seclusion, gender breakdown and seclusion duration. Data are presented for all of 2009 and for each quarter as appropriate. Data on the number of seclusion episodes and the duration of seclusion are presented nationally, by super catchment area and service type and by individual approved centre.

Table 1 (page 8) shows that in 2009, 43.9% (29/66) of all approved centres reported that they placed residents in seclusion, 9.2% (6/66) of approved centres indicated that they did not have any episodes of seclusion and 45.5% (30/66) indicated that they do not use seclusion.

#### **Seclusion Episodes by Super Catchment Area, Approved Centre and Service Type**

There were a total of 2,517 episodes of seclusion reported in 29 approved centres in 2009, which is equivalent to a rate of 59.4 per 100,000 population. This is a decrease of 125 on the number of seclusion episodes that was recorded in 2008. Table 2 (pages 11-13) shows the number of seclusion episodes in individual approved centres for 2008 and 2009 and the difference and percentage change from 2008 to 2009. Data are also broken down by super-catchment area and service type. Only approved centres and super-catchment areas in which the use of seclusion was recorded during these two years are displayed in the table. Rates of seclusion for 2009 are also shown for each super-catchment area.

Seclusion was used within approved centres in every super-catchment area in 2009. The super-catchment area which recorded the highest number and rate of seclusion episodes in 2009 was Dublin North Central & North West in which 350 seclusion episodes occurred, a rate of 112.0 per 100,000 population. The next highest rate of seclusion episodes occurred in the Waterford & Wexford super-catchment area (75.5), in which there were 193 seclusion episodes in 2009.

Conversely, the use of seclusion was much lower within approved centres in other regions in 2009. Seven episodes of seclusion were recorded in the super catchment area of North Lee & North Cork, a rate of 2.8 per 100,000 population. There were 18 seclusion episodes in South Lee/West Cork & Kerry (4.8 per 100,000 population) and 22 episodes in the expanded catchment area of Donegal/Sligo/Leitrim & West Cavan (9.2 per 100,000 population).

The National Intellectual Disability Service reported 692 instances of seclusion in St Joseph's Intellectual Disability Services in St Ita's Hospital in 2009. No seclusion episodes were recorded in any child & adolescent approved centre. Seclusion was used 180 times within approved centres in the independent sector in 2009.

Two approved centres accounted for 39.9% of all seclusion episodes in approved centres in 2009. These were St Joseph's Intellectual Disability Services and St Brendan's Hospital, which were also the services that recorded the highest use of seclusion in 2008. The 692 seclusion episodes in St Joseph's Intellectual Disability Service is an increase of 152 on the number of seclusion episodes in 2008. St Brendan's Hospital recorded 313 seclusion episodes in 2009 which is a decrease of 192 on the number of reported episodes in 2008.

Of the 29 approved centres that used seclusion during 2009, its use was relatively low in a number of approved centres. The two approved centres that recorded the lowest number of seclusion episodes were St Finan's Hospital (n=6) and Carraig Mór Centre (n=7).

**Table 2: Episodes of seclusion used in Approved Centres in 2008 and 2009. Numbers with percentage change and rates per 100,000 population<sup>3</sup>**

Mental Health Catchment Area	Approved Centre Name	No. of Seclusion Episodes 2008	No. of Seclusion Episodes 2009	Difference	Percentage Change
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow<sup>4</sup></b>					
East Wicklow	Newcastle Hospital	52	58	+6	+11.5
Total Dun Laoghaire/Dublin South-East & Wicklow		<b>52</b>	<b>58</b>	<b>+6</b>	<b>+11.5</b>
Rate per 100,000 population (2009)			15.6		
<b>Dublin West/South West &amp; South City</b>					
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	36	33	-3	-8.3
Total Dublin West/South West & South City		<b>36</b>	<b>33</b>	<b>-3</b>	<b>-8.3</b>
Rate per 100,000 population (2009)			8.5		
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>					
Kildare/ West Wicklow	Lakeview Unit, Naas General Hospital	180	194	+14	+7.8
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	45	31	-14	-31.1
Longford/Westmeath	St Loman's Hospital, Mullingar	39	81	+42	+107.7
Total Kildare/West Wicklow/Laois/Offaly/Longford & Westmeath		<b>264</b>	<b>306</b>	<b>+42</b>	<b>+15.9</b>
Rate per 100,000 population (2009)			66.9		
<b>Cavan/Monaghan/Louth &amp; Meath</b>					
Louth/Meath	St Brigid's Hospital, Ardee	75	45	-30	-40.0
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	57	35	-22	-38.6
Total Cavan/Monaghan/Louth & Meath		<b>132</b>	<b>80</b>	<b>-52</b>	<b>-39.4</b>
Rate per 100,000 population (2009)			20.5		
<b>Dublin North</b>					
Dublin North	St Ita's Hospital - Mental Health Services	60	81	+21	+35.0
Rate per 100,000 population (2009)			36.5		
<b>Dublin North Central &amp; North West</b>					
Dublin North Central	St Vincent's Hospital	30	20	-10	-33.3
Dublin North Central	Acute Psychiatric Unit, St Aloysius Ward, Mater Misericordiae Hospital	12	17	+5	+41.7
Dublin North West	St Brendan's Hospital	505	313	-192	-38.0
Total Dublin North Central & North West		<b>547</b>	<b>350</b>	<b>-197</b>	<b>-36.0</b>
Rate per 100,000 population (2009)			112.0		

<sup>3</sup> Rates of seclusion per 100,000 are calculated by multiplying the number of episodes of seclusion in each super-catchment area by 100,000 and dividing by the total population of the super catchment area (see Appendix 1 for the population of each super-catchment area).

<sup>4</sup> The Cluain Mhuire catchment area admits patients to St John of God Hospital Ltd, an approved centre in the independent sector, as the HSE purchases in-patient places in this facility for Cluain Mhuire patients. Data for the Dun Laoghaire/Dublin South East & Wicklow super-catchment area do not include data from patients of the Cluain Mhuire (Dun Laoghaire) catchment area who may have been secluded in St John of God Hospital Ltd. Therefore, it is likely that this report under estimates the number and rate of seclusion of patients accessing mental health services in this super-catchment area.

Mental Health Catchment Area	Approved Centre Name	No. of Seclusion Episodes 2008	No. of Seclusion Episodes 2009	Difference	Percentage Change
<b>North Lee &amp; North Cork</b>					
North Lee	Carraig Mór Centre	7	7	0	0.0
Total North Lee & North Cork		<b>7</b>	<b>7</b>	<b>0</b>	<b>0.0</b>
Rate per 100,000 population (2009)			2.8		
<b>South Lee/West Cork &amp; Kerry</b>					
Kerry	St Finan's Hospital	41	6	-35	-85.4
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	17	12	-5	-29.4
Total South Lee/West Cork & Kerry		<b>58</b>	<b>18</b>	<b>-40</b>	<b>-69.0</b>
Rate per 100,000 population (2009)			4.8		
<b>Waterford &amp; Wexford</b>					
Waterford	Department of Psychiatry, Waterford Regional Hospital	53	115	+62	+117.0
Waterford	St Otteran's Hospital	15	0	-15	-100.0
Wexford	St Senan's Hospital	61	78	+17	+27.9
Total Waterford & Wexford		<b>129</b>	<b>193</b>	<b>+64</b>	<b>+49.6</b>
Rate per 100,000 population (2009)			75.5		
<b>Carlow/Kilkenny &amp; South Tipperary</b>					
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	27	25	-2	-7.4
South Tipperary	St Michael's Unit, South Tipperary General Hospital	41	40	-1	-2.4
South Tipperary	St Luke's Hospital, Clonmel	26	17	-9	-34.6
Total Carlow/Kilkenny & South Tipperary		<b>94</b>	<b>82</b>	<b>-12</b>	<b>-12.8</b>
Rate per 100,000 population (2009)			40.0		
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>					
Sligo/Leitrim	Ballytivnan Sligo/Leitrim Mental Health Services	30	22	-8	-26.7
Total Donegal/Sligo/Leitrim & West Cavan		<b>30</b>	<b>22</b>	<b>-8</b>	<b>-26.7</b>
Rate per 100,000 population (2009)			9.2		
<b>Mid West</b>					
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	43	112	+69	+160.5
Total Mid West		<b>43</b>	<b>112</b>	<b>+69</b>	<b>+160.5</b>
Rate per 100,000 population (2009)			31.0		
<b>West</b>					
East Galway	St Brigid's Hospital, Ballinasloe	12	31	+19	+158.3
Mayo	Adult Mental Health Unit, Mayo General Hospital	49	63	+14	+28.6
Roscommon	Department of Psychiatry, County Hospital Roscommon	223	78	-145	-65.0
West Galway	Psychiatric Unit, University College Hospital Galway	17	32	+15	+88.2
Total West		<b>301</b>	<b>204</b>	<b>-97</b>	<b>-32.2</b>
Rate per 100,000 population (2009)			49.2		

Mental Health Catchment Area	Approved Centre Name	No. of Seclusion Episodes 2008	No. of Seclusion Episodes 2009	Difference	Percentage Change
<b>National Forensic Service*</b>					
National Forensic Service	Central Mental Hospital	104	99	-5	-4.8
<b>National Intellectual Disability Service*</b>					
National Intellectual Disability Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	540	692	+152	+28.1
<b>Independent*</b>					
N/A	Palmerstown View, Stewart's Hospital	67	23	-44	-65.7
N/A	St John of God Hospital Limited	178	157	-21	-11.8
Total Independent		<b>245</b>	<b>180</b>	<b>-65</b>	<b>-26.5</b>
<b>Total</b>	<b>All Approved Centres</b>	<b>2,642</b>	<b>2,517</b>	<b>-125</b>	<b>-4.7</b>
Rate per 100,000 population (2009)			59.4		

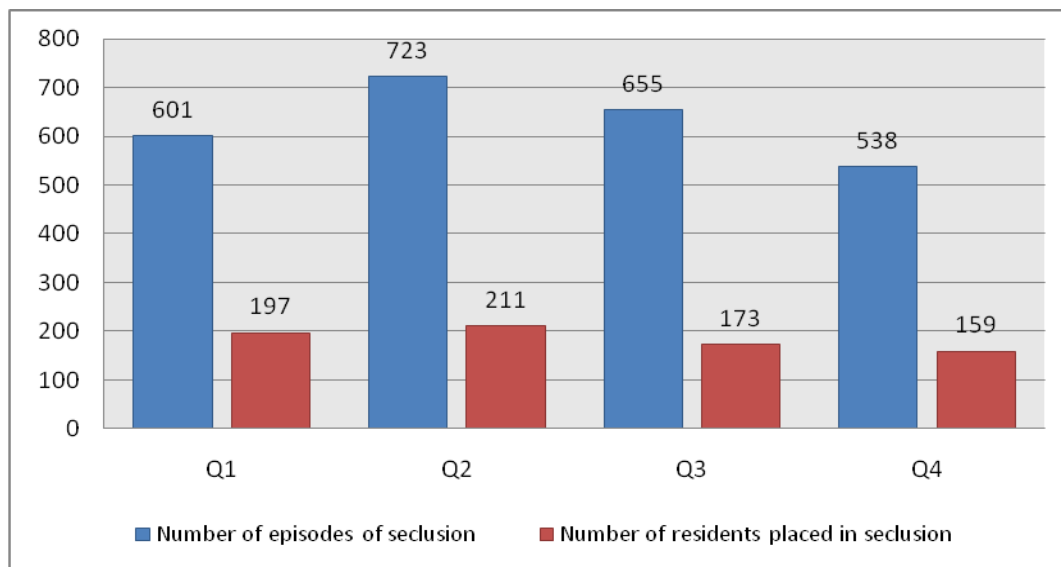
\* Rates per 100,000 population are not calculated for the National Forensic Service, the National Intellectual Disability Service and the independent sector as admissions to these services are from patients on a national basis.

### Episodes of Seclusion and Number of Residents Secluded by Quarter

Figure 1 (page 13) shows the number of episodes of seclusion and the number of residents secluded for each quarter of 2009 for all approved centres nationally. The chart shows that the highest number of seclusion episodes (n=723) took place in Quarter 2 when 211 residents were secluded. Episodes of seclusion occurred less frequently in Quarter 4 (n=538) than in any other quarter when 159 residents were secluded.

As the number of episodes of seclusion is greater than the number of residents secluded in each quarter, we can infer that one or more residents were secluded more than once in each quarter. The mean number of episodes of seclusion per resident secluded per quarter ranged from 3.1 in Quarter 1 to 3.8 in Quarter 3.

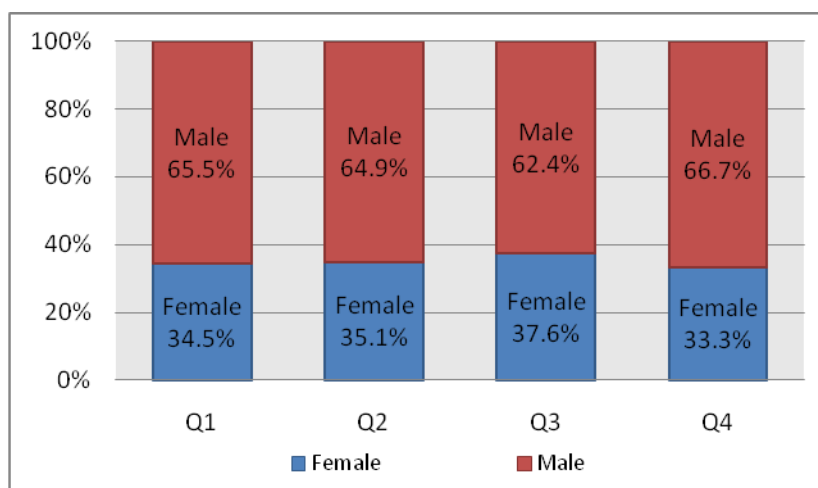
**Figure 1: Episodes of seclusion and residents placed in seclusion by quarter in 2009. Numbers**



### Gender

Figure 2 shows the gender breakdown of residents who were secluded for each quarter for all approved centres nationally. In all quarters, the proportion of males secluded exceeded the proportion of females who were secluded. A similar pattern was also observed in 2008.

**Figure 2: Gender of those placed in seclusion in 2009. Percentage of residents**



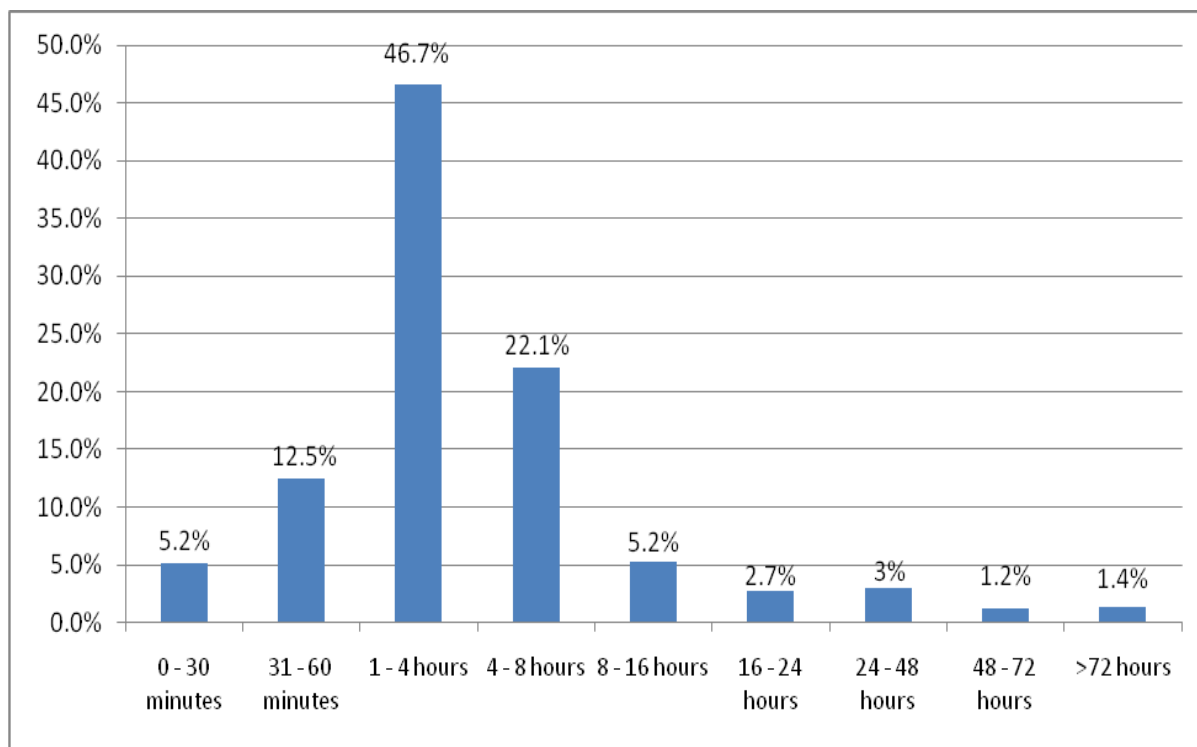
## Duration of Seclusion

In both Rules 3.3 and 3.4 of *The Rules Governing the Use of Seclusion and Mechanical Means of Bodily Restraint*, it is stated that: "A seclusion order must not be made for a period of time longer than eight hours from the commencement of the seclusion episode". However, an episode of seclusion may be extended by an order made by a doctor for further periods (See Rules 6.1, 6.2, 6.3 and 6.4) and on very rare occasions can last for more than 72 hours. One key principle which must underpin the use of seclusion in all approved centres is that it is not prolonged beyond the period which is strictly necessary to prevent immediate and serious harm to the patient or others.

Figure 3 displays the duration of seclusion episodes for approved centres nationally in 2009. Data are broken down by different duration categories. The chart below shows that 86.5% (2159/2499) of seclusion episodes nationally lasted for eight hours or less. Almost two - thirds (63.9%) of all episodes lasted for four hours or less and 17.5% of seclusion episodes lasted for an hour or less.

Just over five per cent of seclusion episodes lasted for between 8 and 16 hours and a further 8.3% extended beyond 16 hours. Finally, 1.4% of seclusion episodes were reported to have lasted for more than 72 hours.

**Figure 3: Duration of seclusion episodes in 2009. Percentage of episodes**



### **Duration of Seclusion in Individual Approved Centres**

In our report for this year, we also examine the duration of seclusion in individual approved centres. Table 3 (pages 17 -20) shows data for the duration of seclusion episodes broken down by each approved centre that used this intervention in 2009.

The table highlights variation in the duration of seclusion between approved centres. In some centres, seclusion tended to last for relatively short periods of time compared to other services. This can be most clearly seen in St Joseph's Intellectual Disability Service. It accounted for 27.5% (692/2517) of all seclusion episodes within approved centres in Ireland in 2009. However, all seclusion episodes there lasted for four hours or less. Furthermore, 37.7% of seclusion episodes in this service lasted for less than an hour. In three other approved centres which all recorded relatively small overall uses of seclusion, all seclusion episodes lasted for less than four hours. The three approved centres are St Finan's Hospital in Cork (n=6), the Acute Mental Health Unit in Kerry (n=12) and the Carraig Mór Centre in Cork (n=7).

In four further approved centres, seclusion never extended beyond eight hours. They were the Department of Psychiatry in County Hospital Roscommon (n=78), the Acute Psychiatric Unit at the Midwestern Regional Hospital in Ennis (n=112), the Psychiatric Unit at University College Hospital Galway (n=32) and Palmerstown View, Stewart's Hospital (n=23). The Acute Psychiatric Unit at the Midwestern Regional Hospital in Ennis is one of only two approved centres in which most uses of seclusion lasted for an hour or less. Fifty-seven per cent of seclusion episodes there did not extend beyond 60 minutes. In St Brigid's Hospital, Ballinasloe, 51.6% of seclusion episodes lasted for an hour or less.

Conversely, seclusion in other approved centres lasted longer. In the Central Mental Hospital, 78.8% (78/99) of all seclusion episodes lasted for longer than eight hours. Furthermore, 69.7% of episodes in this service lasted for longer than 16 hours. The Central Mental Hospital also had a relatively high percentage of seclusion episodes (17.2%) lasting for more than three days or 72 hours. Other centres in which seclusion lasted for longer than was typical in other services include the Acute Psychiatric Unit at St Aloysius Ward in the Mater Misericordiae Hospital and St Luke's Hospital in Clonmel. In both services, more than four-fifths of all seclusion episodes lasted for longer than eight hours. Over one half of all seclusion episodes in both services also extended beyond 16 hours.

A relatively high percentage of seclusion episodes lasting beyond eight hours was also recorded in Ballytivnan Sligo/Leitrim Mental Health Services (63.6%), St Vincent's Hospital in Fairview (50%) and the Department of Psychiatry at the Midland Regional Hospital in Portlaoise (45.2%).

**Table 3: Duration of episodes of seclusion used in Approved Centres in 2009. Numbers and percentages**

Mental Health Catchment Area	Approved Centre	Seclusion Episodes lasting 0-30 mins	Seclusion Episodes lasting 30 mins-1 hour	Seclusion Episodes lasting 1-4 hours	Seclusion Episodes lasting 4-8 hours	Seclusion Episodes lasting 8-16 hours	Seclusion Episodes lasting 16-24 hours	Seclusion Episodes lasting 24-48 hours	Seclusion Episodes lasting 48-72 hours	Seclusion Episodes lasting > 72 hours	Total
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>											
East Wicklow	Newcastle Hospital	0	0	17 (29.3%)	21 (36.2%)	8 (13.8%)	3 (5.2%)	7 (12.1%)	0	2 (3.4%)	58 (100%)
<b>Dublin West/South West &amp; South City</b>											
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	0	3 (9.1%)	20 (60.6%)	8 (24.2%)	1 (3%)	0	1 (3%)	0	0	33 (100%)
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>											
Kildare West/Wicklow	Lakeview Unit, Naas General Hospital	2 (1%)	3 (1.5%)	86 (44.3%)	85 (43.8%)	7 (3.6%)	2 (1%)	3 (1.5%)	2 (1%)	4 (2.1%)	194 (100%)
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	1 (3.2%)	2 (6.5%)	7 (22.6%)	7 (22.6%)	7 (22.6%)	1 (3.2%)	4 (12.9%)	1 (3.2%)	1 (3.2%)	31 (100%)
Longford/Westmeath	St Loman's Hospital, Mullingar	2 (2.5%)	1 (1.2%)	48 (59.3%)	23 (28.4%)	6 (7.4%)	1 (1.2%)	0	0	0	81 (100%)
<b>Cavan/Monaghan/Louth &amp; Meath</b>											
Louth/Meath	St Brigid's Hospital, Ardee	2 (4.4%)	0	13 (28.9%)	15 (33.3%)	5 (11.1%)	4 (8.9%)	5 (11.1%)	0	1 (2.2%)	45 (100%)
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	0	0	16 (45.7%)	11 (31.4%)	3 (8.6%)	0	3 (8.6%)	1 (2.9%)	1 (2.9%)	35 (100%)
<b>Dublin North</b>											
Dublin North	St Ita's Hospital - Mental Health Services	0	1 (1.2%)	45 (55.6%)	23 (28.4%)	11 (13.6%)	0	1 (1.2%)	0	0	81 (100%)

Mental Health Catchment Area	Approved Centre	Seclusion Episodes lasting 0-30 mins	Seclusion Episodes lasting 30 mins-1 hour	Seclusion Episodes lasting 1-4 hours	Seclusion Episodes lasting 4-8 hours	Seclusion Episodes lasting 8-16 hours	Seclusion Episodes lasting 16-24 hours	Seclusion Episodes lasting 24-48 hours	Seclusion Episodes lasting 48-72 hours	Seclusion Episodes lasting > 72 hours	Total
<b>Dublin North Central &amp; North West</b>											
Dublin North Central	St Vincent's Hospital	1 (5%)	0	2 (10%)	7 (35%)	3 (15%)	3 (15%)	3 (15%)	1 (5%)	0	20 (100%)
Dublin North Central	Acute Psychiatric Unit, St Aloysius Ward, Mater Misericordiae Hospital	0	0	0	3 (17.6%)	5 (29.4%)	2 (11.8%)	2 (11.8%)	2 (11.8%)	3 (17.6%)	17 (100%)
Dublin North West	St Brendan's Hospital	6 (1.9%)	4 (1.3%)	90 (28.8%)	168 (53.7%)	19 (6.1%)	6 (1.9%)	12 (3.8%)	7 (2.2%)	1 (0.3%)	313 (100%)
<b>North Lee &amp; North Cork</b>											
North Lee	Carraig Mór Centre	1 (14.3%)	0	6 (85.7%)	0	0	0	0	0	0	7 (100%)
<b>South Lee/West Cork &amp; Kerry</b>											
Kerry	St Finan's Hospital	0	0	6 (100%)	0	0	0	0	0	0	6 (100%)
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	2 (16.7%)	4 (33.3%)	6 (50%)	0	0	0	0	0	0	12 (100%)
<b>Waterford &amp; Wexford</b>											
Waterford	Department of Psychiatry, Waterford Regional Hospital	6 (6.2%)	6 (6.2%)	63 (64.9%)	21 (21.6%)	1 (1%)	0	0	0	0	97* (100%)
Wexford	St Senan's Hospital	0	1 (1.3%)	43 (55.1%)	28 (35.9%)	4 (5.1%)	1 (1.3%)	1 (1.3%)	0	0	78 (100%)

Mental Health Catchment Area	Approved Centre	Seclusion Episodes lasting 0-30 mins	Seclusion Episodes lasting 30 mins-1 hour	Seclusion Episodes lasting 1-4 hours	Seclusion Episodes lasting 4-8 hours	Seclusion Episodes lasting 8-16 hours	Seclusion Episodes lasting 16-24 hours	Seclusion Episodes lasting 24-48 hours	Seclusion Episodes lasting 48-72 hours	Seclusion Episodes lasting > 72 hours	Total
<b>Carlow/Kilkenny &amp; South Tipperary</b>											
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	0	1 (4%)	11 (44%)	5 (20%)	3 (12%)	1 (4%)	1 (4%)	2 (8%)	1 (4%)	25 (100%)
South Tipperary	St Michael's Unit, South Tipperary General Hospital	1 (2.5%)	3 (7.5%)	12 (30%)	11 (27.5%)	7 (17.5%)	3 (7.5%)	3 (7.5%)	0	0	40 (100%)
South Tipperary	St Luke's Hospital, Clonmel	0	0	2 (11.8%)	0	5 (29.4%)	6 (35.3%)	2 (11.8%)	1 (5.9%)	1 (5.9%)	17 (100%)
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>											
Sligo/Leitrim	Ballytivnan Sligo/Leitrim Mental Health Services	1 (4.5%)	0	2 (9.1%)	5 (22.7%)	4 (18.2%)	3 (13.6%)	6 (27.3%)	0	1 (4.5%)	22 (100%)
<b>Mid-West</b>											
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	30 (26.8%)	34 (30.4%)	42 (37.5%)	6 (5.4%)	0	0	0	0	0	112 (100%)
<b>West</b>											
East Galway	St Brigid's Hospital, Ballinasloe	7 (22.6%)	9 (29%)	11 (35.5%)	3 (9.7%)	0	1 (3.2%)	0	0	0	31 (100%)
Mayo	Adult Mental Health Unit, Mayo General Hospital	2 (3.2%)	5 (7.9%)	18 (28.6%)	26 (41.3%)	8 (12.7%)	0	2 (3.2%)	0	2 (3.2%)	63 (100%)
Roscommon	Department of Psychiatry, County Hospital Roscommon	1 (1.3%)	0	56 (71.8%)	21 (26.9%)	0	0	0	0	0	78 (100%)
West Galway	Psychiatric Unit, University College Hospital Galway	3 (9.4%)	4 (12.5%)	20 (62.5%)	5 (15.6%)	0	0	0	0	0	32 (100%)
<b>National Forensic Service</b>											
National Forensic Service	Central Mental Hospital	1 (1%)	1 (1%)	8 (8.1%)	11 (11.1%)	9 (9.1%)	22 (22.2%)	19 (19.2%)	11 (11.1%)	17 (17.2%)	99 (100%)

Mental Health Catchment Area	Approved Centre	Seclusion Episodes lasting 0-30 mins	Seclusion Episodes lasting 30 mins-1 hour	Seclusion Episodes lasting 1-4 hours	Seclusion Episodes lasting 4-8 hours	Seclusion Episodes lasting 8-16 hours	Seclusion Episodes lasting 16-24 hours	Seclusion Episodes lasting 24-48 hours	Seclusion Episodes lasting 48-72 hours	Seclusion Episodes lasting > 72 hours	Total
<b>National Intellectual Disability Service</b>											
National Intellectual Disability Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	55 (7.9%)	206 (29.8%)	431 (62.3%)	0	0	0	0	0	0	692 (100%)
<b>Independent</b>											
N/A	Palmerstown View, Stewart's Hospital	0	2 (8.7%)	19 (82.6%)	2 (8.7%)	0	0	0	0	0	23 (100%)
N/A	St John of God Hospital Limited	5 (3.2%)	22 (14%)	66 (42%)	37 (23.6%)	15 (9.6%)	10 (6.4%)	1 (0.6%)	1 (0.6%)	0	157
<b>Total</b>	<b>All Approved Centres</b>	<b>129 (5.2%)</b>	<b>312 (12.5%)</b>	<b>1,166 (46.7%)</b>	<b>552 (21.9%)</b>	<b>131 (5.2%)</b>	<b>69 (2.7%)</b>	<b>76 (3.0%)</b>	<b>29 (1.2%)</b>	<b>35 (1.4%)</b>	<b>2,499*</b> <b>(100%)</b>

\* The duration of 18 seclusion episodes were not recorded by the Department of Psychiatry, Waterford Regional Hospital in 2009. Table 3 only shows data for 97 of the 115 seclusion episodes in the service in 2009.

## **4. Use of Mechanical Means of Bodily Restraint in 2009**

### **Recording Episodes of Mechanical Restraint**

The Rules Governing the Use of Seclusion and Mechanical Means of Bodily Restraint state that all uses of mechanical restraint for immediate threat of serious harm to self or others must be clearly recorded, as soon as is practicable, on the Register for Mechanical Means of Bodily Restraint. Data in this report were collated from each approved centre's Register for Mechanical Means of Bodily Restraint and returned to the Commission in four quarterly reports using a prescribed template (see Appendix 2). Mechanical restraint is defined in the Rules as "*the use of devices or bodily garments for the purpose of preventing or limiting the free movement of a patient's body*".

We present data on the number of mechanical restraint episodes, rate of mechanical restraint episodes per 100,000 population, duration and type of mechanical restraint and the number of episodes per resident restrained. Because of the small number of recorded episodes of mechanical restraint in 2009, data on duration and type of mechanical restraint are presented for the year and are not broken down by quarter. Data on the number of mechanical restraint episodes are presented nationally, by super catchment area and service type and by individual approved centre.

Table 1 (page 8) shows that in 2009, only six (9.2%) approved centres recorded episodes of mechanical restraint, 39 (60%) approved centres reported that they do not use mechanical restraint and 20 (30.8%) approved centres indicated that they did not record any episodes of mechanical restraint.

### **Mechanical Restraint Data Verification**

Only mechanical restraint that is used to prevent immediate threat to self or others is required to be recorded on the Register for Mechanical Restraint. Our report for 2008 noted that some approved centres were likely to be incorrectly recording the use of mechanical restraint to prevent enduring self harm in the register. The number of approved centres incorrectly returning these data has declined. It is likely that this partially accounts for the dramatic decline in the number of mechanical restraint episodes notified to the Commission in 2009 compared to the previous year. This is outlined below. Nevertheless, it is likely that some services are still returning data for mechanical restraint to prevent enduring self harm. If this is the case, the data included in this report may be slightly skewed.

### **Mechanical Restraint Episodes by Super Catchment Area, Approved Centre and Service Type**

There were a total of 15 episodes of mechanical restraint to prevent immediate threat to self or others reported in six approved centres in 2009, a rate of 0.4 per 100,000 population. This compares to 71 reported uses of mechanical restraint in 11 approved centres in 2008. There has therefore been a sharp decrease from year to year in both the number of episodes of mechanical restraint

notified to the Commission and in the number of approved centres in which mechanical restraint was reported to have been used.

Table 4 (page 23-24) shows the number of mechanical restraint episodes in individual approved centres for 2008 and 2009 and the difference and percentage change from 2008 to 2009. Data are also broken down by super-catchment area and service type. Only approved centres and super-catchment areas in which the use of mechanical restraint was recorded during these two years are displayed in the table. Rates of mechanical restraint for 2009 are also shown for each super-catchment area.

Two approved centres accounted for two-thirds of all mechanical restraint episodes in 2009. Both St Vincent's Hospital, Fairview and Teach Aisling in Castlebar used mechanical restraint on five separate occasions. One approved centre, Kylemore Clinic, in which there were 22 episodes of mechanical restraint in 2008, was removed from the Register of Approved Centres in May 2009 when the facility closed.

No episode of mechanical restraint to prevent immediate threat to self or others was recorded in child and adolescent approved centres, the national intellectual disability service or the independent sector during 2009. It was also used in only five of the 13 regional super-catchment areas.

**Table 4: Episodes of mechanical restraint used in Approved Centres in 2008 and 2009. Numbers with percentage change and rates per 100,000 population<sup>5</sup>**

Mental Health Catchment Area	Approved Centre	No. of Mechanical Restraint Episodes 2008	No. of Mechanical Restraint Episodes 2009	Difference	Percentage Change
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>					
Longford/Westmeath	St Loman's Hospital, Mullingar	1	1	0	0.0
Total Kildare/West Wicklow/Laois/Offaly/Longford & Westmeath		<b>1</b>	<b>1</b>	<b>0</b>	<b>0.0</b>
Rate per 100,000 population (2009)			0.2		
<b>Cavan/Monaghan/Louth &amp; Meath</b>					
Cavan/Monaghan	St Davnet's Hospital - Wards 4, 8 and 15	2	1	-1	-50.0
Total Cavan/Monaghan/Louth & Meath		<b>2</b>	<b>1</b>	<b>-1</b>	<b>-50.0</b>
Rate per 100,000 population (2009)			0.3		
<b>Dublin North Central &amp; North West</b>					
Dublin North West	St Brendan's Hospital	1	0	-1	-100.0
Dublin North Central	St Vincent's Hospital	26	5	-21	-80.7
Dublin North Central	Acute Psychiatric Unit, St Aloysius Ward, Mater Misericordiae Hospital	0	1	+1	-
Total Dublin North Central & North West		<b>27</b>	<b>6</b>	<b>-21</b>	<b>-77.8</b>
Rate per 100,000 population (2009)			1.9		
<b>North Lee &amp; North Cork</b>					
North Cork	St Stephen's Hospital	3	0	-3	-100.0
Total North Lee & North Cork		<b>3</b>	<b>0</b>	<b>-3</b>	<b>-100.0</b>
Rate per 100,000 population (2009)			0.0		
<b>South Lee/West Cork &amp; Kerry</b>					
South Lee	South Lee Mental Health Unit, Cork University Hospital	1	0	-1	-100.0
Total South Lee/West Cork & Kerry		<b>1</b>	<b>0</b>	<b>-1</b>	<b>-100.0</b>
Rate per 100,000 population (2009)			0.0		
<b>Mid-West</b>					
Limerick	St Joseph's Hospital	2	2	0	0.0
Total Mid-West		<b>2</b>	<b>2</b>	<b>0</b>	<b>0.0</b>
Rate per 100,000 population (2009)			0.6		

<sup>5</sup> Rates of mechanical restraint per 100,000 are calculated by multiplying the number of episodes of mechanical restraint in each super-catchment area by 100,000 and dividing by the total population of the super catchment area (see Appendix 1 for the population of each super-catchment area).

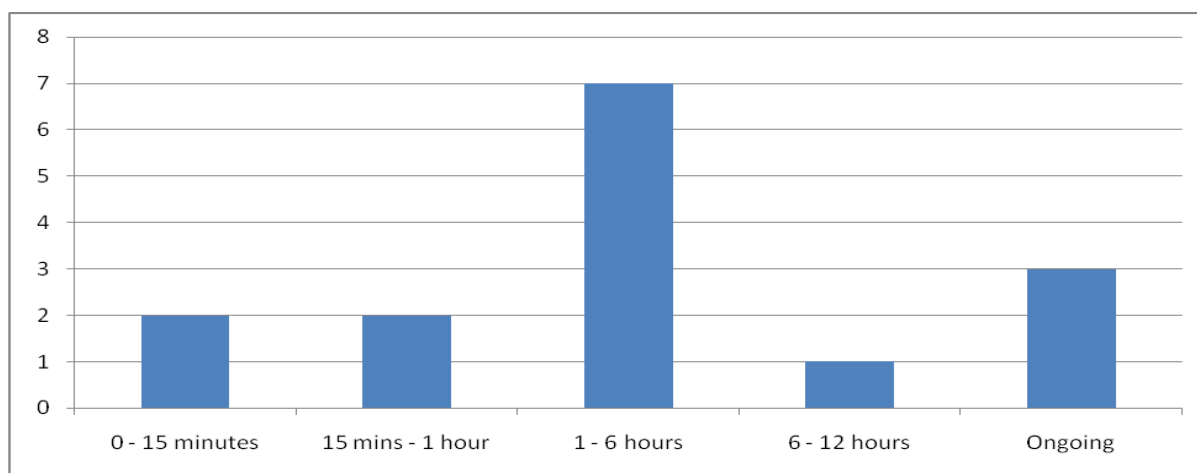
Mental Health Catchment Area	Approved Centre	No. of Mechanical Restraint Episodes 2008	No. of Mechanical Restraint Episodes 2009	Difference	Percentage Change
<b>West</b>					
Mayo	Adult Mental Health Unit, Mayo General Hospital	11	0	-11	-100.0
Mayo	Teach Aisling	1	5	+4	+400.0
Roscommon	Department of Psychiatry, County Hospital Roscommon	1	0	-1	-100.0
Total West		<b>13</b>	<b>5</b>	<b>-8</b>	<b>-61.5</b>
Rate per 100,000 population (2009)			1.2		
<b>Independent*</b>					
N/A	Kylemore Clinic	22	0	-22	-100.0
Total Independent		<b>22</b>	<b>0</b>	<b>-22</b>	<b>-100.0</b>
<b>Total</b>		<b>71</b>	<b>15</b>	<b>-56</b>	<b>-78.9</b>
Rate per 100,000 population (2009)			0.4		

\* Rates per 100,000 population are not calculated for the independent sector as admissions to these services are from patients on a national basis.

### Duration of Mechanical Restraint

Figure 4 displays the duration of mechanical restraint episodes in 2009. Almost half (7/15) of mechanical restraint episodes in 2009 lasted for between one and six hours. A similar pattern was also observed in 2008. Of the three episodes that were reported as ongoing, two referred to the use of cot sides/bed rails and one related to the use of a lap strap. It is likely that these episodes referred to restraint for enduring risk of harm and were not required to be reported to the Commission.

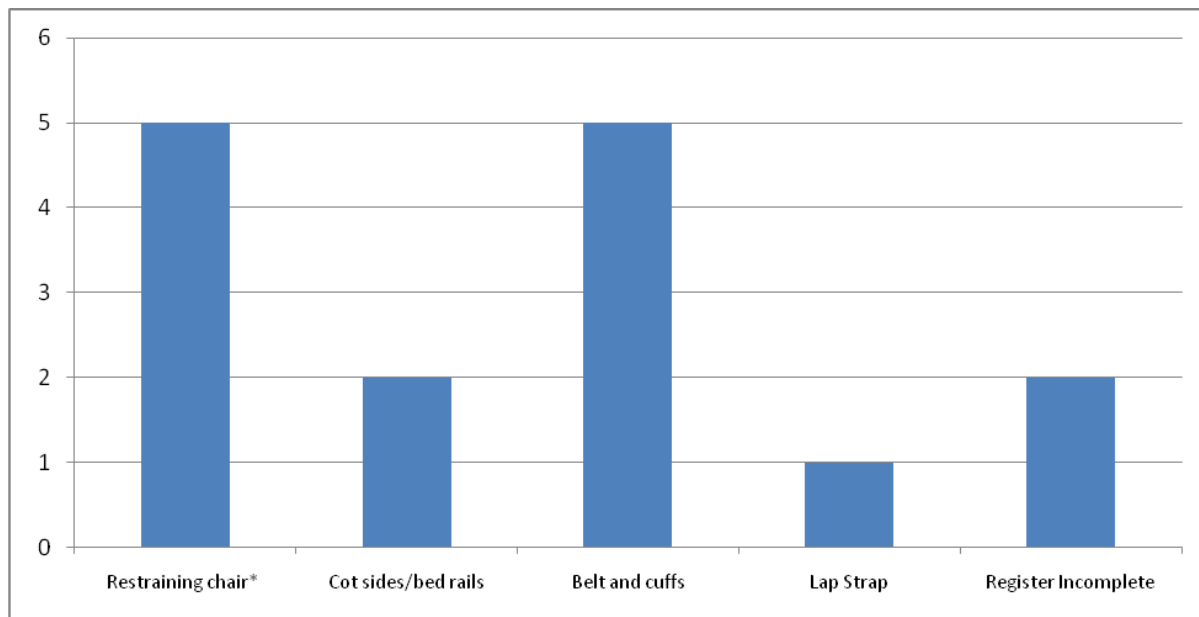
**Figure 4: Duration of mechanical restraint episodes in 2009. Numbers**



### Type of Mechanical Restraint

Figure 5 displays the type of restraint used during episodes of mechanical restraint in all approved centres in 2009. We can see from the chart below that belts and cuffs and restraining chairs were both the most common form of mechanical restraint used (n=5) in 2009. These were followed by cot sides/bed rails (n=2). For two episodes of mechanical restraint, the type of restraint used was not indicated in the returns made to the Commission.

Figure 5: Type of mechanical restraint used in 2009. Numbers



\*Restraining chair includes Buxton chairs, table top chairs and chairs with seat belt like restraint

### Number of Residents Mechanically Restrained

The mean number of mechanical restraint episodes per resident restrained per quarter was 1.8.

## 5. Use of Physical Restraint in 2009

### Recording Episodes of Physical Restraint

The Code of Practice on the Use of Physical Restraint in Approved Centres states that all uses of physical restraint should be clearly recorded, as soon as is practicable, on the Clinical Practice Form for Physical Restraint. Data in this report were collated from each approved centre's Book of Clinical Practice Forms and returned to the Commission in four quarterly reports using a prescribed template (see Appendix 2). Physical restraint was defined in Version 1 of the *Code of Practice on the Use of Physical Restraint in Approved Centres* which was applicable during 2009 as "the use of physical force (by one or more persons) for the purpose of preventing the free movement of a resident's body".

We present data on the number of physical restraint episodes, rate of physical restraint episodes per 100,000 population, number of residents restrained, gender breakdown and the duration of such restraint. Data are presented for all of 2009 and for each quarter as appropriate. Data on the number of physical restraint episodes and the duration of physical restraint are presented nationally, by super catchment area and service type and by individual approved centre.

Table 1 (page 8) shows that in 2009, 47 (72.3%) approved centres recorded episodes of physical restraint and 12 (18.5%) centres indicated that they do not use physical restraint. Six (9.2%) approved centres did not record any episodes of physical restraint during the year.

### Physical Restraint Episodes by Super Catchment Area, Approved Centre and Service Type

There were a total of 2,855 episodes of physical restraint reported in 47 approved centres in 2009 which is equivalent to a rate of 67.3 per 100,000 population. This is an increase of 732 on the number of physical restraint episodes recorded in 2008<sup>6</sup>. Table 5 (pages 28 - 31) shows the number of physical restraint episodes in individual approved centres for 2008 and 2009 and the difference and percentage change from 2008 to 2009. Data are also broken down by super-catchment area and service type. Only approved centres and super-catchment areas in which the use of physical restraint was recorded during these two years are displayed in the table. Rates of physical restraint for 2009 are also shown for each super-catchment area.

Physical restraint was used within approved centres in every super-catchment area in 2009. As with seclusion, Dublin North Central & North West recorded the highest number (n=415) and rate (132.8) of physical restraint episodes of all super catchment areas. The next highest use and rate of physical restraint occurred in the Mid-West super-catchment area where 240 episodes were recorded for a rate of 66.5 per 100,000 population.

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<sup>6</sup> The Central Mental Hospital did not return annual data on the use of physical restraint in 2009. However, we know that physical restraint was used in this approved centre in 2008 when it recorded 37 physical restraint episodes. Therefore, the total number of physical restraint episodes that occurred in approved centres in 2009 is likely to be higher than the number of restraint episodes reported to the Commission. Similarly, the actual increase in the number of episodes of physical restraint between 2008 and 2009 is likely to be larger than the reported increase of 732.

The National Intellectual Disability Service reported 557 instances of physical restraint in St Joseph's Intellectual Disability Services in St Ita's Hospital in 2009. Patients were physically restrained on 330 different occasions in the independent sector.

Three approved centres accounted for more than one third (36.5%) of all episodes of physical restraint in approved centres in 2009. These were St Joseph's Intellectual Disability Services (n=557), St Vincent's Hospital in Fairview (n=271) and the Acute Psychiatric Unit at the Midwestern Regional Hospital in Ennis (n=214). All three approved centres recorded large increases in the use of physical restraint compared to 2008.

In addition to the 12 approved centres that do not use physical restraint and the six approved centres that did not use this intervention during 2009, relatively low levels of physical restraint were also evident in a number of other approved centres. Nine approved centres reported eight or less episodes of restraint during 2009. These were Warrenstown Child & Adolescent Inpatient Unit (n=8), St Fintan's Hospital (n=1), St Finan's Hospital (n=3), Carraig Mór Centre (n=7), St Luke's Hospital, Clonmel (n=2), St Otteran's Hospital (n=1), Orchard Grove (n=2), St Joseph's Hospital (n=1) and Teach Aisling (n=1).

Physical restraint was used in two child & adolescent approved centres in 2009. It was used eight times in Warrenstown Child & Adolescent Inpatient Unit and 20 times in the Adolescent In-patient Unit at St Vincent's Hospital. St Anne's Child and Adolescent Unit had recorded 10 episodes of physical restraint in 2008 but did not use this intervention in 2009.

**Table 5: Episodes of physical restraint in Approved Centres in 2008 and 2009. Numbers with percentage change and rates per 100,000 population<sup>7</sup>**

Mental Health Catchment Area	Approved Centre	No. of Physical Restraint Episodes 2008	No. of Physical Restraint Episodes 2009	Difference	Percentage Change
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow<sup>8</sup></b>					
Dublin South East	Elm Mount Unit, St Vincent's University Hospital	67	35	-32	-47.8
East Wicklow	Newcastle Hospital	46	36	-10	-21.7
Total Dun Laoghaire/Dublin South-East & Wicklow		<b>113</b>	<b>71</b>	<b>-42</b>	<b>-37.2</b>
Rate per 100,000 population (2009)			19.1		
<b>Dublin West/South West &amp; South City</b>					
Dublin South City	Jonathan Swift Clinic	52	76	+24	+46.2
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	71	66	-5	-7.0
Dublin South West	St Loman's Hospital, Palmerstown	1	0	-1	-100.0
Total Dublin West/South West & South City		<b>124</b>	<b>142</b>	<b>+18</b>	<b>+14.5</b>
Rate per 100,000 population (2009)			36.4		
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>					
Kildare West/Wicklow	Lakeview Unit, Naas General Hospital	7	53	+46	+657.1
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	25	36	+11	+44.0
Laois/Offaly	St Fintan's Hospital	1	1	0	-
Longford/Westmeath	St Loman's Hospital, Mullingar	31	40	+9	+29.0
Total Kildare/West Wicklow/Laois/Offaly/Longford & Westmeath		<b>64</b>	<b>130</b>	<b>+66</b>	<b>+103.1</b>
Rate per 100,000 population (2009)			28.4		
<b>Cavan/Monaghan/Louth &amp; Meath</b>					
Cavan/Monaghan	Acute Psychiatric Unit, Cavan General Hospital	14	38	+24	+171.4
Cavan/Monaghan	St Davnet's Hospital - Wards 4, 8 and 15	2	0	-2	-100.0
Louth/Meath	St Brigid's Hospital, Ardee	89	99	+10	+11.2
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	36	41	+5	+13.9
Total Cavan/Monaghan/Louth & Meath		<b>141</b>	<b>178</b>	<b>+37</b>	<b>+26.2</b>
Rate per 100,000 population (2009)			45.6		

<sup>7</sup> Rates of physical restraint per 100,000 are calculated by multiplying the number of episodes of physical restraint in each super-catchment area by 100,000 and dividing by the total population of the super catchment area (see Appendix 1 for the population of each super-catchment area).

<sup>8</sup> The Cluain Mhuire catchment area admits patients to St John of God Hospital Ltd, an approved centre in the independent sector, as the HSE purchases in-patient places in this facility for Cluain Mhuire patients. Data for the Dun Laoghaire/Dublin South East & Wicklow super-catchment area do not include data from patients of the Cluain Mhuire (Dun Laoghaire) catchment area who may have been restrained in St John of God Hospital Ltd. Therefore, it is likely that this report under estimates the number and rate of physical restraint of patients accessing mental health services in this super-catchment area.

Mental Health Catchment Area	Approved Centre	No. of Physical Restraint Episodes 2008	No. of Physical Restraint Episodes 2009	Difference	Percentage Change
<b>Dublin North</b>					
Dublin North	St Ita's Hospital - Mental Health Services	55	100	+45	+81.8
Total Dublin North		<b>55</b>	<b>100</b>	<b>+45</b>	<b>+81.8</b>
Rate per 100,000 population (2009)			45.0		

<b>Dublin North Central &amp; North West Dublin</b>					
Dublin North Central	St Vincent's Hospital	66	271	+205	+310.6
Dublin North Central	Acute Psychiatric Unit, St Aloysius Ward, Mater Misericordiae Hospital	29	23	-6	-20.7
Dublin North West	St Brendan's Hospital	112	107	-5	-4.5
Dublin North West	Department of Psychiatry, Connolly Hospital	16	14	-2	-12.5
Total Dublin North Central & North West		<b>223</b>	<b>415</b>	<b>+192</b>	<b>+86.1</b>
Rate per 100,000 population (2009)			132.8		

<b>North Lee &amp; North Cork</b>					
North Cork	St Stephen's Hospital	24	18	-6	-25.0
North Lee	St Michael's Unit, Mercy Hospital	47	73	+26	+55.3
North Lee	Carraig Mór Centre	46	7	-39	-84.8
Total North Lee & North Cork		<b>117</b>	<b>98</b>	<b>-19</b>	<b>-16.2</b>
Rate per 100,000 population (2009)			39.4		

<b>South Lee/West Cork &amp; Kerry</b>					
Kerry	St Finan's Hospital	17	3	-14	-82.4
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	58	55	-3	-5.2
South Lee	South Lee Mental Health Unit, Cork University Hospital	10	61	+51	+510.0
West Cork	Centre for Mental Health Care & Recovery, Bantry General Hospital	10	14	+4	+40.0
Total South Lee/West Cork & Kerry		<b>95</b>	<b>133</b>	<b>+38</b>	<b>+40.0</b>
Rate per 100,000 population (2009)			35.7		

<b>Waterford &amp; Wexford</b>					
Waterford	Department of Psychiatry, Waterford Regional Hospital	26	54	+28	+107.7
Waterford	St Otteran's Hospital	0	1	+1	-
Wexford	St Senan's Hospital	52	62	+10	+19.2
Total Waterford & Wexford		<b>78</b>	<b>117</b>	<b>+39</b>	<b>+50.0</b>
Rate per 100,000 population (2009)			45.8		

Mental Health Catchment Area	Approved Centre	No. of Physical Restraint Episodes 2008	No. of Physical Restraint Episodes 2009	Difference	Percentage Change
<b>Carlow/Kilkenny &amp; South Tipperary</b>					
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	18	17	-1	-5.6
South Tipperary	St Michael's Unit, South Tipperary General Hospital	31	48	+17	+54.8
South Tipperary	St Luke's Hospital, Clonmel	19	2	-17	-89.5
Total Carlow/Kilkenny & South Tipperary		<b>68</b>	<b>67</b>	<b>-1</b>	<b>-1.5</b>
Rate per 100,000 population (2009)			32.6		

<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>					
Donegal	Acute Psychiatric Unit, Carnamuggagh	72	86	+14	+19.4
Sligo/Leitrim	Ballytivnan Sligo/Leitrim Mental Health Services	44	42	-2	-4.5
Total Donegal/Sligo/Leitrim & West Cavan		<b>116</b>	<b>128</b>	<b>+12</b>	<b>+10.3</b>
Rate per 100,000 population (2009)			53.7		

<b>Mid-West</b>					
Clare	Orchard Grove	3	2	-1	-33.3
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	91	214	+123	+135.2
Limerick	Acute Psychiatric Unit 5B, Midwestern Regional Hospital	23	22	-1	-4.3
Limerick	St Joseph's Hospital	8	1	-7	-87.5
Limerick	Tearmann Ward and Curragour Ward, St Camillus' Hospital, Limerick	0	1	+1	-
Total Mid-West		<b>125</b>	<b>240</b>	<b>+115</b>	<b>+92.0</b>
Rate per 100,000 population (2009)			66.5		

<b>West</b>					
East Galway	St Brigid's Hospital, Ballinasloe	20	47	+27	+135.0
Mayo	Adult Mental Health Unit, Mayo General Hospital	21	27	+6	+28.6
Mayo	Teach Aisling	4	1	-3	-75.0
Roscommon	Department of Psychiatry, County Hospital Roscommon	12	11	-1	-8.3
West Galway	Psychiatric Unit, University College Hospital Galway	20	35	+15	+75.0
Total West		<b>77</b>	<b>121</b>	<b>+44</b>	<b>+57.1</b>
Rate per 100,000 population (2009)			29.2		

<b>National Forensic Service*</b>					
National Forensic Service	Central Mental Hospital	37	NO DATA	-	-

<b>National Intellectual Disability Service*</b>					
National Intellectual Disability Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	251	557	+306	+121.9

Mental Health Catchment Area	Approved Centre	No. of Physical Restraint Episodes 2008	No. of Physical Restraint Episodes 2009	Difference	Percentage Change
<b>Child &amp; Adolescent Services*</b>					
Child and Adolescent Service	Warrenstown Child & Adolescent Inpatient Unit	6	8	+2	+33.3
Child and Adolescent Service	Adolescent In-patient Unit, St Vincent's Hospital	-	20	-	-
Child and Adolescent Service	St. Anne's Child & Adolescent Unit	10	0	-10	-100.0
Total Child & Adolescent Services		<b>16</b>	<b>28</b>	-	-

<b>Independent*</b>					
N/A	Palmerstown View, Stewart's Hospital	73	33	-40	-54.8
N/A	St Edmundsbury Hospital	1	0	-1	-100.0
N/A	St John of God Hospital Limited	183	185	+2	+1.1
N/A	St Patrick's Hospital	166	112	-54	-32.5
Total Independent		<b>423</b>	<b>330</b>	<b>-93</b>	<b>-22.0</b>

<b>Total</b>	<b>All Approved Centres</b>	<b>2,123</b>	<b>2,855</b>	<b>+732</b>	<b>+34.5</b>
Rate per 100,000 population (2009)			67.3		

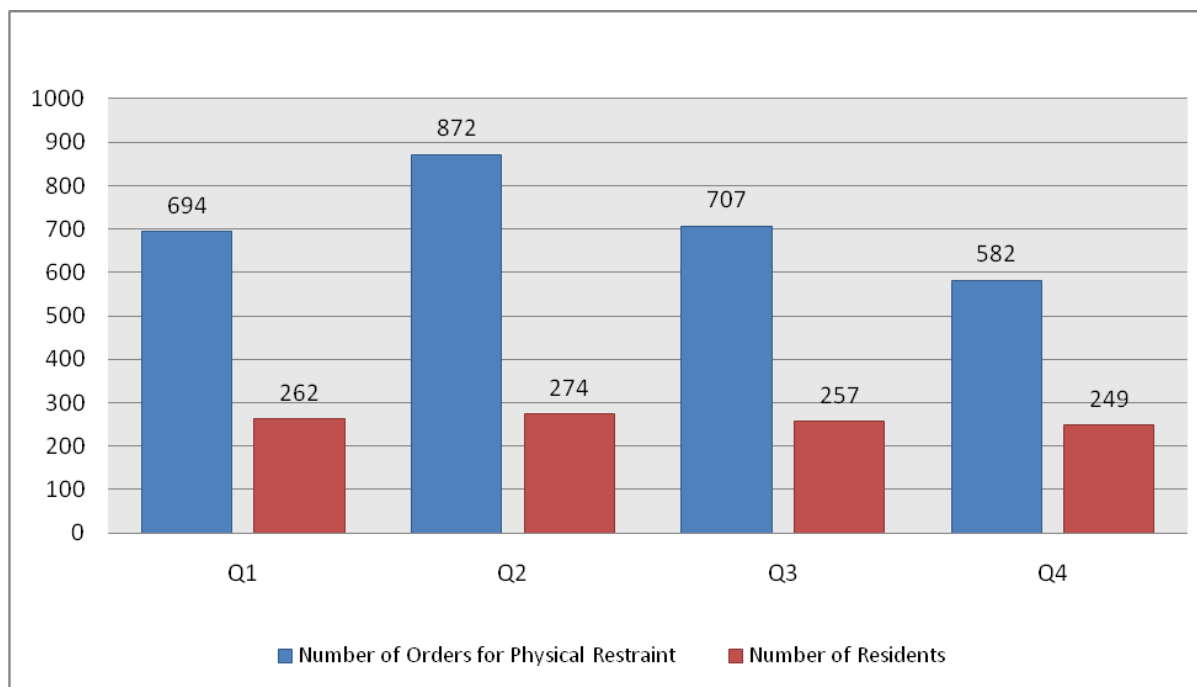
\* Rates per 100,000 population are not calculated for the National Forensic Service, the National Intellectual Disability Service, child & adolescent services and the independent sector as admissions to these services are from patients on a national basis.

### Episodes of Physical Restraint and Number of Residents Restrained by Quarter

Figure 6 displays the number of physical restraint episodes and the number of residents restrained for each quarter in 2009 for all approved centres nationally. The chart shows that the highest number of physical restraint episodes (n=872) occurred in Quarter 2. Less residents were physically restrained in Quarter 4 (n=582) than in any of the other quarters.

As the number of physical restraint episodes was greater than the number of residents restrained during each quarter, it is clear that one or more residents was physically restrained more than once in each quarter. The mean number of physical restraint episodes per resident restrained per quarter ranged from 2.3 in Quarter 4 to 3.2 in Quarter 2.

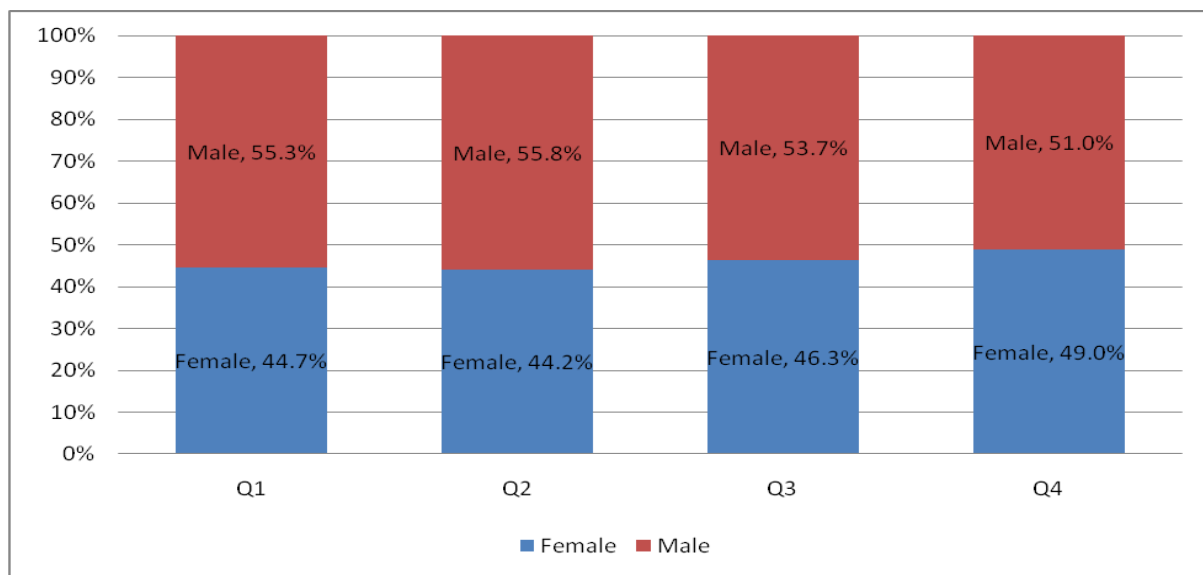
**Figure 6: Episodes of physical restraint and residents physically restrained by quarter in 2009. Numbers**



## Gender

In Figure 7, the data presented show the gender breakdown of residents who were physically restrained for each quarter of 2009 for all approved centres nationally. Slightly more males than females were physically restrained during each quarter of 2009 as was also the case in 2008.

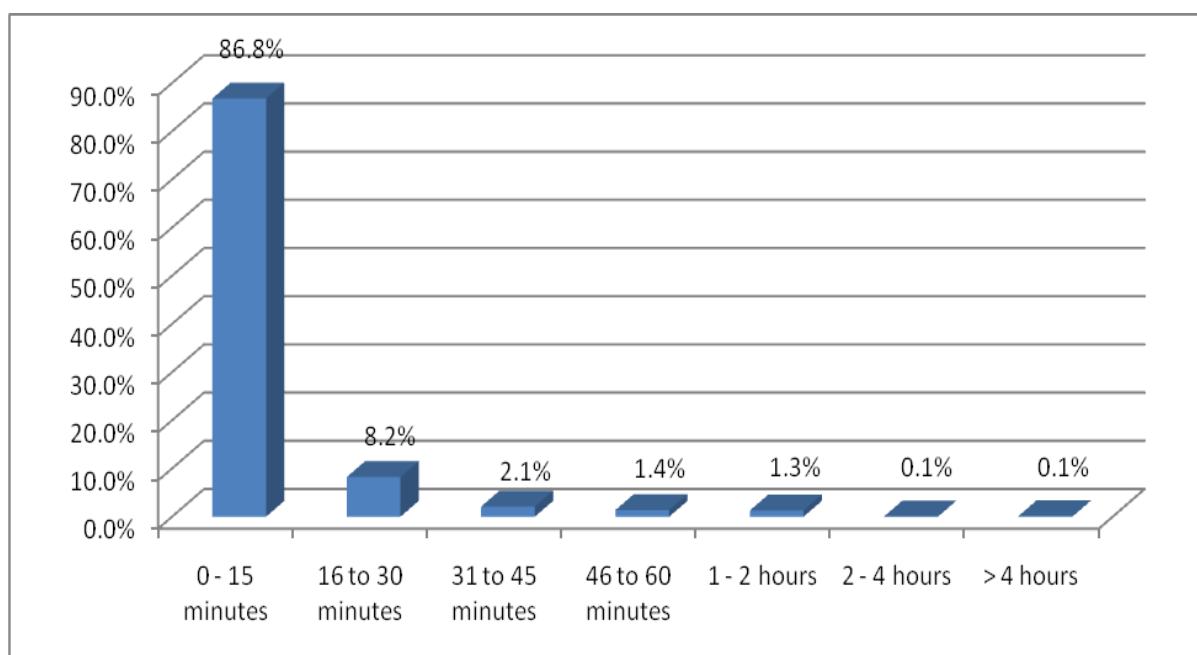
**Figure 7: Gender of residents physically restrained in 2009. Percentage by Quarter**



## Duration of Physical Restraint

The Code of Practice on the Use of Physical Restraint in Approved Centres states that physical restraint should not be prolonged “beyond the period which is strictly necessary to prevent immediate and serious harm to the resident or others”. Figure 8 shows that 95% (2,680/2,820) of physical restraint episodes lasted for 30 minutes or less. Of these episodes, the vast majority lasted for between 0 and 15 minutes; over 86% (2,448/2,820) of all episodes never extended beyond a quarter hour. Just over 3% (n=98) lasted for between 30 minutes and one hour. Forty-two episodes (1.5%) lasted for more than one hour.

**Figure 8: Duration of physical restraint episodes in 2009. Percentages**



### **Duration of Physical Restraint in Individual Approved Centres**

Table 6 (pages 36-39) displays data on the duration of physical restraint episodes in individual approved centres. We can see from the table that most approved centres in which physical restraint was used followed a similar pattern in terms of duration to the national picture as shown above in Figure 8. Relatively short episodes of physical restraint were the norm in almost all approved centres.

The proportion of physical restraint episodes that lasted for between 0 and 15 minutes ranged from 60% in St Michael's Unit, Mercy Hospital to 100% in nine approved centres. The nine approved centres in which all physical restraint episodes lasted for 15 minutes or less were the Department of Psychiatry at Connolly Hospital (n=14), the Department of Psychiatry in Our Lady's Hospital, Navan (n=41), the Department of Psychiatry in St Luke's Hospital, Kilkenny (n=17), St Finan's Hospital (n=3), St Luke's Hospital, Clonmel (n=2), the Centre for Mental Health Care & Recovery in Bantry General Hospital (n=14), Orchard Grove (n=2), Tearmann Ward and Curragour Ward, St Camillus Hospital, Limerick (n=1) and Palmerstown View, Stewart's Hospital (n=33). In 46 out of 48 approved centres, the percentage of episodes that lasted for between 0 and 15 minutes ranged from 70% to 100%. The exceptions to this were St Michael's Unit, Mercy Hospital (60.3%) and the Adult Mental Health Unit at Mayo General Hospital (63%).

Furthermore, in five other approved centres, all physical restraint episodes lasted for 30 minutes or less. They were: the Acute Psychiatric Unit AMNCH, Tallaght (n=66), Newcastle Hospital (n=36), the Acute Psychiatric Unit at St Aloysius Ward in the Mater Misericordiae Hospital (n=23), St Senan's Hospital (n=62), and St John of God Hospital (n=185). In all approved centres, between 85% and 100% of physical restraint episodes lasted for between 0 and 30 minutes.

Fifteen approved centres recorded at least one episode of restraint that lasted for longer than one hour. We saw above that a very small proportion (1.4%) of physical restraint episodes nationally lasted for longer than one hour. In some approved centres however, a higher proportion of episodes extended beyond one hour than was typical in other services. The proportion of physical restraint episodes lasting for more than one hour was 8.6 % (3/35) at Elm Mount Unit, St Vincent's University Hospital, 7.9% (3/38) at the Acute Psychiatric Unit in Cavan General Hospital and 7% (15/214) at the Acute Psychiatric Unit in the Midwestern Regional Hospital in Ennis.

**Table 6: Duration of physical restraint episodes in Approved Centres in 2009. Numbers with percentages**

Mental Health Catchment Area	Approved Centre	No. & % of Physical Restraint Episodes lasting 0-15 mins	No. & % of Physical Restraint Episodes lasting 16-30 mins	No. & % of Physical Restraint Episodes lasting 31-45 mins	No. & % of Physical Restraint Episodes lasting 46-60 mins	No. & % of Physical Restraint Episodes Lasting > 1 hour	Total
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>							
Dublin South East	Elm Mount Unit, St Vincent's University Hospital	28 (80%)	3 (8.6%)	1 (2.9%)	0	3 (8.6%)	35 (100%)
East Wicklow	Newcastle Hospital	35 (97.2%)	1 (2.8%)	0	0	0	36 (100%)
<b>Dublin West/South West &amp; South City</b>							
Dublin South City	Jonathan Swift Clinic	47 (82.5%)	5 (8.8%)	0	3 (5.3%)	2 (3.5%)	57 (100%)*
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	64 (97%)	2 (3%)	0	0	0	66 (100%)
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>							
Kildare West/Wicklow	Lakeview Unit, Naas General Hospital	47 (88.7%)	4 (7.5%)	2 (3.8%)	0	0	53 (100%)
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	32 (88.9%)	4 (11.1%)	0	0	0	36 (100%)
Laois/Offaly	St Fintan's Hospital	0	1 (100%)	0	0	0	1 (100%)
Longford/Westmeath	St Loman's Hospital, Mullingar	32 (80%)	4 (10%)	1 (2.5%)	1 (2.5%)	2 (5%)	40 (100%)
<b>Cavan/Monaghan/Louth &amp; Meath</b>							
Cavan/Monaghan	Acute Psychiatric Unit, Cavan General Hospital	28 (73.7%)	6 (15.8%)	1 (2.6%)	0	3 (7.9%)	38 (100%)
Louth/Meath	St Brigid's Hospital, Ardee	77 (77.8%)	19 (19.2%)	2 (2%)	0	1 (1%)	99 (100%)
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	41 (100%)	0	0	0	0	41 (100%)
<b>Dublin North</b>							
Dublin North	St Ita's Hospital - Mental Health Services	70 (70%)	28 (28%)	0	0	2 (2%)	100 (100%)
<b>Dublin North Central &amp; North West</b>							
Dublin North Central	St Vincent's Hospital	248 (91.5%)	16 (5.9%)	4 (1.5%)	3 (1.1%)	0	271 (100%)
Dublin North Central	Acute Psychiatric Unit, St Aloysius Ward, Mater Misericordiae Hospital	21 (91.3%)	2 (8.7%)	0	0	0	23 (100%)
Dublin North West	St Brendan's Hospital	80 (74.8%)	23 (21.5%)	4 (3.7%)	0	0	107 (100%)
Dublin North West	Department of Psychiatry, Connolly Hospital	14 (100%)	0	0	0	0	14 (100%)

Mental Health Catchment Area	Approved Centre	No. & % of Physical Restraint Episodes lasting 0-15 mins	No. & % of Physical Restraint Episodes lasting 16-30 mins	No. & % of Physical Restraint Episodes lasting 31-45 mins	No. & % of Physical Restraint Episodes lasting 46-60 mins	No. & % of Physical Restraint Episodes Lasting > 1 hour	Total
<b>North Lee &amp; North Cork</b>							
North Cork	St Stephen's Hospital	14 (87.5%)	2 (12.5%)	0	0	0	16 (100%)**
North Lee	St Michael's Unit, Mercy Hospital	44 (60.3%)	19 (26%)	3 (4.1%)	3 (4.1%)	4 (5.5%)	73 (100%)
North Lee	Carraig Mór Centre	6 (85.7%)	1 (14.3%)	0	0	0	7 (100%)
<b>South Lee/West Cork &amp; Kerry</b>							
Kerry	St Finan's Hospital	3 (100%)	0	0	0	0	3 (100%)
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	45 (81.8%)	7 (12.7%)	2 (3.6%)	0	1 (1.8%)	55 (100%)
South Lee	South Lee Mental Health Unit, Cork University Hospital	47 (77%)	6 (9.8%)	3 (4.9%)	2 (3.3%)	3 (4.9%)	61 (100%)
West Cork	Centre for Mental Health Care & Recovery, Bantry General Hospital	14 (100%)	0	0	0	0	14 (100%)
<b>Waterford &amp; Wexford</b>							
Waterford	Department of Psychiatry, Waterford Regional Hospital	34 (85%)	3 (7.5%)	2 (5%)	1 (2.5%)	0	40 (100%)***
Waterford	St Otteran's Hospital	0	1 (100%)	0	0	0	1 (100%)
Wexford	St Senan's Hospital	60 (96.8%)	2 (3.2%)	0	0	0	62 (100%)
<b>Carlow/Kilkenny &amp; South Tipperary</b>							
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	17 (100%)	0	0	0	0	17 (100%)
South Tipperary	St Michael's Unit, South Tipperary General Hospital	45 (93.8%)	2 (4.2%)	0	1 (2.1%)	0	48 (100%)
South Tipperary	St Luke's Hospital, Clonmel	2 (100%)	0	0	0	0	2 (100%)
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>							
Donegal	Acute Psychiatric Unit, Carnamuggagh	72 (83.7%)	10 (11.6%)	1 (1.2%)	1 (1.2%)	2 (2.3%)	86 (100%)
Sligo/Leitrim	Ballytivnan Sligo/Leitrim Mental Health Services	37 (88.1%)	2 (4.8%)	2 (4.8%)	1 (2.4%)	0	42 (100%)

Mental Health Catchment Area	Approved Centre	No. & % of Physical Restraint Episodes lasting 0-15 mins	No. & % of Physical Restraint Episodes lasting 16-30 mins	No. & % of Physical Restraint Episodes lasting 31-45 mins	No. & % of Physical Restraint Episodes lasting 46-60 mins	No. & % of Physical Restraint Episodes Lasting > 1 hour	Total
<b>Mid-West</b>							
Clare	Orchard Grove	2 (100%)	0	0	0	0	2 (100%)
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	157 (73.4%)	18 (8.4%)	14 (6.5%)	10 (4.7%)	15 (7%)	214 (100%)
Limerick	Acute Psychiatric Unit 5B, Midwestern Regional Hospital	19 (86.4%)	1 (4.5%)	1 (4.5%)	0	1 (4.5%)	22 (100%)
Limerick	St Joseph's Hospital	0	1 (100%)	0	0	0	1 (100%)
Limerick	Tearmann Ward and Curragour Ward, St Camillus' Hospital, Limerick	1 (100%)	0	0	0	0	1 (100%)
<b>West</b>							
East Galway	St Brigid's Hospital, Ballinasloe	45 (95.7%)	1 (2.1%)	1 (2.1%)	0	0	47 (100%)
Mayo	Adult Mental Health Unit, Mayo General Hospital	17 (63%)	10 (37%)	0	0	0	27 (100%)
Mayo	Teach Aisling	0	1 (100%)	0	0	0	1 (100%)
Roscommon	Department of Psychiatry, County Hospital Roscommon	9 (81.8%)	1 (9.1%)	1 (9.1%)	0	0	11 (100%)
West Galway	Psychiatric Unit, University College Hospital Galway	31 (88.6%)	3 (8.6%)	0	0	1 (2.9%)	35 (100%)
<b>National Forensic Service</b>							
National Forensic Service	Central Mental Hospital	NO DATA	NO DATA	NO DATA	NO DATA	NO DATA	NO DATA
<b>National Intellectual Disability Service</b>							
National Intellectual Disability Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	533 (95.7%)	1 (0.2%)	11 (2%)	12 (2.2%)	0	557 (100%)
<b>Child &amp; Adolescent Services</b>							
Child and Adolescent Service	Warrenstown Child & Adolescent Inpatient Unit	6 (75%)	2 (25%)	0	0	0	8 (100%)
Child and Adolescent Service	Adolescent In-patient Unit, St Vincent's Hospital	14 (70%)	5 (25%)	1 (5%)	0	0	20 (100%)

Mental Health Catchment Area	Approved Centre	No. & % of Physical Restraint Episodes lasting 0-15 mins	No. & % of Physical Restraint Episodes lasting 16-30 mins	No. & % of Physical Restraint Episodes lasting 31-45 mins	No. & % of Physical Restraint Episodes lasting 46-60 mins	No. & % of Physical Restraint Episodes Lasting > 1 hour	Total
<b>Independent</b>							
N/A	Palmerstown View, Stewart's Hospital	33 (100%)	0	0	0	0	33 (100%)
N/A	St John of God Hospital Limited	184 (99.5%)	1 (0.5%)	0	0	0	185 (100%)
N/A	St Patrick's Hospital	93 (83%)	14 (12.5%)	2 (1.8%)	1 (0.9%)	2 (1.8%)	112 (100%)
<b>Total</b>	<b>All Approved Centres</b>	<b>2,448 (86.8%)</b>	<b>232 (8.2%)</b>	<b>59 (2.1%)</b>	<b>39 (1.4%)</b>	<b>42 (1.5%)</b>	<b>2820**** (100%)</b>

\* The duration of 19 episodes was not recorded by the Jonathan Swift Clinic. Table 6 only shows data for 57 of the 76 physical restraint episodes in the service in 2009.

\*\* The duration of 2 physical restraint episodes was not recorded by St Stephen's Hospital. Table 6 only shows data for 16 of the 18 episodes in the service in 2009.

\*\*\*The duration of 14 physical restraint episodes was not recorded by the Department of Psychiatry at Waterford Regional Hospital. Table 6 only shows data for 40 of the 54 episodes in the service.

\*\*\*\* The duration of 35 physical restraint episodes was not recorded by the three approved centres highlighted above. Table 6 only shows data for 2,820 of the 2,855 episodes that were recorded in all approved centres.

## 6. Use of All Restrictive Interventions in 2009

Sections three, four and five of this report examined the use of seclusion, mechanical restraint and physical restraint separately. It is therefore useful to examine the overall use of all of these interventions in individual approved centres in order to arrive at a more holistic view of how a particular service utilised restrictive interventions in 2009.

Table 7 (pages 42-46) presents data on the use of seclusion, mechanical restraint and physical restraint for the 66 approved centres which were on the Register of Approved Centres during 2009. Table 7 shows the number of episodes of seclusion, episodes of mechanical restraint, episodes of physical restraint and the total number of restrictive intervention episodes reported to the Commission in each approved centre. Corresponding percentages are also shown which allow for a quick identification of which were the most frequently used restrictive interventions in each approved centre.

We see from Table 7 that a total of 5,387 restrictive intervention episodes were reported to the Commission in 2009. Table 1 (page 8) showed that physical restraint was used in more approved centres in 2009 (47/65) than either seclusion (29/66) or mechanical restraint (6/65). In addition, physical restraint was the most frequently used restrictive intervention in approved centres nationally. It accounted for 53% of all restrictive intervention episodes followed by seclusion (46.7%). Mechanical restraint for immediate risk to self or others accounted for a much smaller proportion (0.3%) of restrictive intervention episodes.

Out of a total of 66 approved centres, 17 approved centres did not use any of these interventions during 2009. There has therefore been an increase in the number of approved centres that reported that they did not use any of these interventions between 2008 and 2009. In 2008, 13 out of 64 approved centres did not use seclusion, physical restraint or mechanical restraint.

Of the 47 approved centres that used at least one of these interventions during 2009, 16 centres used physical restraint but did not use either seclusion or mechanical restraint. However, all approved centres which used seclusion also used physical restraint. Of the six approved centres that used mechanical restraint in 2009, five centres also used physical restraint and three centres also used seclusion during the year.

The table also shows that no child and adolescent approved centre used seclusion or mechanical restraint during 2009. Physical restraint was used in two of the three child and adolescent approved centres in 2009.

The frequency of different types of restrictive interventions varied remarkably between approved centres and super-catchment areas in 2009. Seclusion was rarely used in two super-catchment areas in the south and south-west of the country. It accounted for 6.7% (7/105) of restrictive intervention episodes in the North Lee and North Cork catchment and 11.9% (18/151) of restrictive intervention episodes in the South Lee/West Cork & Kerry super catchment area. Conversely, 70% of restrictive intervention episodes in Kildare/West Wicklow/Laois/Offaly/Longford & Westmeath were uses of seclusion.

This variance can also be seen if we examine patterns in individual approved centres. There were approved centres which recorded a much higher number of physical restraint episodes than seclusion episodes. In St Vincent's Hospital, Fairview, 91.6% (271/296) of all restrictive intervention episodes involved the use of physical restraint. The service used physical restraint about 14 times as often as it used seclusion.

Other approved centres in which physical restraint accounted for a higher proportion of restrictive intervention episodes include the Acute Mental Health Admission Unit at Kerry General Hospital (82.1%), the Acute Psychiatric Unit AMNCH, Tallaght (66%), the Acute Psychiatric Unit at the Midwestern Regional Hospital, Ennis (65.6%) and Ballytivnan Sligo/Leitrim Mental Health Services (65.6%).

Another group of centres includes services in which seclusion was more prevalent than physical restraint. For instance, seclusion accounted for 87.6% (78/89) of restrictive intervention episodes in the Department of Psychiatry, County Hospital Roscommon. This service used seclusion about 7 times as often as it used physical restraint. In St Luke's Hospital, Clonmel, seclusion accounted for 89.5% of all restrictive intervention episodes although this service reported a relatively low overall use of both interventions; there were 17 seclusion episodes and two physical restraint episodes in the service in 2009.

Other approved centres in which seclusion was the most frequently used restrictive intervention include the Lakeview Unit in Naas General Hospital (78.5%), St Brendan's Hospital (74.5%), the Adult Mental Health Unit at Mayo General Hospital (70%), the Department of Psychiatry at Waterford Regional Hospital (68%) and St Loman's Hospital in Mullingar (66.4%).

We can identify another group of approved centres that had similar proportions of seclusion and physical restraint episodes. For example, in the Department of Psychiatry at the Midland Regional Hospital in Portlaoise, 46.3% (31/67) of all restrictive intervention episodes involved seclusion compared to 53.7% (36/67) that involved physical restraint. In St Senan's Hospital, a slightly higher proportion of restrictive interventions involved seclusion (55.4%) compared to physical restraint (44.6%). Other services that had similar proportions of seclusion and physical restraint episodes were St Ita's Hospital - Mental Health Services, the Department of Psychiatry at Our Lady's Hospital in Navan, St Michael's Unit in South Tipperary General Hospital, the Psychiatric Unit at University College Hospital Galway and St John of God Hospital Limited.

Finally, three approved centres used mechanical restraint for immediate risk to self or others more often than seclusion or physical restraint. Each of these services recorded a relatively small overall number of restrictive intervention episodes. In Teach Aisling, five out of six of its restrictive intervention episodes involved the use of mechanical restraint. St Davnet's Hospital's use of mechanical restraint on one occasion was the only time that it used a restrictive intervention in 2009. In St Joseph's Hospital in Limerick, two out of three uses of restrictive interventions were uses of mechanical restraint.

**Table 7: Use of all interventions in Approved Centres in 2009. Numbers with percentages**

Catchment Area	Approved Centre	Episodes of Seclusion	Episodes of Physical Restraint	Episodes of Mechanical Restraint	Total Restrictive Interventions Reported to the Commission
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>					
Dublin South East	Elm Mount Unit, St Vincent's University Hospital	0	35 (100%)	0	35 (100%)
East Wicklow	Newcastle Hospital	58 (61.7%)	36 (38.3%)	DNU	94 (100%)
Total Dun Laoghaire/Dublin South-East & Wicklow		<b>58 (45%)</b>	<b>71 (55%)</b>	<b>0</b>	<b>129 (100%)</b>
<b>Dublin West/South West &amp; South City</b>					
Dublin South City	Jonathan Swift Clinic	DNU	76 (100%)	DNU	76 (100%)
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	33 (33.3%)	66 (66.7%)	DNU	99 (100%)
Dublin South West	St Loman's Hospital, Palmerstown	DNU	DNU	DNU	DNU
Total Dublin West/South West & South City		<b>33 (18.9%)</b>	<b>142 (81.1%)</b>	<b>DNU</b>	<b>175 (100%)</b>
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>					
Kildare West/Wicklow	Lakeview Unit, Naas General Hospital	194 (78.5%)	53 (21.5%)	DNU	247 (100%)
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	31 (46.3%)	36 (53.7%)	DNU	67 (100%)
Laois/Offaly	St Fintan's Hospital	DNU	1 (100%)	DNU	1(100%)
Longford/Westmeath	St Loman's Hospital, Mullingar	81 (66.4%)	40 (32.8%)	1 (0.8%)	122 (100%)
Total Kildare/West Wicklow/Laois/Offaly/Longford & Westmeath		<b>306 (70%)</b>	<b>130 (29.7%)</b>	<b>1 (0.2%)</b>	<b>437 (100%)</b>
<b>Cavan/Monaghan/Louth &amp; Meath</b>					
Cavan/Monaghan	Acute Psychiatric Unit, Cavan General Hospital	DNU	38 (100%)	0	38(100%)
Cavan/Monaghan	St Davnet's Hospital - Wards 4, 8 and 15	DNU	0	1 (100%)	1 (100%)
Louth/Meath	St Brigid's Hospital, Ardee	45 (31.3%)	99 (68.8%)	0	144 (100%)
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	35 (46.1%)	41 (54%)	0	76 (100%)
Total Cavan/Monaghan/Louth & Meath		<b>80 (30.9%)</b>	<b>178 (68.7%)</b>	<b>1 (0.4%)</b>	<b>259 (100%)</b>
<b>Dublin North</b>					
Dublin North	St Ita's Hospital - Mental Health Services	81 (44.8%)	100 (55.2%)	0	181 (100%)

Catchment Area	Approved Centre	Episodes of Seclusion	Episodes of Physical Restraint	Episodes of Mechanical Restraint	Total Restrictive Interventions Reported to the Commission
<b>Dublin North Central &amp; North West</b>					
Dublin North Central	St Vincent's Hospital	20 (6.8%)	271 (91.6%)	5 (1.7%)	296 (100%)
Dublin North Central	Acute Psychiatric Unit, St Aloysius Ward, Mater Misericordiae Hospital	17 (41.5%)	23 (56.1%)	1 (2.4%)	41(100%)
Dublin North West	St Brendan's Hospital	313 (74.5%)	107 (25.5%)	0	420 (100%)
Dublin North West	Department of Psychiatry, Connolly Hospital	0	14 (100%)	0	14 (100%)
Dublin North West	Sycamore Unit, Connolly Hospital	DNU	DNU	DNU	DNU
Total Dublin North Central & North West		<b>350 (45.4%)</b>	<b>415 (53.8%)</b>	<b>6 (0.8%)</b>	<b>771 (100%)</b>
<b>North Lee &amp; North Cork</b>					
North Cork	St Stephen's Hospital	DNU	18 (100%)	DNU	18 (100%)
North Lee	St Michael's Unit, Mercy Hospital	DNU	73 (100%)	DNU	73 (100%)
North Lee	Carraig Mór Centre	7 (50%)	7 (50%)	DNU	14 (100%)
Total North Lee & North Cork		<b>7 (6.7%)</b>	<b>98 (93.3%)</b>	<b>DNU</b>	<b>105 (100%)</b>
<b>South Lee/West Cork &amp; Kerry</b>					
Kerry	St Finan's Hospital	6 (66.7%)	3 (33.3%)	DNU	9 (100%)
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	12 (17.9%)	55 (82.1%)	DNU	67 (100%)
South Lee	South Lee Mental Health Unit, Cork University Hospital	DNU	61 (100%)	0	61 (100%)
South Lee	St Finbarr's Hospital	DNU	DNU	DNU	DNU
West Cork	Centre for Mental Health Care & Recovery, Bantry General Hospital	DNU	14 (100%)	DNU	14 (100%)
Total South Lee/West Cork & Kerry		<b>18 (11.9%)</b>	<b>133 (88.1%)</b>	<b>0</b>	<b>151 (100%)</b>
<b>Waterford &amp; Wexford</b>					
Waterford	Department of Psychiatry, Waterford Regional Hospital	115 (68%)	54 (32%)	0	169 (100%)
Waterford	St Otteran's Hospital	0	1 (100%)	0	1 (100%)
Wexford	St Senan's Hospital	78 (55.7%)	62 (44.3%)	DNU	140 (100%)
Total Waterford & Wexford		<b>193 (62.3%)</b>	<b>117 (37.7%)</b>	<b>0</b>	<b>310 (100%)</b>

Catchment Area	Approved Centre	Episodes of Seclusion	Episodes of Physical Restraint	Episodes of Mechanical Restraint	Total Restrictive Interventions Reported to the Commission
<b>Carlow/Kilkenny &amp; South Tipperary</b>					
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	25 (59.5%)	17 (40.5%)	DNU	42 (100%)
Carlow/Kilkenny	St Canice's Hospital	DNU	DNU	DNU	DNU
Carlow/Kilkenny	St Dymphna's Hospital	DNU	DNU	DNU	DNU
South Tipperary	St Michael's Unit, South Tipperary General Hospital	40 (45.5%)	48 (54.5%)	DNU	88 (100%)
South Tipperary	St Luke's Hospital, Clonmel	17 (89.5%)	2 (10.5%)	0	19 (100%)
Total Carlow/Kilkenny & South Tipperary		<b>82 (55%)</b>	<b>67 (45%)</b>	<b>0</b>	<b>149 (100%)</b>

<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>					
Donegal	Acute Psychiatric Unit, Carnamuggagh	DNU	86 (100%)	DNU	86 (100%)
Donegal	St Conal's Hospital*	DNU	DNU	DNU	DNU
Sligo/Leitrim	Ballytivnan Sligo/Leitrim Mental Health Services	22 (34.4%)	42 (65.6%)	DNU	64 (100%)
Total Donegal/Sligo/Leitrim & West Cavan		<b>22 (14.7%)</b>	<b>128 (85.3%)</b>	<b>DNU</b>	<b>150 (100%)</b>

<b>Mid-West</b>					
Limerick	Acute Psychiatric Unit 5B, Midwestern Regional Hospital	DNU	22 (100%)	DNU	22 (100%)
Limerick	St Joseph's Hospital	DNU	1 (33.3%)	2 (66.7%)	3 (100%)
Limerick	Tearmann Ward and Curragour Ward, St Camillus' Hospital	DNU	1 (100%)	0	1 (100%)
Clare	Orchard Grove	DNU	2 (100%)	DNU	2 (100%)
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	112 (34.4%)	214 (65.6%)	DNU	326 (100%)
Clare	Cappahard Lodge	DNU	DNU	DNU	DNU
Total Mid-West		<b>112 (31.6%)</b>	<b>240 (67.8%)</b>	<b>2 (0.6%)</b>	<b>354 (100%)</b>

Catchment Area	Approved Centre	Episodes of Seclusion	Episodes of Physical Restraint	Episodes of Mechanical Restraint	Total Restrictive Interventions Reported to the Commission
<b>West</b>					
East Galway	St Brigid's Hospital, Ballinasloe	31 (39.7%)	47 (60.3%)	DNU	78 (100%)
Mayo	Adult Mental Health Unit, Mayo General Hospital	63 (70%)	27 (30%)	0	90 (100%)
Mayo	Teach Aisling	DNU	1 (16.7%)	5 (83.3%)	6 (100%)
Mayo	An Coillín	DNU	DNU	DNU	DNU
Mayo	St Anne's Unit, Sacred Heart Hospital	DNU	DNU	DNU	DNU
Roscommon	Department of Psychiatry, County Hospital Roscommon	78 (87.6%)	11 (12.4%)	0	89 (100%)
West Galway	Psychiatric Unit, University College Hospital Galway	32 (47.8%)	35 (52.2%)	DNU	67 (100%)
West Galway	Unit 9A, Merlin Park University Hospital	DNU	DNU	DNU	DNU
Total West		<b>204 (61.8%)</b>	<b>121 (36.7%)</b>	<b>5 (1.5%)</b>	<b>330 (100%)</b>

<b>National Forensic Service</b>					
National Forensic Service	Central Mental Hospital	99	NO DATA	NO DATA	99

<b>National Intellectual Disability Service</b>					
National Intellectual Disability Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	692 (55.4%)	557 (44.6%)	DNU	1249 (100%)

<b>Child &amp; Adolescent Services</b>					
Child and Adolescent Service	Warrenstown Child & Adolescent Inpatient Unit	DNU	8 (100%)	DNU	8 (100%)
Child and Adolescent Service	Adolescent In-patient Unit, St Vincent's Hospital	0	20 (100%)	0	20 (100%)
Child and Adolescent Service	Child & Adolescent Mental Health In-patient Unit, St Stephen's Hospital*	0	0	0	0
Child and Adolescent Service	St. Anne's Child & Adolescent Unit	DNU	0	DNU	0
Total Child & Adolescent Services		<b>0</b>	<b>28 (100%)</b>	<b>0</b>	<b>28 (100%)</b>

Catchment Area	Approved Centre	Episodes of Seclusion	Episodes of Physical Restraint	Episodes of Mechanical Restraint	Total Restrictive Interventions Reported to the Commission
<b>Independent</b>					
N/A	Bloomfield Care Centre – Kylemore, Owendoher & Swanbrook Wings (name of AC during 2009)	DNU	DNU	DNU	DNU
N/A	Hampstead Private Hospital	0	0	0	0
N/A	Highfield Private Hospital	0	0	0	0
N/A	Kylemore Clinic**	DNU	DNU	0	0
N/A	Palmerstown View, Stewart's Hospital	23 (41.1%)	33 (58.9%)	DNU	56 (100%)
N/A	St Edmundsbury Hospital	DNU	0	DNU	0
N/A	St John of God Hospital Limited	157 (45.9%)	185 (54.1%)	DNU	342 (100%)
N/A	St Patrick's Hospital	DNU	112 (100%)	DNU	112 (100%)
Total Independent		<b>180 (35.3%)</b>	<b>330 (64.7%)</b>	<b>0</b>	<b>510 (100%)</b>
<b>Total</b>	<b>All Approved Centres</b>	<b>2,517 (46.7%)</b>	<b>2,855 (53%)</b>	<b>15 (0.3%)</b>	<b>5,387 (100%)</b>

**DNU** = Approved Centre indicated that they Do Not Use the intervention.

\*The Adolescent In-patient Unit, St Vincent's Hospital was registered on the Register of Approved Centres on 29<sup>th</sup> January 2009. The facility began accepting admissions on 9<sup>th</sup> March 2009.

\*\* The Child & Adolescent Mental Health In-patient Unit in St Stephen's Hospital in Cork was registered on the Register of Approved Centres on 16<sup>th</sup> October 2009. The facility began accepting admissions on 2<sup>nd</sup> December 2009.

\*\*\* Kylemore Clinic ceased to operate as an approved centre in April 2009.

### **Restrictive Interventions and In-patient Places (Bed Numbers)**

Finally, we compare the use of restrictive interventions across different approved centres while accounting for their varying sizes in terms of in-patient places or bed numbers. Table 8 (pages 48-51) shows data on the total number of restrictive intervention episodes, the number of beds in each approved centre and the number of restrictive interventions per bed within each approved centre.

The number of restrictive interventions per bed within each approved centre is the measure we have selected to assess the use of restrictive interventions across approved centres while accounting for their different sizes. Nevertheless, we recognise that it is an imperfect measure. It does not take account of the duration of restrictive interventions for instance. In addition, the number of in-patient places is only one of the variables which impacts on the number and rate of restrictive interventions in approved centres.<sup>9</sup> However, in the absence of more robust measures, its purpose is to serve as an indicator of the use of restrictive interventions across different approved centres.

Approved centres which indicated that they do not use any of these interventions (as opposed to having zero returns) and which returned incomplete data to the Commission were excluded from the analysis. The mean number of restrictive interventions per approved centre bed in 2009 was 1.82 and the standard deviation was 2.25. Values which lie within two standard deviations of the mean account for approximately 95% of the data in a normal distribution. By identifying values which are more than two standard deviations away from the mean, we are identifying statistical outliers. We can identify four approved centres whose values for the number of restrictive interventions per bed were more than 2 standard deviations away from the mean. These were the Lakeview Unit, Naas General Hospital (8.52), the Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis (8.36), St Joseph's Intellectual Disability Services, St Ita's Hospital (7.57) and Palmerstown View, Stewart's Hospital (9.33).

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<sup>9</sup> A number of other important factors have been identified in the literature as being associated with higher seclusion and restraint rates. These include a) the age of residents, b) clinical factors and diagnoses, with psychosis, character disorders, manic symptoms, abnormal EEGs and intellectual disability being associated with higher seclusion and restraint rates c) overcrowding, and d) low patient-to-staff ratios. See AB Busch & MF Shore (2000), *Seclusion and Restraint: A Review of the Literature*, in *Harvard Rev. Psychiatry*, Vol. 8 (5), pp. 261-269, and WA Fischer (1994), *Restraint and Seclusion: A Review of the Literature*, in *American Journal of Psychiatry*, Vol. 151 (11), pp. 1584-1591.

**Table 8: Restrictive interventions, bed numbers & restrictive interventions per bed in Approved Centres in 2009. Numbers**

Catchment Area	Approved Centre	Total Restrictive Interventions Reported to the Commission	Bed Numbers in 2009	No. of Restrictive Interventions Per Bed
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>				
Dublin South East	Elm Mount Unit, St Vincent's University Hospital	35	39	0.90
East Wicklow	Newcastle Hospital	94	55	1.71
<b>Dublin West/South West &amp; South City</b>				
Dublin South City	Jonathan Swift Clinic	76	51	1.49
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	99	52	1.90
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>				
Kildare West/Wicklow	Lakeview Unit, Naas General Hospital	247	29	8.52#
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	67	46	1.46
Laois/Offaly	St Fintan's Hospital	1	30	0.03
Longford/Westmeath	St Loman's Hospital, Mullingar	122	115	1.06
<b>Cavan/Monaghan/Louth &amp; Meath</b>				
Cavan/Monaghan	Acute Psychiatric Unit, Cavan General Hospital	38	20	1.90
Cavan/Monaghan	St Davnet's Hospital - Wards 4, 8 and 15	1	35	0.03
Louth/Meath	St Brigid's Hospital, Ardee	144	56	2.57
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	76	25	3.04
<b>Dublin North</b>				
Dublin North	St Ita's Hospital - Mental Health Services	181	125	1.45

Mean no. of restrictive interventions per bed = 1.82, SD =2.25

Catchment Area	Approved Centre	Total Restrictive Interventions Reported to the Commission	Bed Numbers in 2009	No. of Restrictive Interventions Per Bed
<b>Dublin North Central &amp; North West</b>				
Dublin North Central	St Vincent's Hospital	296	87	3.40
Dublin North Central	Acute Psychiatric Unit, St Aloysius Ward, Mater Misericordiae Hospital	41	15	2.73
Dublin North West	St Brendan's Hospital	420	82	5.12
Dublin North West	Department of Psychiatry, Connolly Hospital	14	27	0.52
<b>North Lee &amp; North Cork</b>				
North Cork	St Stephen's Hospital	18	105	0.17
North Lee	St Michael's Unit, Mercy Hospital	73	50	1.46
North Lee	Carraig Mór Centre	14	40	0.35
<b>South Lee/West Cork &amp; Kerry</b>				
Kerry	St Finan's Hospital	9	58	0.16
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	67	44	1.52
South Lee	South Lee Mental Health Unit, Cork University Hospital	61	46	1.33
West Cork	Centre for Mental Health Care & Recovery, Bantry General Hospital	14	18	0.78
<b>Waterford &amp; Wexford</b>				
Waterford	Department of Psychiatry, Waterford Regional Hospital	169	44	3.84
Waterford	St Otteran's Hospital	1	78	0.01
Wexford	St Senan's Hospital	140	102	1.37
<b>Carlow/Kilkenny &amp; South Tipperary</b>				
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	42	44	0.95
South Tipperary	St Michael's Unit, South Tipperary General Hospital	88	49	1.80
South Tipperary	St Luke's Hospital, Clonmel	19	102	0.19

Mean no. of restrictive Interventions per bed = 1.82, SD = 2.25

Catchment Area	Approved Centre	Total Restrictive Interventions Reported to the Commission	Bed Numbers in 2009	No. of Restrictive Interventions Per Bed
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>				
Donegal	Acute Psychiatric Unit, Carnamuggagh	86	38	2.26
Sligo/Leitrim	Ballytivnan Sligo/Leitrim Mental Health Services	64	52	1.23
<b>Mid-West</b>				
Limerick	Acute Psychiatric Unit 5B, Midwestern Regional Hospital	22	50	0.44
Limerick	St Joseph's Hospital	3	65	0.05
Limerick	Tearmann Ward and Curragour Ward, St Camillus' Hospital	1	37	0.03
Clare	Orchard Grove	2	10	0.20
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	326	39	8.36#
<b>West</b>				
East Galway	St Brigid's Hospital, Ballinasloe	78	94	0.83
Mayo	Adult Mental Health Unit, Mayo General Hospital	90	32	2.81
Mayo	Teach Aisling	6	10	0.60
Roscommon	Department of Psychiatry, County Hospital Roscommon	89	22	4.05
West Galway	Psychiatric Unit, University College Hospital Galway	67	43	1.56
<b>National Intellectual Disability Service</b>				
National Intellectual Disability Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	1249	165	7.57#
<b>Child &amp; Adolescent Services</b>				
Child and Adolescent Service	Warrenstown Child & Adolescent Inpatient Unit	8	6	1.33
Child and Adolescent Service	Adolescent In-patient Unit, St Vincent's Hospital*	20	6	3.33
Child and Adolescent Service	Child & Adolescent Mental Health In-patient Unit, St Stephen's Hospital**	0	8	0
Child and Adolescent Service	St. Anne's Child & Adolescent Unit	0	10	0

Mean no. of restrictive Interventions per bed = 1.82, SD = 2.25

Catchment Area	Approved Centre	Total Restrictive Interventions Reported to the Commission	Bed Numbers in 2009	No. of Restrictive Interventions Per Bed
<b>Independent</b>				
N/A	Hampstead Private Hospital	0	44	0
N/A	Highfield Private Hospital	0	47	0
N/A	Kylemore Clinic***	0	37	0
N/A	Palmerstown View, Stewart's Hospital	56	6	9.33#
N/A	St Edmundsbury Hospital	0	50	0
N/A	St John of God Hospital Limited	342	183	1.87
N/A	St Patrick's Hospital	112	238	0.47

Mean no. of restrictive Interventions per bed = 1.82, SD = 2.25

# Signifies a value which is more than 2 standard deviations away from the mean

\*The Adolescent In-patient Unit, St Vincent's Hospital was registered on the Register of Approved Centres on 29<sup>th</sup> January 2009. The facility began accepting admissions on 9<sup>th</sup> March 2009.

\*\* The Child & Adolescent Mental Health In-patient Unit in St Stephen's Hospital in Cork was registered on the Register of Approved Centres on 16<sup>th</sup> October 2009. The facility began accepting admissions on 2<sup>nd</sup> December 2009.

\*\*\* Kylemore Clinic ceased to operate as an approved centre in April 2009

## 7. Conclusion

This report has described the use of seclusion, mechanical restraint and physical restraint in approved centres during 2009. Overall, the data show that 5,387 restrictive intervention episodes were recorded in approved centres nationally. Physical restraint and seclusion were used much more frequently than mechanical restraint for immediate risk to self or others which was only used 15 times in 2009. Physical restraint and seclusion accounted for more than 99% of all restrictive intervention episodes reported to the Commission in 2009.

The report also showed that there was a slight decrease of 125 in the number of seclusion episodes between 2008 and 2009. Conversely, the number of physical restraint episodes increased by 732 from 2008 to 2009. There was a notable fall in the number of mechanical restraint episodes reported to the Commission in 2009 (n=71) compared to 2008 (n=15). The data also highlighted variation in the incidence of seclusion and physical restraint between approved centres and super-catchment areas. Differences in the duration of seclusion and physical restraint episodes were also identified between approved centres.

The Rules Governing the Use of Seclusion and Mechanical Means of Bodily Restraint and the Code of Practice on the Use of Physical Restraint in Approved Centres both contain provisions requiring services to carry out a review of all cases of seclusion, mechanical restraint and physical restraint on a quarterly basis. The Mental Health Commission would encourage approved centres to use the data published in this report along with those data published in 2008 to inform their reviews of the use of these restrictive interventions. Such reviews should take cognisance of a key principle underpinning the use of seclusion and restraint i.e. that services must be able to demonstrate that they are attempting to reduce the use of these restrictive interventions. Services should also use data collected on the Register for Seclusion, Register for Mechanical Means of Bodily Restraint and the Clinical Practice Form for Physical Restraint but which are not returned to the Commission to carry out clinical audit as part of these reviews.

Where the data presented in these annual reports are used to inform the quality improvement process in approved centres, this will assist services to achieve compliance with Standard 8.3 of the *Quality Framework for Mental Health Services* relating to corporate governance.

Finally, the Commission would like to acknowledge the co-operation of all those involved in returning the information requested which has enabled this report to be completed.

## Appendix 1: Population by Super-Catchment Area

Super Catchment Area	Population (Census 2006)
Dun Laoghaire/Dublin South-East & Wicklow	372,107
Dublin West/South West & South City	389,750
Kildare/West Wicklow/Laois/Offaly/Longford & Westmeath	457,244
Cavan/Monaghan/Louth & Meath	390,636
Dublin North	222,049
Dublin North Central & North West	312,472
North Lee & North Cork	248,470
South Lee/West Cork & Kerry	372,660
Waterford & Wexford	255,593
Carlow/Kilkenny & South Tipperary	205,245
Donegal/Sligo/Leitrim & West Cavan	238,317
Mid-West	361,028
West	414,277
<b>Total</b>	<b>4,239,848</b>

## Appendix 2 - Data Collection Templates used in 2009

### Report on the Use of Seclusion

Information should be sourced directly from the Seclusion Register			
1.	Quarter:	Year: 2009	
2.	Approved Centre Name		
3.	Number of Seclusion Orders (A seclusion order under the rules shall remain in force for a maximum period of 8 hours from the time of its making and then shall expire)		Total
4.	Number of Patients that were placed in seclusion. Only enter the same patient/person once.		Total
5.	Gender (breakdown of patients)	Female	Male
			Total
6.	Continuous Duration of Seclusion		Total
	0 to 30 minutes		
	31 to 60 minutes		
	1- 4 hours		
	4 - 8 hours		
	Other duration, please specify (where order was renewed one or more times, i.e. each continuous duration of seclusion exceeded 8 hours)		
7.	Report Completed by:		
	Name:		
	Job title:		
	Date (dd/mm/yyyy):		

**Report on the Use of Mechanical Means of Bodily Restraint for Immediate Threat to Self or Others**

<b>Information should be sourced directly from the Register for Mechanical Means of Bodily Restraint for Immediate Threat to Self or Others</b>			
<b>1.</b>	<b>Quarter:</b>	<b>Year:</b> 2009	
<b>2.</b>	<b>Approved Centre Name</b>		
			<b>Total</b>
<b>3.</b>	<b>Number of Episodes of Mechanical Means of Bodily Restraint for Immediate Threat to Self or Others</b>		
<b>4.</b>	<b>Number of Patients that were mechanically restrained. Only enter the same patient/person once.</b>		
		<b>Female</b>	<b>Male</b>
<b>5.</b>	<b>Gender</b> (breakdown of patients)		<b>Total</b>
<b>6.</b>	<b>Duration of Mechanical Means of Bodily Restraint</b>		
	0 to 15 minutes		
	16 to 30 minutes		
	31 to 45 minutes		
	46 to 60 minutes		
	Other (please specify)		
<b>7.</b>	<b>Type of Mechanical Restraint Used</b> (list each type of mechanical restraint used only once with the number of times used in the total number column)		
<b>8.</b>	<b>Report Completed by:</b>		
	<b>Name:</b>	<b>Job title:</b>	
	<b>Date (dd/mm/yyyy):</b>		

### Report on the Use of Physical Restraint

	<b>Information should be sourced directly from the Clinical Practice Form for Physical Restraint</b> <b>Please read the associated guidance document before completing the template</b>		
<b>1.</b>	<b>Quarter:</b>	<b>Year: 2009</b>	
<b>2.</b>	<b>Approved Centre Name</b>		
			<b>Total</b>
<b>3.</b>	<b>Number of Orders for Physical Restraint</b>		
<b>4.</b>	<b>Number of residents that were physically restrained.</b> Only enter the same resident once.		
		<b>Female</b>	<b>Male</b>
<b>5.</b>	<b>Gender (breakdown of residents)</b>		
			<b>Total</b>
<b>6.</b>	<b>Duration of Physical Restraint</b>		
	0 to 15 minutes		
	16 to 30 minutes		
	31 to 45 minutes		
	46 to 60 minutes		
	Other (please specify)		
<b>7.</b>	<b>Form Completed by:</b>		
	<b>Name:</b>		
	<b>Job title:</b>		
	<b>Date (dd/mm/yyyy):</b>		