



The Use of Seclusion, Mechanical Means of  
Bodily Restraint and Physical Restraint in  
Approved Centres:  
Activities Report 2011

March 2013

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## Glossary

**Approved Centre** a “centre” means a hospital or other in-patient facility for the care and treatment of persons suffering from mental illness or mental disorder. An “approved centre” is a centre that is registered pursuant to the 2001 Act. The Mental Health Commission establishes and maintains the register of approved centres pursuant to the 2001 Act.

**Mechanical restraint** is defined in the *Rules Governing the Use of Seclusion and Mechanical Means of Bodily Restraint* (MHC, 2009) as “the use of devices or bodily garments for the purpose of preventing or limiting the free movement of a patient’s body”. Version 2 of the Rules specifies that “The use of cot sides or bed rails to prevent a patient from falling or slipping from his or her bed does not constitute mechanical means of bodily restraint under these Rules.”

**Physical restraint** is defined in the *Code of Practice on the Use of Physical Restraint in Approved Centres* (MHC, 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 when he or she poses an immediate threat of serious harm to self or others”.

**Restrictive interventions/restrictive practices** for the purpose of this report include the use of mechanical restraint, physical restraint and seclusion.

**Seclusion** is defined in the *Rules Governing the Use of Seclusion and Mechanical Means of Bodily Restraint* (MHC, 2009) 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.”

## Summary

This activities report includes data reported to the Mental Health Commission on the use of three restrictive practices during 2011. Data are presented on the use of seclusion, mechanical restraint and physical restraint based on returns from 68 approved centres.

Overall use of restrictive practices in 2011 is down by almost 12% (11.7%) on what was reported in 2010. In the period from 2008 to 2011 the use of seclusion and mechanical means of bodily restraint (to prevent immediate threat to self or others) has steadily declined however there has been a year on year increase in the use of physical restraint.

Seclusion accounted for 35.5% of all restrictive interventions reported to the Commission in 2011. Less than half, 47.1%, of approved centres (32/68) indicated that they used seclusion in 2011 and the remainder (36) reported that they did not use seclusion.

In total, 1,683 seclusion episodes were reported in 2011, which is equivalent to a rate of 36.7 per 100,000 population. Compared to 2010, there was a decrease of 688 in the number of seclusion episodes recorded.

The super-catchment area which recorded the highest rate of seclusion, in 2011, was Dublin North Central/North West; 50.7 per 100,000 population followed, closely by Waterford/Wexford with a rate of 50.6 per 100,000 population. The highest number of episodes of seclusion (205) occurred in the West (Galway, Mayo and Roscommon). The lowest number (7) and rate (2.6 per 100,000 population) of episodes were recorded in the North Lee & North Cork super-catchment area.

For the fourth year, St Joseph's Intellectual Disability Services at St Ita's Hospital recorded the highest number of episodes of seclusion. They reported 369 episodes of seclusion in 2011, a notable decrease on use reported in 2010 when there were 711 episodes of seclusion in this approved centre. The National Forensic Service – Central Mental Hospital reported the second highest number of seclusion episodes (175). Two dedicated child and adolescent approved centres, the Adolescent In-patient Unit, St Vincent's Hospital and the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital, reported that they used seclusion in 2011.

As in previous years, the percentage of persons secluded who were male exceeded the percentage of persons secluded who were female. The proportion of those secluded who were male ranged from between 60.6% and 65.6% during the four quarters of the year.

The majority 51.6% of seclusion episodes lasted for four hours or less and three-quarters (75.2%) lasted for eight hours or less. In 16% of episodes, seclusion lasted between eight and 24 hours and in a further 6.9% of episodes it lasted between 24 and 72 hours. Eleven approved centres reported a total of 33 episodes of seclusion which exceeded 72 hours, representing 2% of all seclusion episodes.

Approved centres reported that mechanical restraint to prevent immediate threat to self or others was not used in 2011. In 2010, there were only three approved centres that reported using mechanical restraint and it accounted for a very small proportion (0.3%) of restrictive intervention episodes for that year.

In 2011, physical restraint accounted for 64.5% of all restrictive interventions reported to the Commission. Over three-quarters 76.5% of approved centres (52) recorded episodes of physical restraint. Eleven approved centres (16.2%) indicated that they do not use physical restraint. Five approved centres (7.3%) indicated that they use physical restraint but that they did not record any episodes of physical restraint during the year.

In total, 3,056 episodes of physical restraint were reported in 2011 which is equivalent to a rate of 66.6 per 100,000 population. This is an increase of 71 compared to the number of physical restraint episodes recorded in 2010.

Of all super-catchment areas, Dublin North Central & North West recorded the highest number (342) and rate (101.4 per 100,000 population) of physical restraint episodes. As was the case in previous years, St Joseph's Intellectual Disability Services in St Ita's Hospital recorded the highest number of physical restraint episodes of all approved centres in 2011. This intervention was used 366 times in 2011, which was considerably less than their use of physical restraint in 2010 when they reported 616 episodes. All dedicated child and adolescent approved centres (5) reported using physical restraint, usage was up from 100 episodes in 2010 to 214 episodes in 2011.

A higher percentage of persons physically restrained during Quarters 1, 2 and 4 of 2011 were male. However, in Quarter 3 the majority were female (57.1%).

In 2011, 90.5% of physical restraint episodes lasted for 15 minutes or less and 7.9% of episodes lasted for between 16 and 30 minutes. Fifty one episodes (1.7%) lasted for more than 30 minutes, of which ten (0.3%) lasted for more than one hour. In 2010, four episodes lasted for longer than one hour.

In 2011, all 32 approved centres that used seclusion also used physical restraint; 22 centres only used physical restraint and 16 centres did not use any restrictive practices at all.

## **1. Introduction**

This is the Mental Health Commission's fourth annual report on the use of seclusion, mechanical means of bodily restraint and physical restraint in approved centres. *The Use of Seclusion, Mechanical Means of Bodily Restraint and Physical Restraint in Approved Centres: Activities Report 2011* is based on data that are collected by approved centres. These data are then returned to the Commission on a quarterly basis in accordance with the *Rules Governing the Use of Seclusion and Mechanical Means of Bodily Restraint* (MHC, 2009) and the *Code of Practice on the Use of Physical Restraint in Approved Centres* (MHC, 2009). The Rules and Code regulate the use of seclusion, mechanical restraint and physical restraint in approved centres.

This report describes the use of seclusion, mechanical restraint and physical restraint in 2011 nationally, regionally (by super-catchment area) and in individual approved centres. Data are also compared with those from previous years and in particular with data from 2010.

### **1.1 Data Coverage**

We present data for all centres which were entered on the Register of Approved Centres during 2011 and which were open for admissions during the year. Sixty eight approved centres were eligible for inclusion in this year's report. There were a number of changes to the Register over the course of the year as outlined below.

Four approved centres were entered on the Register and opened in 2011. O'Casey Rooms, Fairview Community Unit opened in March. Hawthorn Unit, Connolly Hospital; Joyce Rooms, Fairview Community Unit and Department of Psychiatry, Letterkenny General Hospital all opened in September. (O'Casey Rooms, Hawthorn Unit and Joyce Rooms all opened as a result of the closure of a number of wards in St Ita's Hospital.)

Two approved centres were entered on the Register in 2010 but only admitted patients in 2011; they were the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital (January) and Eist Linn Child & Adolescent In-patient Unit (March).

Eight approved centres ceased to operate in 2011. In three cases the mental health service transferred to new approved centres, they were St Anne's Child and Adolescent Unit (transferred to the Child and Adolescent In-patient Unit, Merlin Park in January), the Child and Adolescent Mental Health In-patient Unit, St Stephen's Hospital (service transferred to Eist Linn in March) and the Acute Psychiatric Unit, Carnamuggagh (service transferred to Department of Psychiatry, Letterkenny General Hospital in September). In relation to these three approved centres their data are reported under the approved



centre that the service transferred to in 2011. Three approved centres no longer functioned as an approved centre and were removed from the register, they were Palmerstown View, Stewart's Hospital (July), Orchard Grove (August) and St Dymphna's Hospital (October). Two approved centres closed, they were St Loman's Hospital Palmerstown (April) and The Haven Children's Residential Unit (August). The Haven Unit did not admit any patients in 2011 and is therefore not included in the total number of approved centres in this report.

## 1.2 Quality Assurance and Validation of Data

- Approved centres are required to return aggregate data on the use of mechanical restraint, physical restraint and seclusion, on a quarterly basis, in templates (see Appendix 1) specified by the Mental Health Commission. Collecting data quarterly makes the collation and validation process easier.
- The individual's right to privacy, dignity and autonomy are central to the operations of the Commission. Therefore, information is requested in aggregate format with no individual patient identifiers included.
- Inspection reports for the reporting period are crossed checked with the data returns. If an approved centre had reported *Nil Returns* in relation to any of the interventions in 2011 but the 2011 inspection report indicated that the centre did not use the intervention, clarification was sought from the centre.
- A draft annual report based on the four quarterly reports is sent to Clinical Directors in approved centres for verification. They are then requested to sign off on the data. Where data are outstanding, reminders are sent. At the time of writing this report, data for two approved centres remain unverified. The data for these centres have been taken as correct.

## 1.3 Data Limitations

Data limitations, outlined below, should be considered and comparisons between usage in individual approved centres and in previous years should be interpreted with caution.

- 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. For example we cannot report on the number of individuals that were restrained or put into seclusion in approved centres in a year.

- There were a number of changes to the Register of Approved Centres in 2011; four new approved centres were entered on the register, two approved centres that registered in 2010 opened and eight centres were removed from the Register. The number of approved centres on the Register of Approved Centres on 31 December 2011 was 64 with a combined bed capacity of 3,096 beds. Whereas, on 31 December 2010 there were 69 approved centres on the Register with a combined bed capacity of 3,378 beds.
- Approved Centres vary in size, bed capacity and in 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 2011 which can be accessed at [www.mhcirl.ie](http://www.mhcirl.ie)).
- The Mental Health Commission's *Seclusion and Physical restraint Reduction Knowledge Review and Draft Strategy* found that the variation, in the use of restrictive interventions, that is evident in Ireland is in line with findings from other countries. International experience suggests that the variation in the use of restrictive interventions between different areas is likely due to a number of factors including: differing practices and cultures; geographical variations in the prevalence and acuity of mental illness; differences in admission policies with hospitals in some areas treating more acute patients; ward design factors, such as the availability of intensive care and low-stimulus facilities; staff numbers, experience and training; the use of sedating psychotropic medication; the frequent or prolonged seclusion/restraint of one patient, distorting figures over a 12-month period.
- All data for St John of God Hospital Limited are currently returned in aggregate format and therefore we are unable to report on the use of restrictive practices in the Ginesa Suite (the dedicated child and adolescent in-patient unit) or in relation to HSE Cluain Mhuire/Dun Laoghaire patients (the HSE purchases in-patient places in St John of God Hospital for patients from the HSE Cluain Mhuire/Dun Laoghaire catchment area).
- The population figures in this report (see Appendix 2) are based on the CSO 2011 census figures whereas previous years the population figures used were from the CSO 2006 census figures.
- Rates in this report are based on the total population of super catchment areas. The use of seclusion and physical restraint in approved centres operated by independent service providers is not accounted for in these figures. As we do not currently collect patient address we are unable to re-distribute patients to their own catchment.

- 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 are available on the registers maintained in approved centres. The templates which are used by services to return data to the Commission are shown in Appendix 1. A national mental health information system would also allow the Commission to request additional information which would enhance our reporting on these interventions.

#### **1.4 Information Regarding Admissions to Approved Centres in 2011**

Information regarding admissions in 2011 is included below as it may provide some context in relation to the use of seclusion and restraint in approved centres.

In 2011, two acute admission units closed as a result of conditions attached by the Commission. The acute unit in St Ita's Hospital closed in September and admissions now go to Hawthorn Unit, Connolly Hospital and Joyce Rooms, Fairview Community Unit. St Senan's Hospital closed their acute unit in February and people from North Wexford requiring admission now go to Newcastle Hospital and persons from the rest of Wexford are admitted to the Department of Psychiatry, Waterford Regional Hospital.

The acute unit in St Davnet's Hospital closed in December 2011 and the admissions are now to the Acute Psychiatric Unit, Cavan General Hospital.

The Health Research Board (HRB) reported that there were 18,992 admissions in 2011, 627 less than in 2010. There was also a decline in rates of admission from 462.7 per 100,000 in 2010 to 413.9 per 100,000 in 2011. There was an equal proportion of male and female admissions but males had a higher rate of admissions, at 421.7 per 100,000 compared with 406.3 for females. Depressive disorders were the most common cause of admissions, accounting for almost 30% (29.5%) and had the highest rate (122.3). Schizophrenia accounted for 20% of admissions and had the second-highest rate of (84.2). Twenty-eight per cent of all admissions were resident in Dublin Mid-Leinster in 2011; almost 27% were resident in HSE South, 24% in HSE West and 21% in Dublin North-East.

Almost 11% (10.8%) of all admissions, in 2011, were involuntary admissions. The Commission recorded 2,057 involuntary admissions in 2011, which included 1,471 admissions directly from the community (Form 6) and 586 re-grade of a voluntary patient to involuntary admissions (Form 13). HRB figures for involuntary admissions differ as they only capture legal status on admission and not any change in legal status during the admission.

## 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, 2009, 2010 and 2011. 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 any of the interventions for each of these years. In 2011, almost half (47.1%) of approved centres reported using seclusion, over three quarters (76.5%) reported using physical restraint and mechanical restraint was not used in any service.

The number and percentage of approved centres that reported use of seclusion increased slightly from 29 (43.3%) in 2010 to 32 (47.1%) in 2011. The remainder of approved centres (36) indicated that they do not use seclusion.

There were zero episodes of mechanical means of bodily restraint to prevent immediate threat to self or others reported to the Commission in 2011. Over 85% of approved centres indicated that they do not use mechanical restraint and the remainder reported nil returns. There was an increase in the number of approved centres that indicated they do not use this intervention. In 2011, three approved centres (Joyce Rooms, Fairview Community Unit, O'Casey Rooms, Fairview Community Unit and Hawthorn Unit, Connolly Hospital) that reported they do not use mechanical restraint were services which opened, in 2011, as a result of ward closures in St Ita's Hospital, which does not use mechanical restraint.

The number of approved centres (52) that reported using physical restraint remained unchanged from 2010. The increase in the number of approved centres (2) that reported they do not use physical restraint is linked to two new approved centres that opened in 2011 (O'Casey Rooms and Hawthorn Unit) indicating they do not use this intervention.

A more detailed breakdown of the use of restrictive interventions in individual approved centres is provided in Table 7.

**Table 1: Approved Centres. Overview of seclusion, mechanical restraint and physical restraint data returns. 2008 -2011. Numbers and percentages.**

	Numbers				Percentages			
	2008	2009	2010	2011	2008	2009	2010	2011
<b>Seclusion</b>								
Positive Returns	30	29	29	32	46.9	43.9	43.3	47.1
Nil Returns	8	7	1	0	12.5	10.6	1.5	-
Do Not Use	26	30	37	36	40.6	45.5	55.2	52.9
<b>Total Approved Centres</b>	<b>64</b>	<b>66</b>	<b>67</b>	<b>68</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>

**Table 1: Approved Centres. Overview of seclusion, mechanical restraint and physical restraint data returns. 2008 -2011. Numbers and percentages. continued**

	Numbers				Percentages			
	2008	2009	2010	2011	2008	2009	2010	2011
<b>Mechanical Means of Bodily Restraint</b>								
Positive Returns	11	6	3	0	17.2	9.2	4.5	-
Nil Returns	18	20	9	9	28.1	30.8	13.4	13.2
Do Not Use	35	39	55	59	54.7	60.0	82.1	86.8
<b>Total Approved Centres</b>	<b>64</b>	<b>65</b>	<b>67</b>	<b>68</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>
<b>Physical Restraint</b>								
Positive Returns	49	47	52	52	76.6	72.3	77.6	76.5
Nil Returns	8	6	6	5	12.5	9.2	9	7.3
Do Not Use	7	12	9	11	10.9	18.5	13.4	16.2
<b>Total Approved Centres</b>	<b>64</b>	<b>65</b>	<b>67</b>	<b>68</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>

### **3. Use of Seclusion in 2011**

#### **3.1 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 1). 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, residents placed in seclusion, gender breakdown and seclusion duration. Data are presented for all of 2011 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, by service type and by individual approved centre.

Table 1 showed that in 2011, 47.1% (32/68) of all approved centres reported that they placed residents in seclusion and 52.9% (36/68) indicated that they did not use seclusion.

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

There were 1,683 episodes of seclusion reported in 32<sup>1</sup> approved centres in 2011. This is a decrease of 688 on the number of seclusion episodes that was recorded in 2010 (2,371) which represents a 29% decrease in number of seclusion episodes. The rate of seclusion per 100,000 total population declined from 55.9 in 2010 to 36.7 in 2011.

Table 2 shows the number of seclusion episodes, reported by individual approved centres, for 2008, 2009, 2010 and 2011 and the change in use from 2010 to 2011. 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 any of these four years are displayed in this table. Rates of seclusion per 100,000 are also shown for each super-catchment area. (Section 3.6 which examines the duration of seclusion in individual approved centres should also be considered when comparing use between approved centres.)

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<sup>1</sup> The 32 approved centres comprised of 14 psychiatric units in general hospitals, 12 psychiatric hospitals, two child and adolescent units, the national forensic service, St Joseph's Intellectual Disability Services and two approved centres from the independent sector.

Seclusion was used in all 13 Super Catchment Areas in 2011. The West super catchment area reported the highest number (205) of episodes of seclusion and the third highest rate of seclusion, 46.0 per 100,000 population. Dublin North Central/North West reported the second highest number of seclusion episodes (171) and had the highest rate (50.7). In previous years (2008, 2009 and 2010) Dublin North Central/North West reported the highest number and rate of seclusion. Waterford/Wexford's rate of seclusion was 50.3 per 100,000 population, but the super catchment area only reported the fourth highest number of episodes of seclusion (126) in 2011. Kildare/West Wicklow/Laois/Offaly/Longford & Westmeath indicated that it had 137 episodes of seclusion in 2011 which corresponds to a rate of 26.7 per 100,000.

Conversely, other catchment areas reported very small numbers and rates of seclusion in 2011. There were seven episodes of seclusion in North Lee & North Cork and a rate of 2.6 per 100,000. In Donegal/Sligo/Leitrim & West Cavan the rate was 3.1 per 100,000 and they had eight episodes of seclusion over the course of the year. Both regions reported very low usage in 2010 also.

The St Joseph's Intellectual Disability Services (a national mental health service for persons with an intellectual disability) reported 369 episodes of seclusion in 2011, representing a 48.1% decrease on the number of episodes reported in 2010. Also, the number of residents that were restrained in each quarter was low, it ranged from three to eight individuals and it may have been the same individuals that were being restrained on different occasions throughout the year. The National Forensic Service – Central Mental Hospital reported 175 episodes of seclusion in 2011, a slight increase on the number of episodes in 2010 (168).

Two child and adolescent approved centres reported using seclusion in 2011; they were the Adolescent In-patient Unit, St Vincent's Hospital and the Child and Adolescent Mental Health In-patient Unit, Merlin Park University Hospital. Use of seclusion, in child and adolescent units, increased from one episode in 2010 to 14 episodes in 2011. (St Anne's Child and Adolescent Unit, Galway closed in January 2011 and the service transferred to the Child and Adolescent Mental Health In-patient Unit, Merlin Park, the new approved centre had seclusion facilities whereas St Anne's Child and Adolescent Unit did not.)

In the independent sector, two approved centres reported 160 episodes of seclusion in 2011, 108 less episodes than in 2010. Seclusion was down by 35.2% in St John of God Hospital Limited. Palmerstown View, Stewart's Hospital reported a 78.1% decrease in seclusion between 2010 and 2011, however, they ceased to operate as an approved centre in July 2011, therefore 2011 data only relate to the first half of the year which would account for some of the reduction.

Five approved centres accounted for over half (54.7%) of all seclusion episodes, they were St Joseph's Intellectual Disability Services (369); Central Mental Hospital (175); St John of God Hospital Limited (153); the Adult Mental Health Unit, Mayo General Hospital (118) and the Department of Psychiatry, Waterford Regional Hospital (105). As in previous years, St Joseph's Intellectual Disability Service reported the highest number of episodes of seclusion. The Adult Mental Health Unit, Mayo General Hospital and the Department of Psychiatry, Waterford Regional Hospital both reported a large increase in the use of seclusion in 2011 in comparison to 2010.

In 2011, 14 approved centres reported an increase in the number of episodes of seclusion on the number reported in 2010. In 12 of the 14 approved centres the number of seclusion episodes recorded had reduced between 2009 and 2010 but then increased again in 2011. Four approved centres reported an increase of 30 episodes or more from 2010 to 2011. There was an increase of 72 episodes (156.5%) in the Adult Mental Health Unit, Mayo General Hospital, 33 episodes (157.1%) in the Department of Psychiatry, University College Hospital Galway, 64 episodes (156.1%) in the Department of Psychiatry, Waterford Regional Hospital and 28 episodes (87.5%) in Lakeview Unit, Naas General Hospital.

There was a notable decrease in the number of episodes of seclusion reported by St Brendan's Hospital (in the Dublin North West catchment area) from 487 in 2010 to 81 in 2011. Acute patients were no longer admitted to the St Brendan's Hospital in 2011 and the service providing continuing care, rehabilitation and acute care for seriously ill residents was available on transfer only. This most likely contributed to the decrease in the use of seclusion. On the other hand admissions for Dublin North West catchment area were to the Department of Psychiatry, Connolly Hospital and this approved centre reported 59 episodes of seclusion, in 2011, in comparison to previous years when they indicated they did not use this intervention at all.

As previously mentioned, St Joseph's Intellectual Disability Services and St John of God Hospital Limited both reported notable decreases.

Five approved centres reported a decrease in the use of seclusion for the fourth year in a row. They were the Department of Psychiatry, County Hospital Roscommon; Palmerstown View, Stewart's Hospital; Sligo/Leitrim Mental Health In-patient Unit; St Finan's Hospital and St Michael's Unit, South Tipperary General Hospital.

Use of seclusion, based on the total number of episodes recorded, was low in St Finan's Hospital (1) and Carraig Mór Centre (7), the number of episodes of seclusion was also low in St Aloysius Ward, Mater Misericordiae Hospital (7).



**Table 2: Approved Centres. Episodes of seclusion. 2008, 2009, 2010 and 2011. Numbers. Difference 2010-2011. Number and Percentages. Rates per 100,000 population.**

Catchment Areas	Approved Centres	Numbers				Percentages	
		2008	2009	2010	2011	Difference	% Change
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow<sup>2</sup></b>							
East Wicklow	Newcastle Hospital	52	58	38	41	3	7.9
<b>Total Dun Laoghaire/Dublin South-East &amp; Wicklow</b>		<b>52</b>	<b>58</b>	<b>38</b>	<b>41</b>	<b>3</b>	<b>7.9</b>
Rate per 100,000 population (excluding Cluain Mhuire population)		26.0	29.0	19.0	16.9		
<b>Dublin West/South West &amp; South City</b>							
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	36	33	52	39	-13	-25.0
<b>Total Dublin West/South West &amp; South City</b>		<b>36</b>	<b>33</b>	<b>52</b>	<b>39</b>	<b>-13</b>	<b>-25.0</b>
Rate per 100,000 population		9.2	8.5	13.3	9.5		
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>							
Kildare/ West Wicklow	Lakeview Unit, Naas General Hospital	180	194	32	60	28	87.5
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	45	31	48	20	-28	-58.3
Longford/Westmeath	St Loman's Hospital, Mullingar	39	81	49	57	8	16.3
<b>Total Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>		<b>264</b>	<b>306</b>	<b>129</b>	<b>137</b>	<b>8</b>	<b>6.2</b>
Rate per 100,000 population		57.7	66.9	28.2	26.7		
<b>Cavan/Monaghan/Louth &amp; Meath</b>							
Louth/Meath	St Brigid's Hospital, Ardee	75	45	70	46	-24	-34.3
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	57	35	20	27	7	35.0
<b>Total Cavan/Monaghan/Louth &amp; Meath</b>		<b>132</b>	<b>80</b>	<b>90</b>	<b>73</b>	<b>-17</b>	<b>-18.9</b>
Rate per 100,000 population		33.8	20.5	23.0	16.7		

<sup>2</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 of seclusion episodes of patients accessing mental health services in this super-catchment area. For the purpose of this report the population used for Dun Laoghaire, Dublin South-East & Wicklow is 242,503 (total population 426,170 minus Cluain Mhuire population 183,667).

**Table 2: Approved Centres. Episodes of seclusion. 2008, 2009, 2010 and 2011. Numbers. Difference 2010-2011. Number and Percentages. Rates per 100,000 population. continued.**

Catchment Areas	Approved Centres	Numbers				Percentages	
		2008	2009	2010	2011	Difference	% Change
<b>Dublin North</b>							
Dublin North	Joyce Rooms, Fairview Community Unit <sup>a</sup>	-	-	-	18	-	-
Dublin North	St Ita's Hospital - Mental Health Services	60	81	61	40	-21	-34.4
<b>Total Dublin North</b>		<b>60</b>	<b>81</b>	<b>61</b>	<b>58</b>	<b>-3</b>	<b>-4.9</b>
Rate per 100,000 population		27.0	36.5	27.5	23.7		
<b>Dublin North Central &amp; North West</b>							
Dublin North Central	St Vincent's Hospital	30	20	18	24	6	33.3
Dublin North Central	St Aloysius Ward, Mater Misericordiae Hospital	12	17	22	7	-15	-68.2
Dublin North West	Department of Psychiatry, Connolly Hospital	-	-	-	59	-	-
Dublin North West	St Brendan's Hospital	505	313	487	81	-406	-83.4
<b>Total Dublin North Central &amp; North West</b>		<b>547</b>	<b>350</b>	<b>527</b>	<b>171</b>	<b>-356</b>	<b>-67.5</b>
Rate per 100,000 population		175.0	112.0	168.6	50.7		
<b>North Lee &amp; North Cork</b>							
North Lee	Carraig Mór Centre	7	7	3	7	4	133.3
<b>Total North Lee &amp; North Cork</b>		<b>7</b>	<b>7</b>	<b>3</b>	<b>7</b>	<b>4</b>	<b>133.3</b>
Rate per 100,000 population		2.8	2.8	1.2	2.6		
<b>South Lee/West Cork &amp; Kerry</b>							
Kerry	St Finan's Hospital	41	6	2	1	-1	-50.0
Kerry	Acute Mental Health Admission Unit, Kerry General	17	12	7	20	13	185.7
<b>Total South Lee/West Cork &amp; Kerry</b>		<b>58</b>	<b>18</b>	<b>9</b>	<b>21</b>	<b>12</b>	<b>133.3</b>
Rate per 100,000 population		15.6	4.8	2.4	5.3		
<b>Waterford &amp; Wexford</b>							
Waterford	Department of Psychiatry, Waterford Regional Hospital	53	115	41	105	64	156.1
Waterford	St Otteran's Hospital	15	0	0	0	0	-
Wexford	St Senan's Hospital	61	78	57	21	-36	-63.2
<b>Total Waterford &amp; Wexford</b>		<b>129</b>	<b>193</b>	<b>98</b>	<b>126</b>	<b>28</b>	<b>28.6</b>
Rate per 100,000 population		50.5	75.5	38.3	50.3		

**Table 2: Approved Centres. Episodes of seclusion. 2008, 2009, 2010 and 2011. Numbers. Difference 2010-2011. Number and Percentages. Rates per 100,000 population. continued.**

Catchment Areas	Approved Centres	Numbers				Difference	Percentages % Change
		2008	2009	2010	2011		
<b>Carlow/Kilkenny &amp; South Tipperary</b>							
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	27	25	21	24	3	14.3
South Tipperary	St Michael's Unit, South Tipperary General Hospital	41	40	37	21	-16	-43.2
South Tipperary	St Luke's Hospital, Clonmel	26	17	0	0	0	-
<b>Total Carlow/Kilkenny &amp; South Tipperary</b>		<b>94</b>	<b>82</b>	<b>58</b>	<b>45</b>	<b>-13</b>	<b>-22.4</b>
Rate per 100,000 population		45.7	40.0	28.2	20.6		
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>							
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit	30	22	11	8	-3	-27.3
<b>Total Donegal/Sligo/Leitrim &amp; West Cavan</b>		<b>30</b>	<b>22</b>	<b>11</b>	<b>8</b>	<b>-3</b>	<b>-27.3</b>
Rate per 100,000 population		12.6	9.2	4.6	3.1		
<b>Mid West</b>							
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	43	112	24	34	10	41.7
<b>Total Mid West</b>		<b>43</b>	<b>112</b>	<b>24</b>	<b>34</b>	<b>10</b>	<b>41.7</b>
Rate per 100,000 population		11.9	31.0	6.6	8.9		
<b>West</b>							
East Galway	St Brigid's Hospital, Ballinasloe	12	31	27	15	-12	-44.4
Mayo	Adult Mental Health Unit, Mayo General Hospital	49	63	46	118	72	156.5
Roscommon	Department of Psychiatry, County Hospital Roscommon	223	78	29	18	-11	-37.9
West Galway	Department of Psychiatry, University College Hospital Galway	17	32	21	54	33	157.1
<b>Total West</b>		<b>301</b>	<b>204</b>	<b>123</b>	<b>205</b>	<b>82</b>	<b>66.7</b>
Rate per 100,000 population		72.6	49.2	29.7	46.0		
<b>National Forensic Service</b>							
National Forensic Service	Central Mental Hospital	104	99	168	175	7	4.2
<b>National Mental Health Intellectual Disability Service</b>							
National ID Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	540	692	711	369	-342	-48.1

**Table 2: Approved Centres. Episodes of seclusion. 2008, 2009, 2010 and 2011. Numbers. Difference 2010-2011. Number and Percentages. Rates per 100,000 population. continued.**

Catchment Areas	Approved Centres	Numbers				%	
		2008	2009	2010	2011	Difference	% Change
<b>Child and Adolescent</b>							
Child and Adolescent Service	Adolescent In-patient Unit, St Vincent's Hospital	-	0	1	5	4	400.0
Child and Adolescent Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital <sup>b</sup>	-	-	-	9	-	-
<b>Total Child and Adolescent Services</b>		<b>-</b>	<b>0</b>	<b>1</b>	<b>14</b>	<b>13</b>	<b>1300.0</b>
<b>Independent</b>							
N/A	Palmerstown View, Stewart's Hospital <sup>c</sup>	67	23	32	7	-25	-78.1
N/A	St John of God Hospital Limited	178	157	236	153	-83	-35.2
<b>Total Independent</b>		<b>245</b>	<b>180</b>	<b>268</b>	<b>160</b>	<b>-108</b>	<b>-40.3</b>
<b>Total</b>		<b>2,642</b>	<b>2,517</b>	<b>2,371</b>	<b>1,683</b>	<b>-688</b>	<b>-29.0</b>
Rate per 100,000 population		62.3	59.4	55.9	36.7		

a *Joyce Rooms, Fairview Community Unit opened in September 2011.*

b *St Anne's Child and Adolescent Unit closed in January 2011 and the service transferred to the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital. For the purpose of this report all data for this service are reported under the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital.*

c *Palmerstown View, Stewart's Hospital closed in July 2011.*

**Notes:**

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 2 for the population of each super-catchment area). Rates per 100,000 population for 2008 - 2010 are based on the CSO 2006 population figures and rates per 100,000 for 2011 are based on the CSO 2011 population figures.

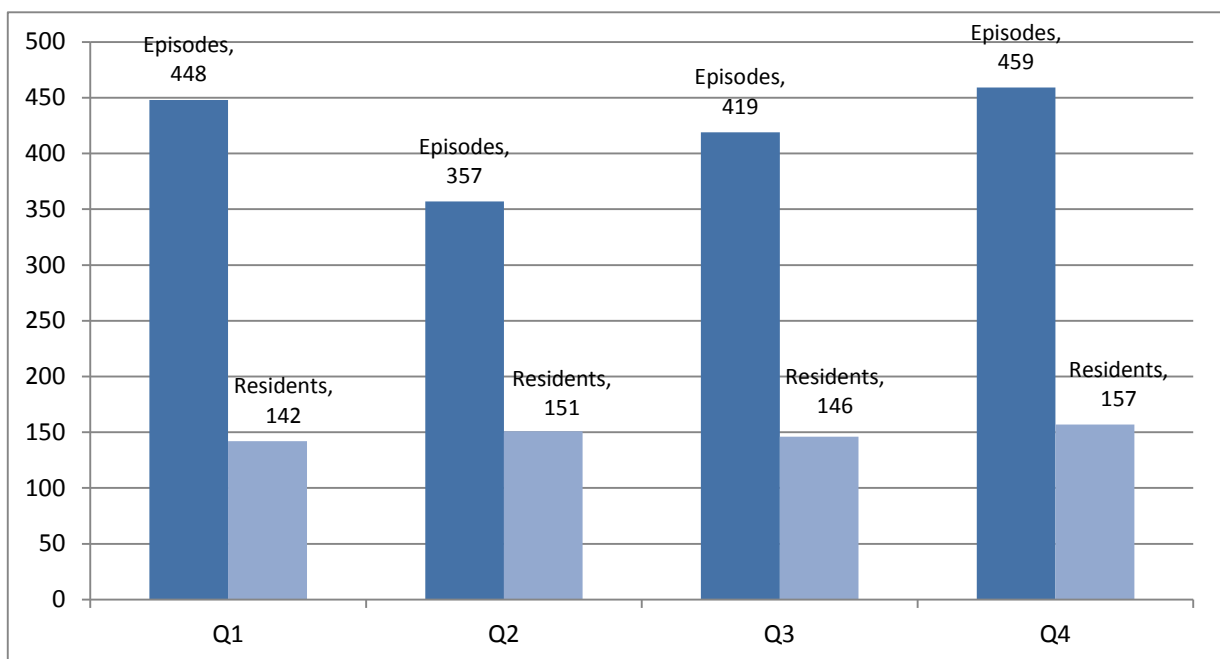
Rates per 100,000 population are not calculated for the National Forensic Service, the National Intellectual Disability Service and the independent sector as admissions to these services are from patients on a national basis. Rates per 100,000 population are not calculated for child and adolescent services as children were also admitted to adult units.

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

Figure 1 shows the number of episodes of seclusion and the number of residents secluded in each quarter of 2011 for approved centres nationally.

The mean number of episodes of seclusion per resident secluded per quarter ranged from 2.4 in Quarter 2 to 3.2 in Quarter 1.

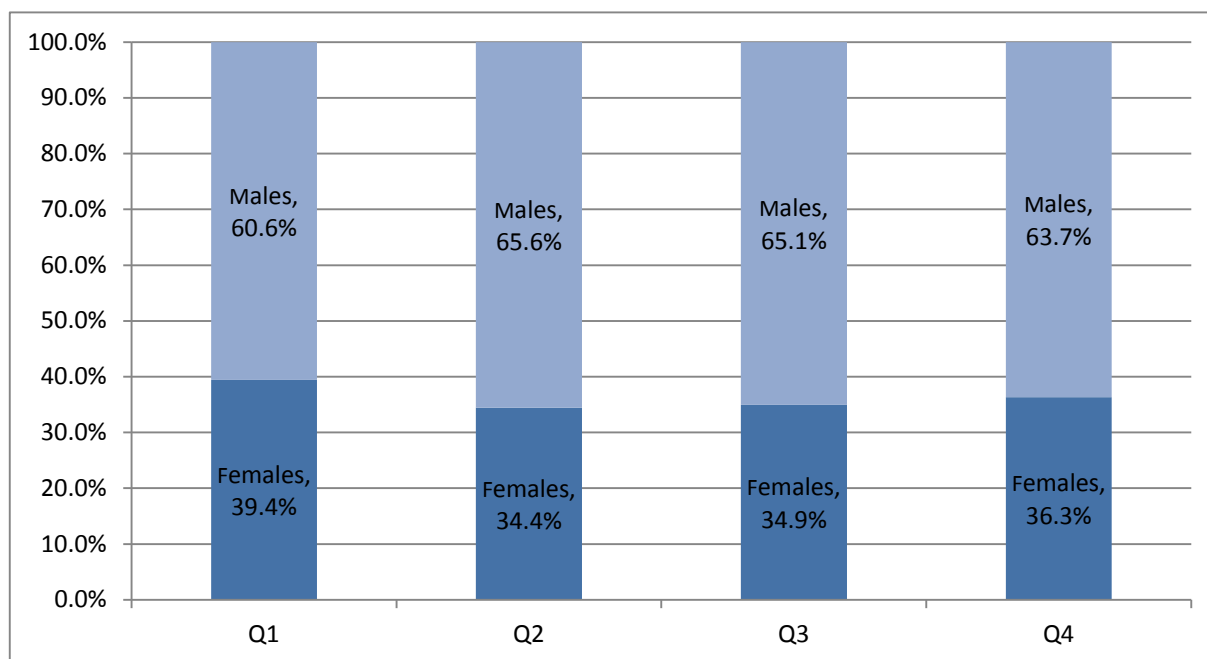
**Figure 1: Episodes of seclusion and residents placed in seclusion by quarter. 2011. Numbers**



### 3.4 Gender

Figure 2 shows the gender breakdown of residents who were secluded in each quarter in 2011, for approved centres nationally. As was the case in previous years (2008, 2009 and 2010), the proportion of males exceeded the proportion of females secluded in all quarters. Males accounted for at least 60% of those placed in seclusion in all quarters.

**Figure 2: Gender of residents placed in seclusion. 2011. Percentages.**



### 3.5 Duration of Seclusion

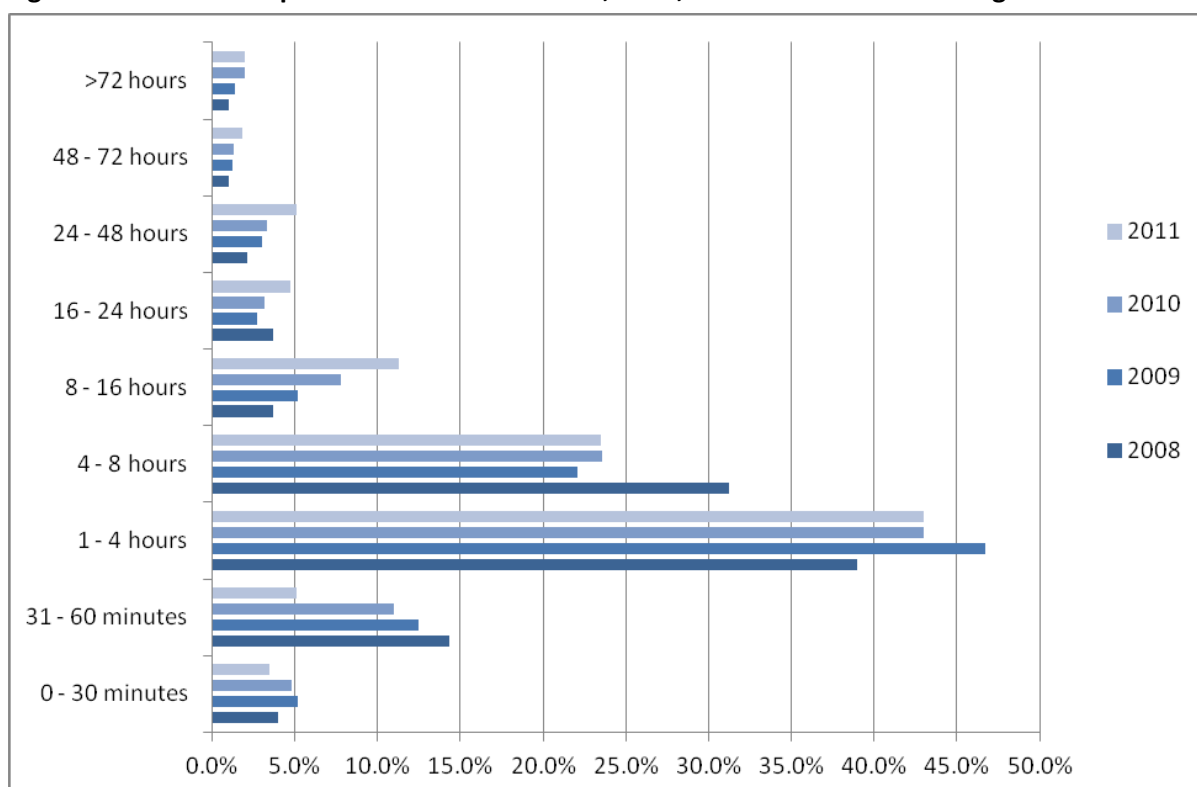
Provisions 3.3 and 3.4 of *The Rules Governing the Use of Seclusion and Mechanical Means of Bodily Restraint*, both state that: “A seclusion order must not be made for a period of time longer than eight hours from the commencement of the seclusion episode” (MHC, 2009, p. 19-20). However, an episode of 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 is that it is not prolonged beyond the period which is strictly necessary to prevent immediate and serious harm to the patient or others.

Duration of seclusion is not available for 12 episodes of seclusion and therefore these episodes are excluded from the analysis.

Figure 3 displays the duration of seclusion episodes for approved centres nationally in 2008, 2009, 2010 and 2011. The same pattern is emerging year on year where around 40% of seclusion episodes

lasted between one to four hours. The next highest percentage, at least 20% in each year, of episodes lasted between four to eight hours. The percentage of episodes that lasted between eight to 16 hours has been on the increase since 2008; from less than 5% of episodes in 2008 to over 10% of episodes in 2011. Conversely, the percentage of episodes of seclusion that lasted between 31-60 minutes has fallen over the last four years, from 14% in 2008 to 5% in 2011. At least three-quarters of all seclusion episodes lasted eight hours or less. Episodes of seclusion that lasted greater than 72 hours accounted for around 2% in each year.

**Figure 3: Duration of episodes of seclusion. 2008, 2009, 2010 and 2011. Percentages.**



### 3.6 Duration of Seclusion in Individual Approved Centres

Table 3a shows the number of episodes of seclusion and Table 3b shows the percentage of episodes of seclusion, in each duration category broken down by approved centre.

The tables highlight variation in the duration of seclusion between approved centres. In three approved centres all seclusion was for four hours or less, they were the Acute Mental Health Admission Unit, Kerry General Hospital, the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital and St Finan's Hospital. In another five approved centres, all episodes lasted for eight hours or less; Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis; Department of

Psychiatry, County Hospital, Roscommon; Palmerstown View, Stewart's Hospital, St Brigid's Hospital, Ballinasloe and St Senan's Hospital. St Joseph's Intellectual Disability Services reported the highest number of seclusion episodes in 2011 but 99.7% (368/369) of those lasted for eight hours or less. In seven approved centres the majority of seclusion lasted more than eight hours. They were the Central Mental Hospital 78.2% (137/175); Department of Psychiatry, Midland Regional Hospital, Portlaoise 75% (15/20); Lakeview Unit, Naas General, Hospital 61.6% (37/60); Newcastle Hospital 56.1% (23/41); Sligo/Leitrim Mental Health In-patient Unit 62.5% (5/8); St Aloysius Ward, Mater Misericordiae University Hospital 57.1% (4/7) and St Vincent's Hospital 62.5% (15/24).

Eleven approved centres reported that they had one or more episodes of seclusion that exceeded 72 hours. They were the Adult Mental Health Unit, Mayo General Hospital (2/118); Central Mental Hospital (6/175); Department of Psychiatry, Midland Regional Hospital, Portlaoise (3/20); Department of Psychiatry, Our Lady's Hospital, Navan (2/27); Department of Psychiatry, St Luke's Hospital, Kilkenny (3/24); Joyce Rooms, Fairview Community Unit (1/18); Lakeview Unit, Naas General Hospital (3/60); Newcastle Hospital (2/41); St Aloysius Ward, Mater Misericordiae University Hospital (1/7); St John of God Hospital Limited (5/153) and St Vincent's Hospital (5/24).



**Table 3a: Approved Centres. Duration of seclusion episodes. 2011. Numbers**

Catchment Areas	Approved Centres	Numbers									Total
		0-30 mins	31-60 mins	1-4 hours	4-8 hours	8-16 hours	16-24 hours	24-48 hours	48-72 hours	> 72 hours	
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>											
East Wicklow	Newcastle Hospital	0	1	8	9	10	5	5	1	2	41
<b>Dublin West/South West &amp; South City</b>											
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	1	3	25	3	6	0	1	0	0	39
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>											
Kildare West/Wicklow	Lakeview Unit, Naas General Hospital	0	0	17	6	17	6	6	5	3	60
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	1	0	2	2	5	1	3	3	3	20
Longford/ Westmeath	St Loman's Hospital, Mullingar	1	1	26	14	15	0	0	0	0	57
<b>Cavan/Monaghan/Louth &amp; Meath</b>											
Louth/Meath	St Brigid's Hospital, Ardee	1	0	18	18	4	2	2	1	0	46
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	0	0	9	8	4	3	1	0	2	27
<b>Dublin North</b>											
Dublin North	Joyce Rooms, Fairview Community Unit <sup>a</sup>	0	1	13	3	0	0	0	0	1	18
Dublin North	St Ita's Hospital - Mental Health Services	1	1	15	14	5	4	0	0	0	40
<b>Dublin North Central &amp; North Wes</b>											
Dublin North Central	St Aloysius Ward, Mater Misericordiae Hospital	0	1	1	1	0	1	2	0	1	7
Dublin North Central	St Vincent's Hospital	0	0	3	6	6	0	2	2	5	24
Dublin North West	Department of Psychiatry, Connolly Hospital	0	2	21	22	5	2	4	3	0	59
Dublin North West	St Brendan's Hospital	0	4	14	42	6	5	7	3	0	81
<b>North Lee &amp; North Cork</b>											
North Lee	Carraig Mór Centre	0	1	3	2	0	0	1	0	0	7

**Table 3a: Approved Centres. Duration of seclusion episodes. 2011. Numbers. continued.**

Catchment Areas	Approved Centres	Numbers									Total
		0-30 mins	31-60 mins	1-4 hours	4-8 hours	8-16 hours	16-24 hours	24-48 hours	48-72 hours	> 72 hours	
<b>South Lee/West Cork &amp; Kerry</b>											
Kerry	St Finan's Hospital	1	0	0	0	0	0	0	0	0	1
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	6	8	6	0	0	0	0	0	0	20
<b>Waterford &amp; Wexford</b>											
Waterford	Department of Psychiatry, Waterford Regional Hospital <sup>b</sup>	6	3	41	40	3	0	0	0	0	93
Wexford	St Senan's Hospital	0	0	7	14	0	0	0	0	0	21
<b>Carlow/Kilkenny &amp; South Tipperary</b>											
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	1	0	5	9	5	1	0	0	3	24
South Tipperary	St Michael's Unit, South Tipperary General Hospital	2	7	8	3	1	0	0	0	0	21
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>											
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit	0	0	0	3	3	1	1	0	0	8
<b>Mid-West Limerick, North Tipperary, Clare</b>											
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	6	5	21	2	0	0	0	0	0	34
<b>West</b>											
East Galway	St Brigid's Hospital, Ballinasloe	7	0	6	2	0	0	0	0	0	15
Mayo	Adult Mental Health Unit, Mayo General Hospital	3	8	55	33	6	5	5	1	2	118
Roscommon	Department of Psychiatry, County Hospital Roscommon	1	0	10	7	0	0	0	0	0	18
West Galway	Department of Psychiatry, University College Hospital Galway	3	4	37	9	1	0	0	0	0	54
<b>National Forensic Service</b>											
National Forensic Service	Central Mental Hospital	2	2	17	17	58	32	30	11	6	175

**Table 3a: Approved Centres. Duration of seclusion episodes. 2011. Numbers. continued.**

Catchment Areas	Approved Centres	Numbers									Total
		0-30 mins	31-60 mins	1-4 hours	4-8 hours	8-16 hours	16-24 hours	24-48 hours	48-72 hours	> 72 hours	
<b>National Mental Health Intellectual Disability Service</b>											
National ID Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	7	18	269	74	1	0	0	0	0	369
<b>Child and Adolescent Service</b>											
C&A Service	Adolescent In-patient Unit, St Vincent's Hospital	0	2	1	1	1	0	0	0	0	5
C&A Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital <sup>c</sup>	8	0	1	0	0	0	0	0	0	9
<b>Independent</b>											
N/A	Palmerstown View, Stewart's Hospital <sup>d</sup>	0	0	3	4	0	0	0	0	0	7
N/A	St John of God Hospital Limited	1	14	56	25	27	10	15	0	5	153
<b>Total</b>	<b>All Approved Centres</b>	<b>59</b>	<b>86</b>	<b>718</b>	<b>393</b>	<b>189</b>	<b>78</b>	<b>85</b>	<b>30</b>	<b>33</b>	<b>1671<sup>e</sup></b>

a Joyce Rooms, Fairview Community Unit opened in September 2011.

b The duration of 12 seclusion episodes were not recorded by the Department of Psychiatry, Waterford Regional Hospital in 2011. Table 3a only shows data for 93 of the 105 seclusion episodes in this service in 2011.

c St Anne's Child and Adolescent Unit closed in January 2011 and the service transferred to the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital. For the purpose of this report all data for this service are reported under the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital.

d Palmerstown View, Stewart's Hospital closed in July 2011.

e The duration of 12 seclusion episodes were not recorded. Table 3a only shows data for 1671 of the 1683 seclusion episodes nationally in 2011.

**Table 3b: Approved Centres. Duration of seclusion episodes. 2011. Percentages.**

Catchment Areas	Approved Centres	Percentages									Total
		0-30 mins	31-60 mins	1-4 hours	4-8 hours	8-16 hours	16-24 hours	24-48 hours	48-72 hours	> 72 hours	
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>											
East Wicklow	Newcastle Hospital	-	2.4	19.5	22.0	24.4	12.2	12.2	2.4	4.9	100.0
<b>Dublin West/South West &amp; South City</b>											
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	2.6	7.7	64.0	7.7	15.4	-	2.6	-	-	100.0
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>											
Kildare West/Wicklow	Lakeview Unit, Naas General Hospital	-	-	28.3	10.0	28.3	10.0	10.0	8.3	5.0	100.0
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	5.0	-	10.0	10.0	25.0	5.0	15.0	15.0	15.0	100.0
Longford/ Westmeath	St Loman's Hospital, Mullingar	1.8	1.8	45.6	24.5	26.3	-	-	-	-	100.0
<b>Cavan/Monaghan/Louth &amp; Meath</b>											
Louth/Meath	St Brigid's Hospital, Ardee	2.2	-	39.0	39.0	9.0	4.3	4.3	2.2	-	100.0
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	-	-	33.3	29.6	15.0	11.0	3.7	-	7.4	100.0
<b>Dublin North</b>											
Dublin North	Joyce Rooms, Fairview Community Unit <sup>a</sup>	-	5.5	72.0	17.0	-	-	-	-	5.5	100.0
Dublin North	St Ita's Hospital - Mental Health Services	2.5	2.5	37.5	35.0	12.5	10.0	-	-	-	100.0
<b>Dublin North Central &amp; North West</b>											
Dublin North Central	St Aloysius Ward, Mater Misericordiae Hospital	-	14.3	14.3	14.3	-	14.3	28.5	-	14.3	100.0
Dublin North Central	St Vincent's Hospital	-	-	12.5	25.0	25.0	-	8.3	8.3	20.8	100.0
Dublin North West	Department of Psychiatry, Connolly Hospital	-	3.4	35.6	37.3	8.4	3.4	6.8	5.1	-	100.0
Dublin North West	St Brendan's Hospital	-	4.9	17.3	51.9	7.4	6.2	8.6	3.7	-	100.0
<b>North Lee &amp; North Cork</b>											
North Lee	Carraig Mór Centre	-	14.3	42.8	28.6	-	-	14.3	-	-	100.0

**Table 3b: Approved Centres. Duration of seclusion episodes. 2011. Percentages. continued.**

Catchment Areas	Approved Centres	Percentages									Total
		0-30 mins	31-60 mins	1-4 hours	4-8 hours	8-16 hours	16-24 hours	24-48 hours	48-72 hours	> 72 hours	
<b>South Lee/West Cork &amp; Kerry</b>											
Kerry	St Finan's Hospital	100.0	-	-	-	-	-	-	-	-	100.0
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	30.0	40.0	30.0	-	-	-	-	-	-	100.0
<b>Waterford &amp; Wexford</b>											
Waterford	Department of Psychiatry, Waterford Regional Hospital <sup>b</sup>	6.5	3.2	44.1	43.0	3.2	-	-	-	-	100.0
Wexford	St Senan's Hospital	-	-	33.3	66.7	-	-	-	-	-	100.0
<b>Carlow/Kilkenny &amp; South Tipperary</b>											
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	4.2	-	20.8	37.5	20.8	4.2	-	-	12.5	100.0
South Tipperary	St Michael's Unit, South Tipperary General Hospital	9.5	33.3	38.1	14.3	4.8	-	-	-	-	100.0
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>											
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit	-	-	-	37.5	37.5	12.5	12.5	-	-	100.0
<b>Mid-West Limerick, North Tipperary, Clare</b>											
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	17.6	14.7	61.8	5.9	-	-	-	-	-	100.0
<b>West</b>											
East Galway	St Brigid's Hospital, Ballinasloe	46.7	-	40.0	13.3	-	-	-	-	-	100.0
Mayo	Adult Mental Health Unit, Mayo General Hospital	2.5	6.8	46.6	28.0	5.1	4.2	4.2	0.9	1.7	100.0
Roscommon	Department of Psychiatry, County Hospital Roscommon	5.5	-	55.5	39.0	-	-	-	-	-	100.0
West Galway	Department of Psychiatry, University College Hospital Galway	5.5	7.4	68.5	16.7	1.9	-	-	-	-	100.0
<b>National Forensic Service</b>											
National Forensic Service	Central Mental Hospital	1.2	1.2	9.7	9.7	33.1	18.3	17.1	6.3	3.4	100.0

**Table 3b: Approved Centres. Duration of seclusion episodes. 2011. Percentages. continued.**

Catchment Areas	Approved Centres	%									Total
		0-30 mins	31-60 mins	1-4 hours	4-8 hours	8-16 hours	16-24 hours	24-48 hours	48-72 hours	> 72 hours	
<b>National Mental Health Intellectual Disability Service</b>											
National ID Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	1.9	4.9	72.9	20.0	0.3	-	-	-	-	100.0
<b>Child and Adolescent Service</b>											
C&A Service	Adolescent In-patient Unit, St Vincent's Hospital	-	40.0	20.0	20.0	20.0	-	-	-	-	100.0
C&A Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital <sup>c</sup>	88.9	-	11.1	-	-	-	-	-	-	100.0
<b>Independent</b>											
N/A	Palmerstown View, Stewart's Hospital <sup>d</sup>	-	-	42.9	57.1	-	-	-	-	-	100.0
N/A	St John of God Hospital Limited	0.7	9.2	36.6	16.3	17.6	6.5	9.8	0	3.3	100.0
<b>Total</b>	<b>All Approved Centres</b>	<b>3.5</b>	<b>5.1</b>	<b>43.0</b>	<b>23.5</b>	<b>11.3</b>	<b>4.7</b>	<b>5.1</b>	<b>1.8</b>	<b>2.0</b>	<b>100.0<sup>e</sup></b>

a Joyce Rooms, Fairview Community Unit opened in September 2011.

b The duration of 12 seclusion episodes were not recorded by the Department of Psychiatry, Waterford Regional Hospital in 2011. Table 3b only shows percentage data for 93 of the 105 seclusion episodes in this service in 2011.

c St Anne's Child and Adolescent Unit closed in January 2011 and the service transferred to the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital. For the purpose of this report all data for this service are reported under the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital.

d Palmerstown View, Stewart's Hospital closed in July 2011.

e The duration of 12 seclusion episodes were not recorded. Table 3b only shows percentage data for 1671 of the 1683 seclusion episodes nationally in 2011.

## **4. Use of Mechanical Means of Bodily Restraint in 2011**

### **4.1 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 also 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 1) in the same manner as that for seclusion. 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"*. Version 2 of the Rules specifies that *"The use of cot sides or bed rails to prevent a patient from falling or slipping from his or her bed does not constitute mechanical means of bodily restraint under these Rules."*

Table 1 (pages 9 and 10) showed that in 2011, there were zero episodes of mechanical means of bodily restraint reported to the Commission. Fifty-nine (86.8%) approved centres reported that they did not use mechanical restraint, up from 55 in 2010. Nine (13.2%) approved centres indicated that they use mechanical restraint but did not record any episodes of mechanical restraint during the year. When the Rules were revised in 2010 they clarified that the use of cot sides or bed rails does not constitute mechanical restraint, which may have contributed to the increase in the number of approved centres reporting that they do not use mechanical means of bodily restraint to prevent immediate threat to self or others from 2008 (35). For previous years data on the use of mechanical restraint please see our 2010 seclusion and restraint activities report available on our website <http://www.mhcirl.ie/Publications/>.

## **4. Use of Physical Restraint in 2011**

### **5.1 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 1).

Physical restraint is defined in Version 2 of the Code of Practice as *"the use of physical force (by one or more persons) for the purpose of preventing the free movement of a resident's body when he or she poses an immediate threat of serious harm to self or others"*. Version 2 of the Code of Practice included an amendment which specified that the maximum duration of a physical restraint order is 30 minutes. This is the second year in which this provision applied.

We present data on the number of physical restraint episodes, rate of physical restraint episodes per 100,000 population, residents restrained, gender breakdown and the duration of such restraint. Data are presented for all of 2011 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 showed that in 2011, 52 (76.5%) approved centres recorded episodes of physical restraint and 11 (16.2%) centres indicated that they do not use physical restraint. Five (7.3%) approved centres did not record any episodes of physical restraint during the year.

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

There were a total of 3,056 episodes of physical restraint reported in 52<sup>3</sup> approved centres in 2011 which is equivalent to a rate of 66.6 per 100,000 population. This is an increase of 71 on the number of physical restraint episodes recorded in 2010 (2,985). Table 4 shows the number of physical restraint episodes in individual approved centres for 2008, 2009, 2010 and 2011 and the difference and percentage change from 2010 to 2011. Data are also broken down by super-catchment area

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<sup>3</sup> The 52 approved centres comprised of 22 psychiatric units in general hospitals, 19 psychiatric hospitals, five child and adolescent units, the national forensic service, St Joseph's Intellectual Disability Services and four approved centres from the independent sector.



and service type. Only approved centres and super-catchment areas in which the use of physical restraint was recorded in any of these four years are displayed in the table. Rates of physical restraint per 100,000 population are also shown for each super-catchment area. (Section 5.6 which examines the duration of physical restraint in individual approved centres should also be considered when comparing use between approved centres.)

Physical restraint was used within approved centres in all 13 super-catchment areas in 2011. Dublin North Central & North West reported the highest number of episodes (342) and the highest rate per 100,000 population (101.4). Cavan/Monaghan/Louth & Meath had the second highest number of episodes and rate of physical restraint 234 and 53.5 respectively. The West super-catchment area had the third highest number of episodes of physical restraint (220) but its rate was the same as North Lee & North Cork 49.4 per 100,000.

Physical restraint use was reported by all Child & Adolescent Services; the number of episodes more than doubled from 100 episodes in 2010 to 214 episodes in 2011. There were 280 incidents of physical restraint in the independent sector, representing a 39.8% decrease on the number reported in 2010 (465).

Although St Joseph's Intellectual Disability Services (a national mental health service for persons with an intellectual disability) reported the highest number of physical restraint episodes (366), their usage of physical restraint was down by 40%, they reported 250 less episodes in 2011 (366) than in 2010 (616). Also, the number of residents that were restrained in each quarter was low, it ranged from six to eight individuals and it may have been the same individuals that were being restrained on different occasions throughout the year. As previously mentioned, in *Section 1.3 Data Limitations*, we cannot currently report on the number of individuals that were restrained in an approved centre in a given year.

The National Forensic Service – Central Mental Hospital reported the second highest number of episodes of physical restraint (205) in 2011. The number of residents restrained in each quarter ranged from four to 12.

The number of physical restraint episodes in 2011 in comparison to 2010 increased in 27 approved centres. The Department of Psychiatry at Connolly Hospital recorded a notable increase of 75 more episodes of physical restraint in 2011 (94) than in 2010 (19). It should be noted that acute

admissions from St Brendan's Hospital were diverted to Department of Psychiatry, Connolly Hospital, in 2011, and there was a decrease of 63 episodes of physical restraint in St Brendan's Hospital in 2011 (68) in comparison to 2010 (131). Central Mental Hospital reported an increase of 87 episodes and St Vincent's Hospital, Fairview reported an increase of 65 episodes, from 109 in 2010 to 174 in 2011.

Two child and adolescent services reported considerable increases in the use of physical restraint in 2011. The service in Galway<sup>4</sup> reported 136 episodes of physical restraint in 2011 in comparison to 18 in 2010 and the service in Cork<sup>5</sup> reported 49 episodes in 2011 in comparison to five in 2010. Conversely, the number of physical restraint episodes dropped in the Adolescent In-patient Unit, St Vincent's Hospital from 46 in 2010 to 13 in 2011.

Conversely, 22 approved centres reported a decrease in the number of episodes of physical restraint in 2011 when compared with 2010. St Joseph's Intellectual Disability Services had the largest decrease reporting 250 less episodes of restraint in 2011. St John of God Hospital Limited halved their use of physical restraint, reporting a 53.3% decrease in usage dropping from 304 episodes in 2010 to 142 episodes in 2011. The number of episodes of physical restraint dropped from 72 in 2010 to 15 in 2011 in Department of Psychiatry, Midland Regional Hospital in Portlaoise.

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<sup>4</sup> St Anne's Child and Adolescent Unit transferred to the Child and Adolescent In-patient Unit in January 2011.

<sup>5</sup> The Child and Adolescent Unit, St Stephen's transferred to Eist Linn in March 2011.

**Table 4: Approved Centres. Episodes of physical restraint. 2008, 2009, 2010 and 2011. Numbers. Difference 2010-2011. Number and Percentages. Rates per 100,000 population.**

Catchment Areas	Approved Centres	Numbers				Difference	% Change
		2008	2009	2010	2011		
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow <sup>6</sup></b>							
Dublin South East	Elm Mount Unit, St Vincent's University Hospital	67	35	42	57	15	35.7
East Wicklow	Newcastle Hospital	46	36	21	28	7	33.3
<b>Total Dun Laoghaire/Dublin South-East &amp; Wicklow</b>		<b>113</b>	<b>71</b>	<b>63</b>	<b>85</b>	<b>22</b>	<b>34.9</b>
Rate per 100,000 population (excluding Cluain Mhuire population)		56.6	35.5	31.5	35.0		
<b>Dublin West/South West &amp; South City</b>							
Dublin South City	Jonathan Swift Clinic	52	76	85	77	-8	-9.4
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	71	66	85	121	36	42.3
Dublin South West	St Loman's Hospital, Palmerstown <sup>a</sup>	1	0	0	0	-	-
<b>Total Dublin West/South West &amp; South City</b>		<b>124</b>	<b>142</b>	<b>170</b>	<b>198</b>	<b>28</b>	<b>16.5</b>
Rate per 100,000 population		31.8	36.4	43.6	48.0		
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>							
Kildare	Lakeview Unit, Naas General Hospital	7	53	63	108	45	71.4
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	25	36	72	15	-57	-79.2
Laois/Offaly	St Fintan's Hospital	1	1	2	3	1	50.0
Longford/Westmeath	St Loman's Hospital, Mullingar	31	40	28	28	0	-
<b>Total Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>		<b>64</b>	<b>130</b>	<b>165</b>	<b>154</b>	<b>-11</b>	<b>-6.7</b>
Rate per 100,000 population		14.0	28.4	36.1	30.0		

<sup>6</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 physically restrained in St John of God Hospital Ltd. Therefore, it is likely that this report under estimates the number of episodes of physical restraint of patients accessing mental health services in this super-catchment area. The population used for Dun Laoghaire, Dublin South-East & Wicklow is 242,503 (total population 426,170 minus Cluain Mhuire population 183,667).

**Table 4: Approved Centres. Episodes of physical restraint. 2008, 2009, 2010 and 2011. Numbers. Difference 2010-2011. Number and Percentages. Rates per 100,000 population. continued.**

Catchment Areas	Approved Centres	Numbers				Difference	% Change
		2008	2009	2010	2011		
<b>Cavan/Monaghan/Louth &amp; Meath</b>							
Cavan/Monaghan	Acute Psychiatric Unit, Cavan General Hospital	14	38	70	43	-27	-38.6
Cavan/Monaghan	St Davnet's Hospital - Wards 4, 8 and 15	2	0	5	7	2	40.0
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	36	41	38	58	20	52.6
Louth/Meath	St Brigid's Hospital, Ardee	89	99	84	126	42	50.0
<b>Total Cavan/Monaghan/Louth &amp; Meath</b>		<b>141</b>	<b>178</b>	<b>197</b>	<b>234</b>	<b>37</b>	<b>18.8</b>
Rate per 100,000 population		36.1	45.6	50.4	53.5		
<b>Dublin North</b>							
Dublin North	Joyce Rooms, Fairview Community Unit <sup>b</sup>	-	-	-	29	-	-
Dublin North	St Ita's Hospital - Mental Health Services	81	100	81	89	8	9.9
<b>Total Dublin North</b>		<b>55</b>	<b>100</b>	<b>81</b>	<b>118</b>	<b>37</b>	<b>45.7</b>
Rate per 100,000 population		24.8	45.0	36.5	48.3		
<b>Dublin North Central &amp; North West</b>							
Dublin North Central	St Aloysius Ward, Mater Misericordiae Hospital	29	23	24	6	-18	-75.0
Dublin North Central	St Vincent's Hospital	66	271	109	174	65	59.6
Dublin North West	Department of Psychiatry, Connolly Hospital	16	14	19	94	75	394.7
Dublin North West	St Brendan's Hospital	112	107	131	68	-63	-48.1
<b>Total Dublin North Central &amp; North West</b>		<b>223</b>	<b>415</b>	<b>283</b>	<b>342</b>	<b>59</b>	<b>20.8</b>
Rate per 100,000 population		71.4	132.8	90.6	101.4		
<b>North Lee &amp; North Cork</b>							
North Cork	St Stephen's Hospital	24	18	34	33	-1	-2.9
North Lee	Carraig Mór Centre	46	7	7	24	17	242.8
North Lee	St Michael's Unit, Mercy Hospital	47	73	66	77	11	16.7
<b>Total North Lee &amp; North Cork</b>		<b>117</b>	<b>98</b>	<b>107</b>	<b>134</b>	<b>27</b>	<b>25.2</b>
Rate per 100,000 population		47.1	39.4	43.1	49.4		

**Table 4: Approved Centres. Episodes of physical restraint. 2008, 2009, 2010 and 2011. Numbers. Difference 2010-2011. Number and Percentages. Rates per 100,000 population. continued.**

Catchment Areas	Approved Centres	Numbers				Difference	%
		2008	2009	2010	2011		
<b>South Lee/West Cork &amp; Kerry</b>							
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	58	55	39	71	32	82.0
Kerry	St Finan's Hospital	17	3	6	9	3	50.0
South Lee	South Lee Mental Health Unit, Cork University Hospital	10	61	42	70	28	66.7
West Cork	Centre for Mental Health Care & Recovery, Bantry General Hospital	10	14	23	19	-4	-17.4
<b>Total South Lee/West Cork &amp; Kerry</b>		<b>95</b>	<b>133</b>	<b>110</b>	<b>169</b>	<b>59</b>	<b>53.6</b>
Rate per 100,000 population		25.5	35.7	29.5	43.0		
<b>Waterford &amp; Wexford</b>							
Waterford	Department of Psychiatry, Waterford Regional Hospital	26	54	22	49	27	122.7
Waterford	St Otteran's Hospital	0	1	0	0	-	-
Wexford	St Senan's Hospital	52	62	40	21	-19	-47.5
<b>Total Waterford &amp; Wexford</b>		<b>78</b>	<b>117</b>	<b>62</b>	<b>70</b>	<b>8</b>	<b>12.9</b>
Rate per 100,000 population		30.5	45.8	24.3	27.9		
<b>Carlow/Kilkenny &amp; South Tipperary</b>							
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	18	17	20	26	6	30.0
South Tipperary	St Luke's Hospital, Clonmel	19	2	1	0	-1	-100.0
South Tipperary	St Michael's Unit, South Tipperary General Hospital	31	48	83	34	-49	-59.0
<b>Total Carlow/Kilkenny &amp; South Tipperary</b>		<b>68</b>	<b>67</b>	<b>104</b>	<b>60</b>	<b>-44</b>	<b>-42.3</b>
Rate per 100,000 population		33.1	32.6	50.7	27.4		
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>							
Donegal	Department of Psychiatry, Letterkenny General Hospital <sup>c</sup>	72	86	40	96	56	140.0
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit	44	42	38	23	-15	-39.5
<b>Total Donegal/Sligo/Leitrim &amp; West Cavan</b>		<b>116</b>	<b>128</b>	<b>78</b>	<b>119</b>	<b>41</b>	<b>52.6</b>
Rate per 100,000 population		48.7	53.7	32.7	45.8		

**Table 4: Approved Centres. Episodes of physical restraint. 2008, 2009, 2010 and 2011. Numbers. Difference 2010-2011. Number and Percentages. Rates per 100,000 population. continued.**

Catchment Areas	Approved Centres	Numbers				Difference	% Change
		2008	2009	2010	2011		
<b>Mid-West</b>							
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	91	214	54	66	12	22.2
Clare	Orchard Grove <sup>d</sup>	3	2	1	0	-1	-100.0
Limerick	Acute Psychiatric Unit 5B, Midwestern Regional Hospital	23	22	14	14	0	-
Limerick	St Joseph's Hospital	8	1	1	6	5	500.0
Limerick	Tearmann Ward and Curragour Ward, St Camillus' Hospital, Limerick	0	1	4	2	-2	-50.0
<b>Total Mid-West</b>		<b>125</b>	<b>240</b>	<b>74</b>	<b>88</b>	<b>14</b>	<b>18.9</b>
Rate per 100,000 population		34.6	66.5	20.5	23.2		
<b>West</b>							
East Galway	St Brigid's Hospital, Ballinasloe	20	47	67	53	-14	-20.9
Mayo	Adult Mental Health Unit, Mayo General Hospital	21	27	54	87	33	61.1
Mayo	An Coillín	0	0	31	9	-22	-71.0
Mayo	Teach Aisling	4	1	2	7	5	250.0
Roscommon	Department of Psychiatry, County Hospital Roscommon	12	11	8	5	-3	-37.5
West Galway	Department of Psychiatry, University College Hospital Galway	20	35	30	59	29	96.7
<b>Total West</b>		<b>77</b>	<b>121</b>	<b>192</b>	<b>220</b>	<b>28</b>	<b>14.6</b>
Rate per 100,000 population		18.6	29.2	46.3	49.4		
<b>National Forensic Service</b>							
National Forensic Service	Central Mental Hospital	37	NO DATA	118	205	87	73.7
<b>National Mental Health Intellectual Disability Service</b>							
National ID Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	251	557	616	366	-250	-40.6

**Table 4: Approved Centres. Episodes of physical restraint. 2008, 2009, 2010 and 2011. Numbers. Difference 2010-2011. Number and Percentages. Rates per 100,000 population. continued.**

Catchment Areas	Approved Centres	Numbers				Difference	% Change
		2008	2009	2010	2011		
<b>Child &amp; Adolescent Services</b>							
C&A Service	Adolescent In-patient Unit, St Vincent's Hospital	-	20	46	13	-33	-71.7
C&A Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital <sup>e</sup>	10	0	18	136	118	655.5
C&A Service	Eist Linn Child & Adolescent In-patient Unit <sup>f</sup>	-	-	5	49	44	880.0
C&A Service	Warrenstown Child & Adolescent Inpatient Unit	6	8	27	12	-15	-55.5
C&A Service	Willow Grove Adolescent Unit, St Patrick's University Hospital	-	-	4	4	0	
<b>Total Child &amp; Adolescent Services</b>		<b>16</b>	<b>28</b>	<b>100</b>	<b>214</b>	<b>114</b>	<b>114.0</b>
<b>Independent</b>							
N/A	Bloomfield Care Centre - Donnybrook, Kylemore, Owendoher & Swanbrook Wings	0	0	0	2	2	100.0
N/A	Palmerstown View, Stewart's Hospital <sup>g</sup>	73	33	35	9	-26	-74.3
N/A	St Edmundsbury Hospital	1	0	0	0	-	-
N/A	St John of God Hospital Limited	183	185	304	142	-162	-53.3
N/A	St Patrick's University Hospital	166	112	126	127	1	0.8
<b>Total Independent</b>		<b>423</b>	<b>330</b>	<b>465</b>	<b>280</b>	<b>-185</b>	<b>-39.8</b>
<b>Total All Approved Centres</b>		<b>2,123</b>	<b>2,855</b>	<b>2,985</b>	<b>3,056</b>	<b>71</b>	<b>2.4</b>
Rate per 100,000 population		50.1	67.3	70.3	66.6		

a St Loman's Hospital, Palmerstown closed in April 2011.

b Joyce Rooms, Fairview Community Unit opened in September 2011.

c The Acute Psychiatric Unit, Carnamuggagh closed in September 2011 and the service transferred to the Department of Psychiatry, Letterkenny General Hospital. For the purpose of this report all data for this service are reported under the Department of Psychiatry, Letterkenny General Hospital.

d Orchard Grove closed in August 2011.

e St Anne's Child and Adolescent Unit closed in January 2011 and the service transferred to the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital. For the purpose of this report all data for this service are reported under the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital.

*f The Child and Adolescent Mental Health In-patient Unit, St Stephen's Hospital closed in March 2011 and the service transferred to Eist Linn Child and Adolescent In-patient Unit. For the purpose of this report all data for this service are reported under Eist Linn.*

*g Palmerstown View, Stewart's Hospital closed in July 2011.*

**Notes:**

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 2 for the population of each super-catchment area). Rates per 100,000 population for 2008 - 2010 are based on the CSO 2006 population figures and rates per 100,000 for 2011 are based on the CSO 2011 population figures.

Rates per 100,000 population are not calculated for the National Forensic Service, St Josephs' Intellectual Disability Service and the independent sector as admissions to these services are from patients on a national basis. Rates per 100,000 population are not calculated for child and adolescent services as children were also admitted to adult units.

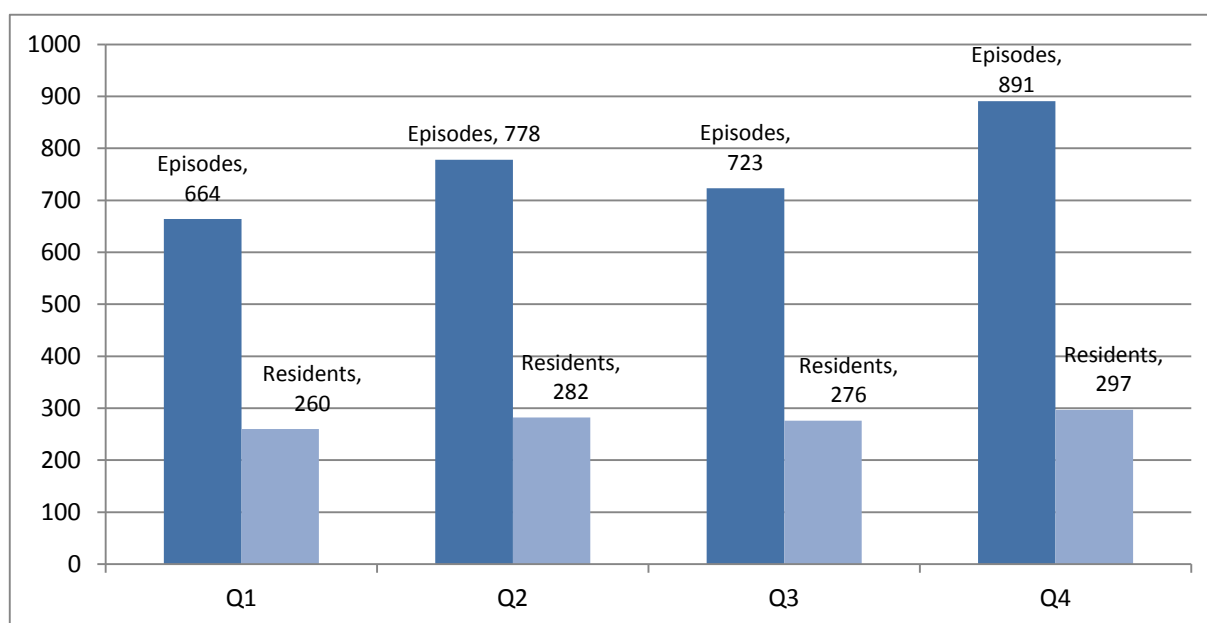


### 5.3 Episodes of Physical Restraint and Number of Residents Restrained by Quarter

Figure 4 displays the number of physical restraint episodes and the number of residents restrained for each quarter in 2011 for approved centres nationally. The highest number of episodes of physical restraint (891) occurred in Quarter 4 and the lowest number in Quarter 1 (664).

The average number of times that an individual was physically restrained in each quarter ranged from 2.6 times in Quarter 1 and Quarter 3 to three times in Quarter 4.

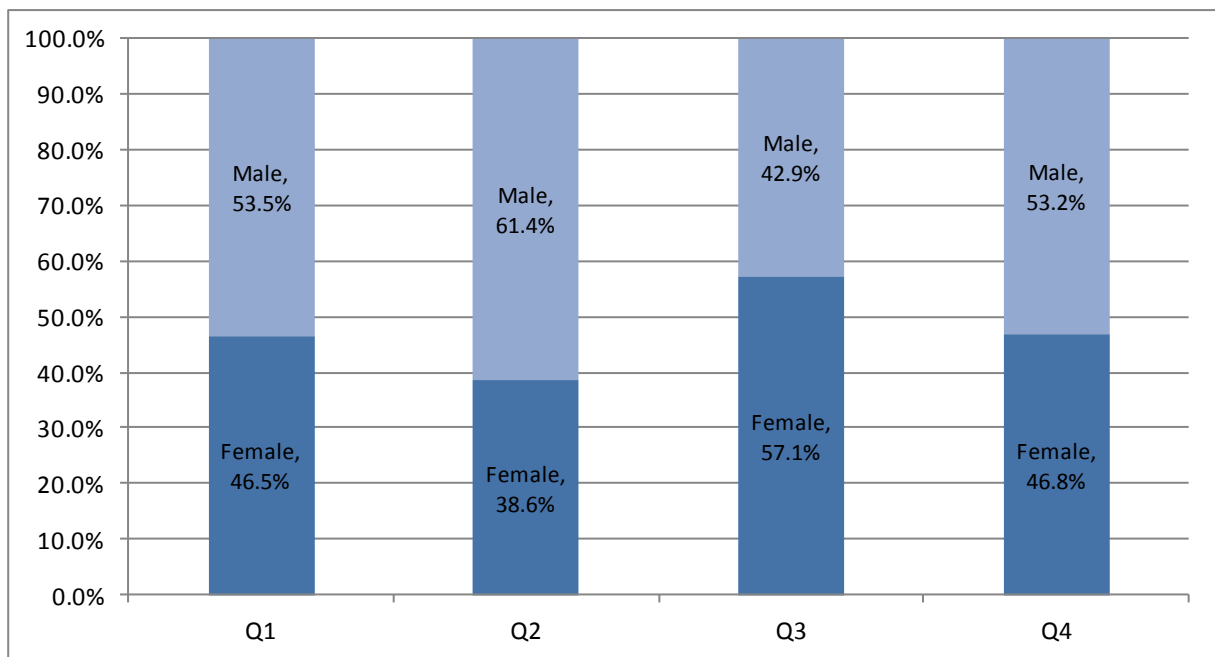
**Figure 4: Episodes of physical restraint and residents physically restrained by quarter in 2011. Numbers.**



### 5.4 Gender

Figure 5 shows that slightly higher proportion of those physically restrained in Quarters 1, 2 and 4 of 2011 were male, whereas more females than males were physically restrained in Quarter 3.

**Figure 5: Gender of residents physically restrained in 2011. Percentage by Quarter**



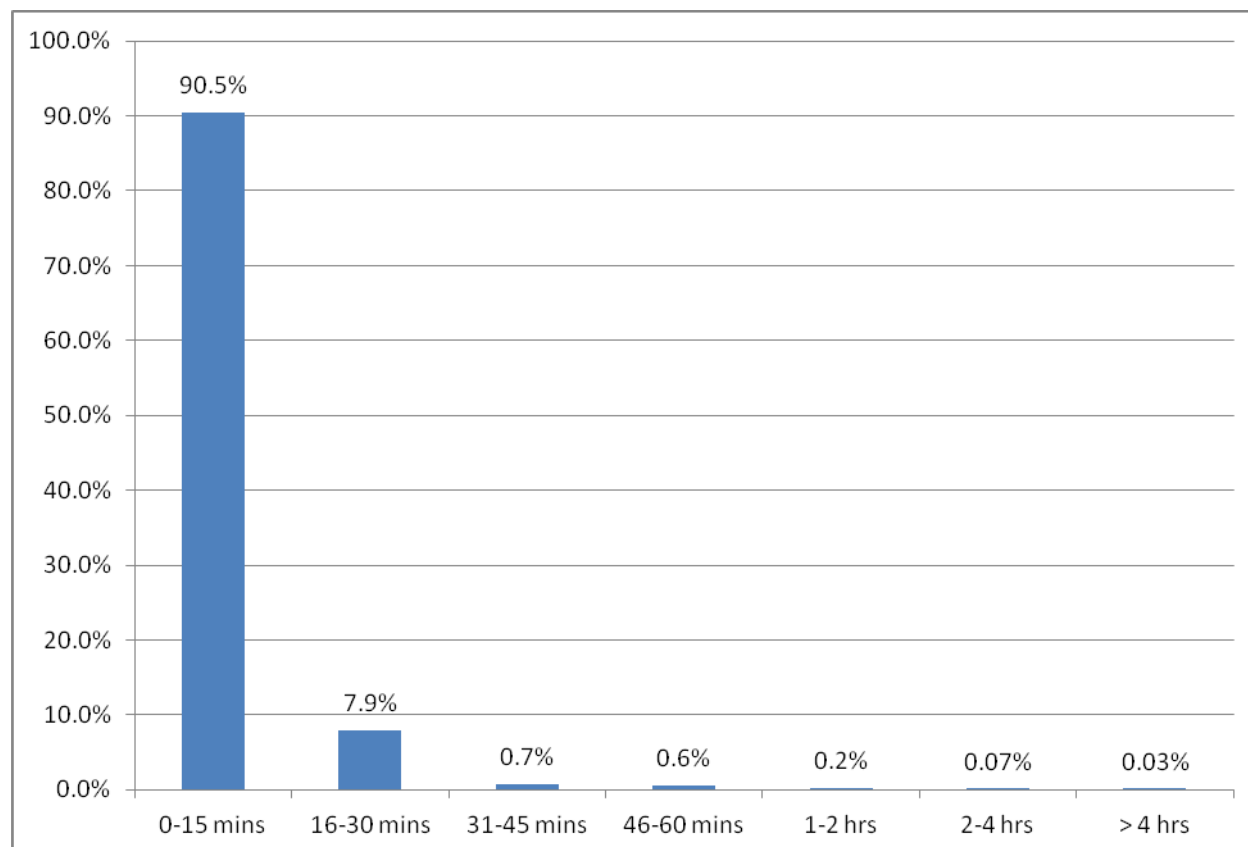
### 5.5 Duration of Physical Restraint

Version 2 of the Code of Practice on the Use of Physical Restraint in Approved Centres, applicable since 2010, states that “An order for physical restraint shall last for a maximum of 30 minutes” and that “An episode of physical restraint may be extended by a renewal order made by a registered medical practitioner following an examination, for a further period not exceeding 30 minutes.”

Version 1 stated 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”.

Data on the duration of episodes was not available for four episodes of physical restraint for 2011 and they are therefore excluded from this analysis. Figure 6 (overleaf) shows that as in previous years the vast majority (90.5%) of physical restraint lasted 15 minutes or less. The number of episodes that lasted longer than one hour was up slightly from four in 2010 to ten in 2011, which is still a lot less than the 42 episodes of physical restraint that lasted longer than one hour in 2009.

**Figure 6: Episodes of physical restraint. Duration of episodes. 2011. Percentages.**



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

Tables 5a and 5b display data on the duration of physical restraint episodes in individual approved centres providing a breakdown of the number and percentage of physical restraint episodes respectively.

In 63% (33/52) of approved centres physical restraint all episodes of physical restraint lasted 30 minutes or less. In eight of those approved centres all physical restraint lasted 15 minutes or less. The duration of physical restraint in most approved centres (49/52) followed a similar pattern to the national picture (shown in Figure 6) in that at least 90% of all physical restraint use lasted 15 minutes or less.

Nineteen approved centres reported one or more physical restraint episodes that lasted longer than 30 minutes. A total of eight approved centres indicated that they had one or more episodes of physical restraint which lasted more than one hour. Newcastle Hospital; St Vincent's Hospital; Department of Psychiatry, Our Lady's Hospital, Navan; St Michael's Unit, Mercy Hospital; Acute Mental Health Admission Unit, Kerry General Hospital; South Lee Adult Mental Health Unit and

Willow Grove Adolescent Unit, St Patrick's University Hospital<sup>7</sup> all reported one such episode of physical restraint in 2011. St Patrick's University Hospital<sup>8</sup> indicated that they had three episodes of physical restraint that lasted longer than one hour.

St Joseph's Intellectual Disability Services reported the highest number of episodes of physical restraint (366); however, it is worth noting that 98.9% lasted for 15 minutes or less and the remainder lasted between 16 and 30 minutes. Central Mental Hospital had the next highest number of episodes of physical restraint (205), with 99.5% lasting 15 minutes or less and the remainder were for 30 minutes or less.

In all nine approved centres that reported over 100 incidents of physical restraint, in 2011, at least 70% of episodes were for 15 minutes or less and 90% were for 30 minutes or less.

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<sup>7</sup> Willow Grove Adolescent Unit, St Patrick's University Hospital provided additional information in relation to this episode of physical restraint. The approved centre indicated that the use of physical restraint was intermittent and not continuous for the total duration of this episode.

<sup>8</sup> St Patrick's University Hospital provided additional information in relation to these three episodes of physical restraint. The approved centre indicated that, in two of the three episodes, the use of physical restraint was intermittent and not continuous for the total duration of the episodes.

**Table 5a: Approved Centres. Duration of episodes of physical restraint. 2011. Numbers**

Catchment Areas	Approved Centres	Numbers					Total
		0-15 mins	16-30 mins	31-45 mins	46-60 mins	> 1 hour	
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>							
Dublin South East	Elm Mount Unit, St Vincent's University Hospital	49	4	3	1	0	57
East Wicklow	Newcastle Hospital	26	1	0	0	1	28
<b>Dublin West/South West &amp; South City</b>							
Dublin South City	Jonathan Swift Clinic <sup>a</sup>	66	9	0	0	0	75
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	117	4	0	0	0	121
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>							
Kildare	Lakeview Unit, Naas General Hospital	94	11	2	1	0	108
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	12	3	0	0	0	15
Laois/Offaly	St Fintan's Hospital	3	0	0	0	0	3
Longford/Westmeath	St Loman's Hospital, Mullingar	28	0	0	0	0	28
<b>Cavan/Monaghan/Louth &amp; Meath</b>							
Cavan/Monaghan	Acute Psychiatric Unit, Cavan General Hospital	34	9	0	0	0	43
Cavan/Monaghan	St Davnet's Hospital	7	0	0	0	0	7
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	55	2	0	0	1	58
Louth/Meath	St Brigid's Hospital, Ardee	115	11	0	0	0	126
<b>Dublin North</b>							
Dublin North	Joyce Rooms, Fairview Community Unit <sup>b</sup>	26	2	0	1	0	29
Dublin North	St Ita's Hospital - Mental Health Services	86	3	0	0	0	89
<b>Dublin North Central &amp; North West</b>							
Dublin North Central	St Aloysius Ward, Mater Misericordiae Hospital	6	0	0	0	0	6
Dublin North Central	St Vincent's Hospital	148	24	1	0	1	174
Dublin North West	Department of Psychiatry, Connolly Hospital	85	6	3	0	0	94
Dublin North West	St Brendan's Hospital	68	0	0	0	0	68

**Table 5a: Approved Centres. Duration of episodes of physical restraint. 2011. Numbers. continued**

Catchment Areas	Approved Centres	Numbers					Total
		0-15 mins	16-30 mins	31-45 mins	46-60 mins	> 1 hour	
<b>North Lee &amp; North Cork</b>							
North Cork	St Stephen's Hospital	30	3	0	0	0	33
North Lee	St Michael's Unit, Mercy Hospital	59	11	3	3	1	77
North Lee	Carraig Mór Centre	21	2	1	0	0	24
<b>South Lee/West Cork &amp; Kerry</b>							
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	65	4	0	1	1	71
Kerry	St Finan's Hospital	8	0	1	0	0	9
South Lee	South Lee Mental Health Unit, Cork University Hospital	47	18	2	2	1	70
West Cork	Centre for Mental Health Care & Recovery, Bantry General Hospital	19	0	0	0	0	19
<b>Waterford &amp; Wexford</b>							
Waterford	Department of Psychiatry, Waterford Regional Hospital <sup>c</sup>	43	4	0	0	0	47 <sup>b</sup>
Wexford	St Senan's Hospital	10	11	0	0	0	21
<b>Carlow/Kilkenny &amp; South Tipperary</b>							
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	22	3	1	0	0	26
South Tipperary	St Michael's Unit, South Tipperary General Hospital	33	0	1	0	0	34
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>							
Donegal	Department of Psychiatry, Letterkenny General Hospital <sup>d</sup>	80	16	0	0	0	96
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit	22	1	0	0	0	23
<b>Mid-West</b>							
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	62	3	1	0	0	66
Limerick	Acute Psychiatric Unit 5B, Midwestern Regional Hospital	10	4	0	0	0	14
Limerick	St Joseph's Hospital	5	1	0	0	0	6
Limerick	Tearmann Ward and Curragour Ward, St Camillus' Hospital	2	0	0	0	0	2

**Table 5a: Approved Centres. Duration of episodes of physical restraint. 2011. Numbers. continued**

Catchment Areas	Approved Centres	Numbers					Total
		0-15 mins	16-30 mins	31-45 mins	46-60 mins	> 1 hour	
<b>West</b>							
East Galway	St Brigid's Hospital, Ballinasloe	47	6	0	0	0	53
Mayo	Adult Mental Health Unit, Mayo General Hospital	79	7	1	0	0	87
Mayo	An Coillín	8	1	0	0	0	9
Mayo	Teach Aisling	6	1	0	0	0	7
Roscommon	Department of Psychiatry, County Hospital Roscommon	4	1	0	0	0	5
West Galway	Department of Psychiatry, University College Hospital Galway	51	8	0	0	0	59
<b>National Forensic Service</b>							
National Forensic Service	Central Mental Hospital	204	1	0	0	0	205
<b>National Intellectual Disability Service</b>							
National ID Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	362	4	0	0	0	366
<b>Child &amp; Adolescent Services</b>							
C&A Service	Adolescent In-patient Unit, St Vincent's Hospital	12	1	0	0	0	13
C&A Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital <sup>e</sup>	135	1	0	0	0	136
C&A Service	Eist Linn Child & Adolescent In-patient Unit <sup>f</sup>	43	6	0	0	0	49
C&A Service	Warrenstown Child & Adolescent Inpatient Unit	8	4	0	0	0	12
C&A Service	Willow Grove Adolescent Unit, St Patrick's University Hospital	2	1	0	0	1 <sup>g</sup>	4
<b>Independent</b>							
N/A	Bloomfield Care Centre	2	0	0	0	0	2
N/A	Palmerstown View, Stewart's Hospital <sup>h</sup>	8	1	0	0	0	9
N/A	St John of God Hospital Limited	138	2	1	1	0	142
N/A	St Patrick's University Hospital	89	25	1	9	3 <sup>i</sup>	127
<b>Total</b>	<b>All Approved Centres</b>	<b>2,761</b>	<b>240</b>	<b>22</b>	<b>19</b>	<b>10</b>	<b>3,052<sup>j</sup></b>

- a The duration for two episodes of physical restraint was missing for Jonathan Swift Clinic therefore data in this table only relates to 75/77 episodes.*
- b Joyce Rooms, Fairview Community Unit opened in September 2011.*
- c The duration for two episodes of physical restraint was missing Department of Psychiatry, Waterford Regional Hospital therefore data in this table only relates to 47/49 episodes.*
- d The Acute Psychiatric Unit, Carnamuggagh closed in September 2011 and the service transferred to the Department of Psychiatry, Letterkenny General Hospital. For the purpose of this report all data for this service are reported under the Department of Psychiatry, Letterkenny General Hospital.*
- e St Anne's Child and Adolescent Unit closed in January 2011 and the service transferred to the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital. For the purpose of this report all data for this service are reported under the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital.*
- f The Child and Adolescent Mental Health In-patient Unit, St Stephen's Hospital closed in March 2011 and the service transferred to Eist Linn Child and Adolescent In-patient Unit. For the purpose of this report all data for this service are reported under Eist Linn.*
- g Additional information was provided by Willow Grove Adolescent Unit, St Patrick's University Hospital which indicated that the use of physical restraint was intermittent during the episode that lasted for longer than one hour.*
- h Palmerstown View, Stewart's Hospital closed in July 2011.*
- i Additional information was provided by St Patrick's University Hospital which indicated that the use of physical restraint was intermittent during two of the episodes that lasted for longer than one hour.*
- j Duration of physical restraint was not provided in relation to four episodes therefore the table only includes data on 3052/3056 episodes of physical restraint.*



**Table 5b: Approved Centres. Duration of episodes of physical restraint. Percentages.**

Catchment Areas	Approved Centres	Percentages					Total
		0-15 mins	16-30 mins	31-45 mins	46-60 mins	> 1 hour	
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>							
Dublin South East	Elm Mount Unit, St Vincent's University Hospital	86.0	7.0	5.2	1.8	-	100.0
East Wicklow	Newcastle Hospital	92.9	3.6	-	-	3.6	100.0
<b>Dublin West/South West &amp; South City</b>							
Dublin South City	Jonathan Swift Clinic <sup>a</sup>	88.0	12.0	-	-	-	100.0
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	96.7	3.3	-	-	-	100.0
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>							
Kildare West/Wicklow	Lakeview Unit, Naas General Hospital	87.0	10.2	1.9	0.9	-	100.0
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	80.0	20.0	-	-	-	100.0
Laois/Offaly	St Fintan's Hospital	100.0	-	-	-	-	100.0
Longford/Westmeath	St Loman's Hospital, Mullingar	100.0	-	-	-	-	100.0
<b>Cavan/Monaghan/Louth &amp; Meath</b>							
Cavan/Monaghan	Acute Psychiatric Unit, Cavan General Hospital	79.1	20.9	-	-	-	100.0
Cavan/Monaghan	St Davnet's Hospital	100.0	-	-	-	-	100.0
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	94.8	3.5	-	-	1.7	100.0
Louth/Meath	St Brigid's Hospital, Ardee	91.3	8.7	-	-	-	100.0
<b>Dublin North</b>							
Dublin North	Joyce Rooms, Fairview Community Unit <sup>b</sup>	89.7	6.9	-	3.4	-	100.0
Dublin North	St Ita's Hospital - Mental Health Services	96.6	3.4	-	-	-	100.0
<b>Dublin North Central &amp; North West</b>							
Dublin North Central	St Aloysius Ward, Mater Misericordiae Hospital	100.0	-	-	-	-	100.0
Dublin North Central	St Vincent's Hospital	85.0	13.8	0.6	-	0.6	100.0
Dublin North West	Department of Psychiatry, Connolly Hospital	90.4	6.4	3.2	-	-	100.0
Dublin North West	St Brendan's Hospital	100.0	-	-	-	-	100.0

**Table 5b: Approved Centres. Duration of episodes of physical restraint. Percentages. continued**

Catchment Areas	Approved Centres	Percentages					Total
		0-15 mins	16-30 mins	31-45 mins	46-60 mins	> 1 hour	
<b>North Lee &amp; North Cork</b>							
North Cork	St Stephen's Hospital	90.9	9.1	-	-	-	100.0
North Lee	St Michael's Unit, Mercy Hospital	76.6	14.3	3.9	3.9	1.3	100.0
North Lee	Carraig Mór Centre	87.5	8.3	4.2	-	-	100.0
<b>South Lee/West Cork &amp; Kerry</b>							
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	91.6	5.6	-	1.4	1.4	100.0
Kerry	St Finan's Hospital	88.9	-	11.1	-	-	100.0
South Lee	South Lee Mental Health Unit, Cork University Hospital	67.1	25.7	2.9	2.9	1.4	100.0
West Cork	Centre for Mental Health Care & Recovery, Bantry General	100.0	-	-	-	-	100.0
<b>Waterford &amp; Wexford</b>							
Waterford	Department of Psychiatry, Waterford Regional Hospital <sup>c</sup>	91.5	8.5	-	-	-	100.0 <sup>b</sup>
Wexford	St Senan's Hospital	47.6	52.4	-	-	-	100.0
<b>Carlow/Kilkenny &amp; South Tipperary</b>							
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	84.6	11.5	3.9	-	-	100.0
South Tipperary	St Michael's Unit, South Tipperary General Hospital	97.1	-	2.9	-	-	100.0
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>							
Donegal	Department of Psychiatry, Letterkenny General Hospital <sup>d</sup>	83.3	16.7	-	-	-	100.0
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit	95.7	4.3	-	-	-	100.0
<b>Mid-West</b>							
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	93.9	4.6	1.5	-	-	100.0
Limerick	Acute Psychiatric Unit 5B, Midwestern Regional Hospital	71.4	28.6	-	-	-	100.0
Limerick	St Joseph's Hospital	83.3	16.7	-	-	-	100.0
Limerick	Tearmann Ward and Curragour Ward, St Camillus' Hospital	100.0	-	-	-	-	100.0

**Table 5b: Approved Centres. Duration of episodes of physical restraint. Percentages. continued**

Catchment Areas	Approved Centres	Percentages					Total
		0-15 mins	16-30 mins	31-45 mins	46-60 mins	> 1 hour	
<b>West</b>							
East Galway	St Brigid's Hospital, Ballinasloe	88.7	11.3	-	-	-	100.0
Mayo	Adult Mental Health Unit, Mayo General Hospital	90.8	8.0	1.2	-	-	100.0
Mayo	An Coillín	88.9	11.1	-	-	-	100.0
Mayo	Teach Aisling	85.7	14.3	-	-	-	100.0
Roscommon	Department of Psychiatry, County Hospital Roscommon	80.0	20.0	-	-	-	100.0
West Galway	Department of Psychiatry, University College Hospital Galway	86.4	13.6	-	-	-	100.0
<b>National Forensic Service</b>							
National Forensic	Central Mental Hospital	99.5	0.5	-	-	-	100.0
<b>National Mental Health Intellectual Disability Service</b>							
National ID Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	98.9	1.1	-	-	-	100.0
<b>Child &amp; Adolescent Services</b>							
C&A Service	Adolescent In-patient Unit, St Vincent's Hospital	92.3	7.7	-	-	-	100.0
C&A Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital <sup>e</sup>	99.3	0.7	-	-	-	100.0
C&A Service	Eist Linn Child & Adolescent In-patient Unit <sup>f</sup>	87.8	12.2	-	-	-	100.0
C&A Service	Warrenstown Child & Adolescent Inpatient Unit	66.7	33.3	-	-	-	100.0
C&A Service	Willow Grove Adolescent Unit, St Patrick's University Hospital	50.0	25.0	0	0	25.0 <sup>g</sup>	100.0
<b>Independent</b>							
N/A	Bloomfield Care Centre Swanbrook Wings	100.0	-	-	-	-	100.0
N/A	Palmerstown View, Stewart's Hospital <sup>h</sup>	88.9	11.1	-	-	-	100.0
N/A	St John of God Hospital Limited	97.2	1.4	0.7	0.7	-	100.0
N/A	St Patrick's University Hospital	70.1	19.7	0.8	7.1	2.3 <sup>i</sup>	100.0
<b>Total</b>	<b>All Approved Centres</b>	<b>90.5</b>	<b>7.9</b>	<b>0.7</b>	<b>0.6</b>	<b>0.3</b>	<b>100.0<sup>j</sup></b>

- a The duration for two episodes of physical restraint was missing for Jonathan Swift Clinic therefore percentage data in this table only relates to 75/77 episodes.*
- b Joyce Rooms, Fairview Community Unit opened in September 2011.*
- c The duration for two episodes of physical restraint was missing Department of Psychiatry, Waterford Regional Hospital therefore percentage data in this table only relates to 47/49 episodes.*
- d The Acute Psychiatric Unit, Carnamuggagh closed in September 2011 and the service transferred to the Department of Psychiatry, Letterkenny General Hospital. For the purpose of this report all data for this service are reported under the Department of Psychiatry, Letterkenny General Hospital.*
- e St Anne's Child and Adolescent Unit closed in January 2011 and the service transferred to the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital. For the purpose of this report all data for this service are reported under the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital.*
- f The Child and Adolescent Mental Health In-patient Unit, St Stephen's Hospital closed in March 2011 and the service transferred to Eist Linn Child and Adolescent In-patient Unit. For the purpose of this report all data for this service are reported under Eist Linn.*
- g Additional information was provided by Willow Grove Adolescent Unit, St Patrick's University Hospital which indicated that the use of physical restraint was intermittent during the episode that lasted for longer than one hour.*
- h Palmerstown View, Stewart's Hospital closed in July 2011.*
- i Additional information was provided by St Patrick's University Hospital which indicated that the use of physical restraint was intermittent during two of the episodes that lasted for longer than one hour.*
- j Duration of physical restraint was not provided in relation to four episodes therefore the table only includes data on 3052/3056 episodes of physical restraint.*

## 5. Use of Restrictive Interventions in 2011

The total number of restrictive interventions in 2011 was 4,739, 11.8% less than the number reported in 2010 (5,370). Physical restraint was the most frequently used restrictive intervention, in 2011, it was used in 52/68 approved centres and accounted for 64.5% of all restrictive interventions. Seclusion accounted for the remaining 35.5% and was used in 32/68 centres. Mechanical restraint to prevent immediate threat to self or others was not used by any approved centre in 2011. This represents a slight change from 2010 when physical restraint accounted for 55.6%, seclusion 44.1% and mechanical restraint 0.3%.

Table 6 provides a breakdown of the number of seclusion episodes, the number of physical restraint episodes and the total number of restrictive interventions used in each approved centres in 2011. It also shows the percentage breakdown of seclusion to physical restraint usage in all approved centres.

All 32 approved centres that used seclusion also used physical restraint; 22 centres only used physical restraint and 16 centres did not use any restrictive interventions at all in 2011.

The use of seclusion and physical restraint varied largely between approved centres. St Joseph's Intellectual Disability Service reported a high overall number of restrictive interventions (735) as did the National Forensic Service – Central Mental Hospital (380), St John of God Hospital Limited (295) and Adult Mental Health Unit, Mayo General Hospital (205).

The use of seclusion was more prevalent in some centres than others. Seclusion accounted for over 60% of restrictive interventions in the following centres: Department of Psychiatry, County Hospital, Roscommon 78.3% (18/23), Department of Psychiatry, Waterford Regional Hospital 68.2% (105/154) and St Loman's Hospital, Mullingar 67.1% (57/85). A higher proportion of seclusion than restraint was also used in Newcastle Hospital, the Adult Mental Health Unit at Mayo General Hospital, the Department of Psychiatry, Midland Regional Hospital, Portlaoise and St Brendan's Hospital.

In Department of Psychiatry, St Luke's Kilkenny, St Senan's Hospital, St Joseph's Intellectual Disability Service, St John of God Hospital Limited and St Aloysius Ward at the Mater the use of seclusion and physical restraint was of almost equal proportions.

All 13 super catchment areas reported using restrictive practices on more than 100 occasions, in 2011. The following areas reported the highest use of restrictive interventions; Dublin North Central & North West (513), West (425), Cavan/Monaghan/Louth & Meath (307) and Kildare/West Wicklow/Laois/Offaly/Longford & Westmeath (291). Use was also high in St Joseph's Intellectual Disability Service (735), the National Forensic Service (380) and the Independent sector (440). Whereas the lowest use of restrictive interventions were reported by Carlow/Kilkenny & South Tipperary (105) and the Mid-West (122) areas.

In 2011, use of seclusion was more prevalent than use of physical restraint in Waterford/Wexford (126/196) but was rarely used in the following catchment areas; North Lee & North Cork (7/141) and Donegal/Sligo/Leitrim & West Cavan (8/127). The overall proportion of usage of seclusion was also low in the child and adolescent services, only 6.1% of all restrictive interventions involved seclusion.

The number of beds in the approved centre, the number of admissions and type of admissions may all impact on the use of restrictive interventions; therefore this additional information is presented in Table 6. Information is presented for information purposes only. Analysis in relation to any possible correlation between use of restrictive interventions and the approved centre's bed capacity, the number of admissions and type of admissions to a unit would be more appropriate over a longer period of time.

**Table 6: Approved Centres use of Seclusion (SEC) and Physical Restraint (PR) and all Restrictive Interventions (RIs). Numbers and Percentages. Beds and Admissions. Numbers. Involuntary Admissions percentage of all admissions. 2011.**

Catchment Areas	Approved Centres	Super Catchment Area Population	Numbers			Percentages		Numbers		Percentages
			SEC	PR	RIs	SEC	PR	Beds	Admissions	Involuntary Admissions
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow<sup>a</sup></b>										
Dublin South East	Elm Mount Unit, St Vincent's University Hospital		DNU	57	57	DNU	100.0	39	313	18.5
East Wicklow	Newcastle Hospital		41	28	69	59.4	40.6	52	437	10.3
<b>Total Dun Laoghaire/Dublin South-East &amp; Wicklow (excluding Cluain Mhuire)</b>		<b>242,503</b>	<b>41</b>	<b>85</b>	<b>126</b>	<b>32.5</b>	<b>67.5</b>	<b>91</b>	<b>750</b>	<b>13.7</b>
<b>Dublin West/South West &amp; South City</b>										
Dublin South City	Jonathan Swift Clinic		DNU	77	77	DNU	100.0	51	504	14.1
Dublin South West	Acute Psychiatric Unit, AMNCH (Tallaght) Hospital		39	121	160	24.4	75.6	52	621	11.6
Dublin South West	St Loman's Hospital, Palmerstown <sup>b</sup>		DNU	DNU	DNU	DNU	DNU	22	20	-
<b>Total Dublin West/South West &amp; South City</b>		<b>412,209</b>	<b>39</b>	<b>198</b>	<b>237</b>	<b>16.5</b>	<b>83.5</b>	<b>125</b>	<b>1,145</b>	<b>12.5</b>
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>										
Kildare/West Wicklow	Lakeview Unit, Naas General Hospital		60	108	168	35.7	64.3	29	477	11.7
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise		20	15	35	57.1	42.9	30	477	7.3
Laois/Offaly	St Fintan's Hospital		DNU	3	3	DNU	100.0	39	32	-
Longford/ Westmeath	St Loman's Hospital, Mullingar		57	28	85	67.1	32.9	95	486	9.0
<b>Total Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>		<b>513,176</b>	<b>137</b>	<b>154</b>	<b>291</b>	<b>47.1</b>	<b>52.9</b>	<b>193</b>	<b>1472</b>	<b>9.2</b>
<b>Cavan/Monaghan/Louth &amp; Meath</b>										
Cavan/Monaghan	Acute Psychiatric Unit, Cavan General Hospital		DNU	43	43	DNU	100.0	20 <sup>c</sup>	109	19.3
Cavan/Monaghan	Blackwater House, St Davnet's Hospital		DNU	7	7	DNU	100.0	33	59	22.0
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan		27	58	85	31.8	68.2	25	344	14.8
Louth/Meath	St Brigid's Hospital, Ardee		46	126	172	26.7	73.3	50	264	17.0
<b>Total Cavan/Monaghan/Louth &amp; Meath</b>		<b>437,049</b>	<b>73</b>	<b>234</b>	<b>307</b>	<b>23.7</b>	<b>76.2</b>	<b>128</b>	<b>776</b>	<b>16.7</b>

**Table 6: Approved Centres use of Seclusion (SEC) and Physical Restraint (PR) and all Restrictive Interventions (RIs). Numbers and Percentages. Beds and Admissions. Numbers. Involuntary Admissions percentage of all admissions. 2011. continued**

Catchment Areas	Approved Centres	Super Catchment Area Population	Numbers			Percentages		Numbers		Percentages
			SEC	PR	RIs	SEC	PR	Beds	Admissions	Involuntary Admissions
<b>Dublin North</b>										
Dublin North	Hawthorn Unit, Connolly Hospital <sup>d</sup>		DNU	DNU	DNU	DNU	DNU	6	6	-
Dublin North	Joyce Rooms, Fairview Community Unit <sup>d</sup>		18	29	47	38.3	61.7	24	109	20.2
Dublin North	O'Casey Rooms, Fairview Community Unit <sup>d</sup>		DNU	DNU	DNU	DNU	DNU	25	1	-
Dublin North	St Ita's Hospital		40	89	129	31.0	69.0	106	412	18.2
<b>Total Dublin North</b>		<b>244,362</b>	<b>58</b>	<b>118</b>	<b>176</b>	<b>33.0</b>	<b>67.0</b>	<b>161</b>	<b>528</b>	<b>18.4</b>
<b>Dublin North Central &amp; North West</b>										
Dublin North Central	St Aloysius Ward, Mater Misericordiae University Hospital		7	6	13	53.8	46.2	15	192	11.5
Dublin North Central	St Vincent's Hospital		24	174	198	12.1	87.9	63	635	17.5
Dublin North West	Department of Psychiatry, Connolly Hospital		59	94	153	38.6	61.4	49	636	13.7
Dublin North West	St Brendan's Hospital		81	68	149	54.4	45.6	56	66	1.5
Dublin North West	Sycamore Unit, Connolly Hospital		DNU	DNU	DNU	DNU	DNU	34	11	9.1
<b>Total Dublin North Central &amp; North West</b>		<b>337,124</b>	<b>171</b>	<b>342</b>	<b>513</b>	<b>33.3</b>	<b>66.7</b>	<b>217</b>	<b>1,540</b>	<b>14.4</b>
<b>North Lee &amp; North Cork</b>										
North Cork	St Stephen's Hospital		DNU	33	33	DNU	100.0	91	294	12.6
North Lee	Carraig Mór Centre		7	24	31	22.6	77.4	39	79	3.8
North Lee	St Michael's Unit, Mercy University Hospital		DNU	77	77	DNU	100.0	50	708	11.2
<b>Total North Lee &amp; North Cork</b>		<b>271,333</b>	<b>7</b>	<b>134</b>	<b>141</b>	<b>5.0</b>	<b>95.0</b>	<b>180</b>	<b>1,081</b>	<b>11.0</b>
<b>South Lee/West Cork &amp; Kerry</b>										
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital		20	71	91	22.0	78.0	44	662	10.3
Kerry	St Finan's Hospital		1	9	10	10.0	90.0	52	18	16.7



**Table 6: Approved Centres use of Seclusion (SEC) and Physical Restraint (PR) and all Restrictive Interventions (RIs). Numbers and Percentages. Beds and Admissions. Numbers. Involuntary Admissions percentage of all admissions. 2011. continued**

Catchment Areas	Approved Centres	Super Catchment Area Population	Numbers			Percentages		Numbers		Percentages
			SEC	PR	RIs	SEC	PR	Beds	Admissions	Involuntary Admissions
<b>South Lee/West Cork &amp; Kerry continued</b>										
South Lee	South Lee Mental Health Unit, Cork University Hospital		DNU	70	70	DNU	100.0	46	526	20.3
South Lee	St Finbarr's Hospital		DNU	0	0	DNU	-	21	10	-
West Cork	Centre for Mental Health Care & Recovery, Bantry General Hospital		DNU	19	19	DNU	100.0	18	227	18.5
<b>Total South Lee/West Cork &amp; Kerry</b>		<b>393,201</b>	<b>21</b>	<b>169</b>	<b>190</b>	<b>11.0</b>	<b>89.0</b>	<b>181</b>	<b>1,443</b>	<b>15.2</b>
<b>Waterford &amp; Wexford</b>										
Waterford	Department of Psychiatry, Waterford Regional Hospital		105	49	154	68.2	31.8	44	662	12.1
Waterford	St Otteran's Hospital		DNU	0	0	DNU	-	70	37	2.7
Wexford	St Senan's Hospital		21	21	42	50.0	50.0	59	123	8.1
<b>Total Waterford &amp; Wexford</b>		<b>250,577</b>	<b>126</b>	<b>70</b>	<b>196</b>	<b>64.3</b>	<b>35.7</b>	<b>173</b>	<b>822</b>	<b>11.1</b>
<b>Carlow/Kilkenny &amp; South Tipperary</b>										
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny		24	26	50	48.0	52.0	44	491	7.1
Carlow/Kilkenny	St Dymphna's Hospital <sup>e</sup>		DNU	DNU	DNU	DNU	DNU	15	1	100.0
Carlow/Kilkenny	St Gabriel's Ward, St Canice's Hospital		DNU	DNU	DNU	DNU	DNU	27	25	-
South Tipperary	St Luke's Hospital, Clonmel		DNU	DNU	DNU	DNU	DNU	52	12	25.0
South Tipperary	St Michael's Unit, South Tipperary General Hospital		21	34	55	38.2	61.8	49	715	12.3
<b>Total Carlow/Kilkenny &amp; South Tipperary</b>		<b>218,747</b>	<b>45</b>	<b>60</b>	<b>105</b>	<b>42.9</b>	<b>57.1</b>	<b>187</b>	<b>1,244</b>	<b>10.2</b>
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>										
Donegal	Department of Psychiatry, Letterkenny General Hospital <sup>f</sup>		DNU	96	96	DNU	100.0	34	502	18.7
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit		8	23	31	25.8	74.2	50	487	7.8
<b>Total Donegal/Sligo/Leitrim &amp; West Cavan</b>		<b>259,621</b>	<b>8</b>	<b>119</b>	<b>127</b>	<b>6.3</b>	<b>93.7</b>	<b>84</b>	<b>989</b>	<b>13.3</b>

**Table 6: Approved Centres use of Seclusion (SEC) and Physical Restraint (PR) and all Restrictive Interventions (RIs). Numbers and Percentages. Beds and Admissions. Numbers. Involuntary Admissions percentage of all admissions. 2011. continued**

Catchment Areas	Approved Centres	Super Catchment Area Population	Numbers			Percentages		Numbers		Percentages
			SEC	PR	RIs	SEC	PR	Beds	Admissions	Involuntary Admissions
<b>Mid-West</b>										
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis		34	66	100	34.0	66.0	39	471	11.0
Clare	Cappahard Lodge		DNU	DNU	DNU	DNU	DNU	35	4	-
Clare	Orchard Grove <sup>g</sup>		DNU	0	0	DNU	-	10	3	-
Limerick	Acute Psychiatric Unit 5B, Midwestern Regional Hospital		DNU	14	14	DNU	100.0	50	480	13.5
Limerick	St Joseph's Hospital - Aurora Unit & St Mary's Ward		DNU	6	6	DNU	100.0	28	4	25.0
Limerick	Tearmann Ward and Curragour Ward, St Camillus' Hospital		DNU	2	2	DNU	100.0	28	109	1.8
<b>Total Mid-West</b>		<b>379,327</b>	<b>34</b>	<b>88</b>	<b>122</b>	<b>27.9</b>	<b>72.1</b>	<b>106</b>	<b>1,071</b>	<b>11.2</b>
<b>West</b>										
East Galway	St Brigid's Hospital, Ballinasloe		15	53	68	22.1	77.9	53	382	16.0
Mayo	Adult Mental Health Unit, Mayo General Hospital		118	87	205	57.6	42.4	32	420	24.3
Mayo	An Coillín		DNU	9	9	DNU	100.0	21	17	-
Mayo	St Anne's Unit, Sacred Heart Hospital		DNU	DNU	DNU	DNU	DNU	12	25	-
Mayo	Teach Aisling		DNU	7	7	DNU	100.0	10	2	-
Roscommon	Department of Psychiatry, County Hospital, Roscommon		18	5	23	78.3	21.7	22	306	4.6
West Galway	Department of Psychiatry, University Hospital Galway		54	59	113	47.8	52.2	43	519	15.4
<b>Total West</b>		<b>445,356</b>	<b>205</b>	<b>220</b>	<b>425</b>	<b>48.2</b>	<b>51.8</b>	<b>193</b>	<b>1,671</b>	<b>15.4</b>
<b>National Forensic Service</b>										
National Service	Central Mental Hospital		175	205	380	46.1	53.9	94	56	-
<b>National Intellectual Disability Service</b>										
National Service	St Joseph's Intellectual Disability Services		369	366	735	50.2	49.8	163	2 <sup>h</sup>	-

**Table 6: Approved Centres use of Seclusion (SEC) and Physical Restraint (PR) and all Restrictive Interventions (RIs). Numbers and Percentages. Beds and Admissions. Numbers. Involuntary Admissions percentage of all admissions. 2011. continued**

Catchment Areas	Approved Centres	Numbers			Percentages		Numbers		Percentages
		SEC	PR	RIs	SEC	PR	Beds	Admissions	Involuntary Admissions
<b>Child &amp; Adolescent Services<sup>l</sup></b>									
C&A Service	Adolescent In-patient Unit, St Vincent's Hospital	5	13	18	27.8	72.2	6	42	-
C&A Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital <sup>l</sup>	9	136	145	6.2	93.8	9	44	-
C&A Service	Eist Linn Child & Adolescent In-patient Unit <sup>k</sup>	DNU	49	49	DNU	100.0	20	40	-
C&A Service	Warrenstown Child & Adolescent Inpatient Unit	DNU	12	12	DNU	100.0	6	42	-
C&A Service	Willow Grove Adolescent Unit, St Patrick's University Hospital	DNU	4	4	DNU	100.0	14	77	-
<b>Total Child &amp; Adolescent Services</b>		<b>14</b>	<b>214</b>	<b>228</b>	<b>6.1</b>	<b>93.9</b>	<b>55</b>	<b>245</b>	
<b>Independents</b>									
N/A	Bloomfield Care Centre	DNU	2	2	DNU	100.0	88	29	3.4
N/A	Hampstead Private Hospital	DNU	DNU	DNU	DNU	DNU	44	42	2.4
N/A	Highfield Private Hospital	DNU	DNU	DNU	DNU	DNU	47	13	15.4
N/A	Lois Bridges	DNU	0	0	DNU	-	5	2	-
N/A	Palmerstown View, Stewart's Hospital <sup>l</sup>	7	9	16	44.0	56.0	6	0	-
N/A	St Edmundsbury Hospital	DNU	0	0	DNU	-	50	489	-
N/A	St John of God Hospital Limited <sup>m</sup>	153	142	295	51.9	48.1	181	1,506	7.2
N/A	St Patrick's University Hospital	DNU	127	127	DNU	100.0	238	2,321	2.1
<b>Total Independents</b>		<b>160</b>	<b>280</b>	<b>440</b>	<b>36.4</b>	<b>63.6</b>	<b>659</b>	<b>4,402</b>	<b>3.7</b>
<b>Total All Approved Centres</b>		<b>1,683</b>	<b>3,056</b>	<b>4,739</b>	<b>35.5</b>	<b>64.5</b>			<b>2,057<sup>n</sup></b>

*a The Cluain Mhuire/Dun Laoghaire 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 catchment*

- area as these data are included in St John of God's data. Therefore, it is likely that this report underestimates the use of restrictive interventions relating to patients accessing from this super-catchment area. For the purpose of this report the population used for this super-catchment area is 242,503 (total population 426,170 minus Cluain Mhuire population 183,667).*
- b St Loman's Hospital, Palmerstown closed in April 2011.*
  - c Acute Psychiatric Unit, Cavan General Hospital only 11 beds operational from 01 January until 14 June (while they underwent refurbishment work) and 20 beds operational for the remainder of the year.*
  - d These approved centres opened in 2011 Hawthorn Unit, Connolly Hospital (March), Joyce Rooms, Fairview Community Unit (September), O'Casey Rooms, Fairview Community Unit (March).*
  - e St Dymphna's Hospital closed in October 2011.*
  - f The Acute Psychiatric Unit, Carnamuggagh closed in September 2011 and the service transferred to the Department of Psychiatry, Letterkenny General Hospital. For the purpose of this report all data for this service are reported under the Department of Psychiatry, Letterkenny General Hospital.*
  - g Orchard Grove closed in August 2011.*
  - h Many long-term patients with intellectual disability reside in St Joseph's Intellectual Disability Services and therefore the number of admissions in a given year can be low.*
  - i Due to small numbers and the sensitive nature of the data the breakdown of involuntary admissions to child and adolescent services is not provided.*
  - j St Anne's Child and Adolescent Unit closed in January 2011 and the service transferred to the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital. For the purpose of this report all data for this service are reported under the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital.*
  - k The Child and Adolescent Mental Health In-patient Unit, St Stephen's Hospital closed in March 2011 and the service transferred to Eist Linn Child and Adolescent In-patient Unit. For the purpose of this report all data for this service are reported under Eist Linn.*
  - l Palmerstown View, Stewart's Hospital closed in July 2011.*
  - m Figures for St John of God Hospital Limited seclusion and physical restraint data that may have related to Cluain Mhuire patients and therefore the number of beds, admissions and involuntary admissions includes Cluain Mhuire Admissions data.*
  - n The total number of involuntary admission includes all involuntary admissions of adults under the Mental Health Act 2001. It includes admissions from the community (Form 6) and re-grades of a patient from voluntary to involuntary (Form 13).*

**Notes:**

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

Data regarding number of beds are sourced from the Register of Approved Centres and/or the 2011 Approved Centre Inspection Reports.

Adult admission data are sourced from the HRB Statistics Series 18 – Activities of Irish Psychiatric Units and Hospitals 2011. Child Admission data are sourced from monthly data returns received by the Mental Health Commission.

Involuntary admission data for adults are sourced from the Mental Health Commission's 2011 Annual Report.

Population figures are provided for super-catchment areas but not for the National Forensic Service, St Joseph's Intellectual Disability Service and approved centres in the independent sector as they provide a national service or child and adolescent services as children may be admitted to adult units.

Table 7 presents data on the use of all restrictive interventions<sup>9</sup> in 2010 and 2011 and shows the change and percentage change between 2010 and 2011. As data are aggregate and we do not have individual patient identifiers the figures reflect the overall use of restrictive interventions and not the number of individuals that were placed in seclusion or that were restrained. One individual in an approved centre may have been placed in seclusion or restrained on a number of occasions in a reporting period. Therefore figures and comparisons should be interpreted with caution.

The use of restrictive interventions dropped from 5,370 episodes in 2010 to 4,739 episodes in 2011, which represents an 11.8% decrease. When we compare use of restrictive interventions, in 65<sup>10</sup> approved centres, between 2010 and 2011, we see that 29 approved centres reported an increase in the use of restrictive interventions and 23 approved centres reported a reduction. In 13 approved centres usage was the same in 2010 and 2011, in 12/13 approved centres they did not use any restrictive interventions in either year.

In 2010, 13 approved centres reported using restrictive interventions on more than 100 occasions. When we look at the use of restrictive interventions in these 13 approved centres in 2011 we can see that six reported an increase in the use of restrictive interventions and seven reported a reduction in use. There was notable percentage increase in the Adult Mental Health Unit, Mayo General Hospital, where use was up by 105% from 100 restrictive interventions in 2010 to 205 in 2011. St Vincent's Hospital reported a 55.9% increase in the use of restrictive interventions with 198 incidents in 2011 whereas there were only 127 in 2010. Use was up by a third (32.9%) in the Central Mental Hospital in 2011, from 286 in 2010 to 380 in 2011.

Conversely, the Department of Psychiatry, Midland Regional Hospital, Portlaoise reported a 70.8% reduction in restrictive intervention episodes and St Joseph's Intellectual Disability Services, St John of God Hospital Limited and St Michael's Unit, South Tipperary General Hospital reported around 50% less use in 2011 than in 2010. St Brigid's Hospital, Ballinasloe reported using a third (32.7%) less restrictive interventions in 2011. There was also a marked decrease in use reported by St Brendan's Hospital with over 70% (75.8%) less restrictive interventions used in 2011. It should be noted that acute admissions for Dublin North West went to the Department of Psychiatry, Connolly Hospital in

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<sup>9</sup> The total number of restrictive interventions in 2010 includes episodes of seclusion, mechanical restraint and physical restraint. In 2011 there were no episodes of mechanical restraint reported to the Commission so 2011 figures only relate to episodes of seclusion and physical restraint.

<sup>10</sup> Only approved centres/services which were operational in 2010 and 2011 are included in this figure.

2011 and there was an increase in the use of restrictive interventions in this approved centre in 2011.

Thirty-six approved centres reported using at least one but less than 100 episodes of restrictive interventions in 2010, in 22/36 approved centres they recorded an increase in use in 2011. There were large increases in Eist Linn Child & Adolescent In-patient Unit and the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital. There was also a notable increase in the Department of Psychiatry, Connolly Hospital.

Ten out of 13 super catchment areas reported an increase in the use of restrictive interventions with the largest percentage increases in South Lee/West Cork & Kerry and Donegal/Sligo/Leitrim & West Cavan up 60% and 43% respectively. On the other hand Carlow/Kilkenny & South Tipperary and Dublin North Central & North West both reported at least a 35% decrease in use of restrictive interventions. There was an increase in the use of restrictive interventions in Child and Adolescent Services and the National Forensic Service, whereas use in the National Intellectual Disability Service and in the Independent sector fell.

**Table 7: Approved Centres use of Restrictive Interventions<sup>a</sup>. 2010 and 2011. Numbers. Difference 2010-2011. Numbers and Percentages.**

Catchment Areas	Approved Centres	Numbers			Percentages	
		2010	2011	Difference	% Change	
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>						
Dublin South East	Elm Mount Unit, St Vincent's University Hospital	42	57	15	35.7	
East Wicklow	Newcastle Hospital	59	69	10	16.9	
<b>Total Dun Laoghaire/Dublin South-East &amp; Wicklow</b>		<b>101</b>	<b>126</b>	<b>25</b>	<b>24.7</b>	
<b>Dublin West/South West &amp; South City</b>						
Dublin South City	Jonathan Swift Clinic	85	77	-8	-9.4	
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	137	160	23	16.8	
Dublin South West	St Loman's Hospital, Palmerstown <sup>b</sup>	DNU	DNU	-	-	
<b>Total Dublin West/South West &amp; South City</b>		<b>222</b>	<b>237</b>	<b>15</b>	<b>6.8</b>	
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>						
Kildare	Lakeview Unit, Naas General Hospital	95	168	73	76.8	
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	120	35	-85	-70.8	
Laois/Offaly	St Fintan's Hospital	2	3	1	50.0	
Longford/Westmeath	St Loman's Hospital, Mullingar	77	85	8	10.4	
<b>Total Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>		<b>294</b>	<b>291</b>	<b>-3</b>	<b>-1.0</b>	
<b>Cavan/Monaghan/Louth &amp; Meath</b>						
Cavan/Monaghan	Acute Psychiatric Unit, Cavan General Hospital	76	43	-33	-43.4	
Cavan/Monaghan	St Davnet's Hospital	5	7	2	40.0	
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	58	85	27	46.6	
Louth/Meath	St Brigid's Hospital, Ardee	154	172	18	11.7	
<b>Total Cavan/Monaghan/Louth &amp; Meath</b>		<b>293</b>	<b>307</b>	<b>14</b>	<b>4.8</b>	
<b>Dublin North</b>						
Dublin North	Hawthorn Unit, Connolly Hospital <sup>c</sup>	-	DNU	-	-	
Dublin North	Joyce Rooms, Fairview Community Unit <sup>c</sup>	-	47	-	-	
Dublin North	O'Casey Rooms, Fairview Community Unit <sup>c</sup>	-	DNU	-	-	
Dublin North	St Ita's Hospital - Mental Health Services	142	129	-13	-9.2	
<b>Total Dublin North</b>		<b>142</b>	<b>176</b>	<b>34</b>	<b>23.9</b>	
<b>Dublin North Central &amp; North West</b>						
Dublin North Central	St Aloysius Ward, Mater Misericordiae Hospital	46	13	-33	-71.7	
Dublin North Central	St Vincent's Hospital	127	198	71	55.9	
Dublin North West	Department of Psychiatry, Connolly Hospital	19	153	134	705.3	
Dublin North West	St Brendan's Hospital	618	149	-469	-75.9	
Dublin North West	Sycamore Unit, Connolly Hospital	DNU	DNU	-	-	
<b>Total Dublin North Central &amp; North West</b>		<b>810</b>	<b>513</b>	<b>-297</b>	<b>-36.7</b>	
<b>North Lee &amp; North</b>						
North Cork	St Stephen's Hospital	34	33	-1	-2.9	
North Lee	Carraig Mór Centre	10	31	21	210.0	



**Table 7: Approved Centres use of Restrictive Interventions<sup>a</sup>. 2010 and 2011. Numbers. Difference 2010-2011. Numbers and Percentages. continued**

Catchment Areas	Approved Centres	Numbers			Percentages	
		2010	2011	Difference	% Change	
North Lee	St Michael's Unit, Mercy Hospital	66	77	11	16.7	
<b>Total North Lee &amp; North Cork</b>		<b>110</b>	<b>141</b>	<b>31</b>	<b>28.2</b>	
<b>South Lee/West Cork &amp; Kerry</b>						
Kerry	Acute Mental Health Admission Unit, Kerry General	46	91	45	97.8	
Kerry	St Finan's Hospital	8	10	2	25.0	
South Lee	South Lee Mental Health Unit, Cork University Hospital	42	70	28	66.7	
South Lee	St Finbarr's Hospital	0	0	-	-	
West Cork	Centre for Mental Health Care & Recovery, Bantry	23	19	-4	-17.4	
<b>Total South Lee/West Cork &amp; Kerry</b>		<b>119</b>	<b>190</b>	<b>71</b>	<b>59.7</b>	
<b>Waterford &amp; Wexford</b>						
Waterford	Department of Psychiatry, Waterford Regional Hospital	63	154	91	144.4	
Waterford	St Otteran's Hospital	0	0	-	-	
Wexford	St Senan's Hospital	97	42	-55	-56.7	
<b>Total Waterford &amp; Wexford</b>		<b>160</b>	<b>196</b>	<b>36</b>	<b>22.5</b>	
<b>Carlow/Kilkenny &amp; South Tipperary</b>						
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	41	50	9	22.0	
Carlow/Kilkenny	St Canice's Hospital	DNU	DNU	-	-	
Carlow/Kilkenny	St Dymphna's Hospital <sup>d</sup>	DNU	DNU	-	-	
South Tipperary	St Luke's Hospital, Clonmel	1	DNU	-1	-100.0	
South Tipperary	St Michael's Unit, South Tipperary General Hospital	120	55	-65	-54.2	
<b>Total Carlow/Kilkenny &amp; South Tipperary</b>		<b>162</b>	<b>105</b>	<b>-57</b>	<b>-35.2</b>	
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>						
Donegal	Department of Psychiatry, Letterkenny General <sup>e</sup>	40	96	56	140.0	
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit	49	31	-18	-36.7	
<b>Total Donegal/Sligo/Leitrim &amp; West Cavan</b>		<b>89</b>	<b>127</b>	<b>38</b>	<b>42.7</b>	
<b>Mid-West</b>						
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	78	100	22	28.2	
Clare	Cappahard Lodge	DNU	DNU	-	-	
Clare	Orchard Grove <sup>f</sup>	1	0	-1	-100.0	
Limerick	Acute Psychiatric Unit 5B, Midwestern Regional	15	14	-1	-6.7	
Limerick	St Joseph's Hospital	1	6	5	500.0	
Limerick	Tearmann Ward and Curragour Ward, St Camillus'	4	2	-2	-50.0	
<b>Total Mid-West</b>		<b>99</b>	<b>122</b>	<b>23</b>	<b>23.2</b>	
<b>West</b>						
East Galway	St Brigid's Hospital, Ballinasloe	101	68	-33	-32.7	
Mayo	Adult Mental Health Unit, Mayo General Hospital	100	205	105	105.0	
Mayo	An Coillín	31	9	-22	-71.0	
Mayo	St Anne's Unit, Sacred Heart Hospital	DNU	DNU	-	-	

**Table 7: Approved Centres use of Restrictive Interventions<sup>a</sup>. 2010 and 2011. Numbers. Difference 2010-2011. Numbers and Percentages. continued**

Catchment Areas	Approved Centres	Numbers			Percentages
		2010	2011	Difference	% Change
<b>West continued</b>					
Mayo	Teach Aisling	2	7	5	250.0
Roscommon	Department of Psychiatry, County Hospital Roscommon	37	23	-14	-37.8
West Galway	Department of Psychiatry, University Hospital Galway	51	113	62	121.6
<b>Total West</b>		<b>322</b>	<b>425</b>	<b>103</b>	<b>32.0</b>
<b>National Forensic Service</b>					
National Forensic Service	Central Mental Hospital	286	380	94	32.9
<b>National Intellectual Disability Service</b>					
National ID Service	St Joseph's Intellectual Disability Services	1,327	735	-592	-44.6
<b>Child and Adolescent Service</b>					
C&A Service	Adolescent In-patient Unit, St Vincent's Hospital	47	18	-29	-61.7
C&A Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital <sup>b</sup>	18	145	127	705.6
C&A Service	Eist Linn Child & Adolescent In-patient Unit <sup>h</sup>	5	49	44	880.0
C&A Service	Warrenstown Child & Adolescent Inpatient Unit	27	12	-15	-55.6
C&A Service	Willow Grove Adolescent Unit, St Patrick's University	4	4	-	-
		<b>101</b>	<b>228</b>	<b>127</b>	<b>125.7</b>
<b>Independent</b>					
N/A	Bloomfield Care Centre	DNU	2	2	100.0
N/A	Hampstead Private Hospital	DNU	DNU	-	-
N/A	Highfield Private Hospital	DNU	DNU	-	-
N/A	Lois Bridges	0	0	-	-
N/A	Palmerstown View, Stewart's Hospital <sup>i</sup>	67	16	-51	-76.1
N/A	St Edmundsbury Hospital	0	0	-	-
N/A	St John of God Hospital Limited	540	295	-245	-45.4
N/A	St Patrick's Hospital	126	127	1	0.8
		<b>733</b>	<b>440</b>	<b>-293</b>	<b>-40.0</b>
<b>Total</b>	<b>All Approved Centres</b>	<b>5,370</b>	<b>4,739</b>	<b>-631</b>	<b>-11.8</b>

a The total number of restrictive interventions in 2010 includes episodes of seclusion, mechanical restraint and physical restraint. In 2011 there were no episodes of mechanical restraint reported to the Commission, therefore, 2011 figures for restrictive interventions only relate to episodes of seclusion and physical restraint.

b St Loman's Hospital, Palmerstown closed in April 2011.

c These approved centres opened in 2011 Hawthorn Unit, Connolly Hospital (March), Joyce Rooms, Fairview Community Unit (September), O'Casey Rooms, Fairview Community Unit (March).

d St Dymphna's Hospital closed in October 2011.

- e *The Acute Psychiatric Unit, Carnamuggagh closed in September 2011 and the service transferred to the Department of Psychiatry, Letterkenny General Hospital. For the purpose of this report all data for this service are reported under the Department of Psychiatry, Letterkenny General Hospital.*
- f *Orchard Grove closed in August 2011.*
- g *St Anne's Child and Adolescent Unit closed in January 2011 and the service transferred to the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital. For the purpose of this report all data for this service are reported under the Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital.*
- h *The Child and Adolescent Mental Health In-patient Unit, St Stephen's Hospital closed in March 2011 and the service transferred to Eist Linn Child and Adolescent In-patient Unit. For the purpose of this report all data for this service are reported under Eist Linn.*
- i *Palmerstown View, Stewart's Hospital closed in July 2011.*

## 6. Conclusion

This is the Commission's fourth annual activity report on the use of seclusion and restraint. It highlights that the number of episodes of seclusion and mechanical restraint have decreased in the last four years but physical restraint use has increased.

Standard 8.3 of the *Quality Framework for Mental Health Services* – "Corporate Governance which underpins the management and delivery of the mental health service" recognises that services need to be monitored and evaluated to establish what is working and what needs to be done differently. Services should use the data presented in these annual reports along with additional data collected on the Register for Seclusion, Register for Mechanical Means of Bodily Restraint and the Clinical Practice Form for Physical Restraint and other information captured in clinical files to inform reviews and audits in their own service.

One of the principal functions of the Commission is to promote, encourage and foster the establishment and maintenance of high standards and good practices in the delivery of mental health services. We are currently involved in various pieces of work that are related to the use of restrictive interventions. In 2012, we completed a consultation exercise on a Seclusion and Physical Restraint Reduction strategy and it is envisaged that such a strategy will be implemented nationwide. In order to address the limitations of collecting data in aggregate format we will be introducing new data collection templates, to collect individual service user and episode level data, in 2013. The new data templates were piloted in a number of approved centres in the second half of 2012. Finally, more in-depth research into the use of seclusion is underway through the Mental Health Commission/Royal College of Surgeons of Ireland PHD research programme "An analysis of the use of seclusion in clinical mental health practice in Ireland", which commenced in 2011.

We would like to express our sincere thanks all those involved in returning the information requested which has enabled this report to be completed.

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## Appendix 1 - Data Collection Templates used in 2011

### Report on the Use of Seclusion

Information should be sourced directly from the Seclusion Register			
1.	Quarter:	Year: 2011	
2.	Approved Centre Name		
			Total
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)		
4.	Number of Patients that were placed in seclusion. Only enter the same patient/person once.		
		Female	Male
5.	Gender (breakdown of patients)		Total
6.	Continuous Duration of Seclusion		
	0 to 30 minutes		
	31 to 60 minutes		
	1- 4 hours		
	4 - 8 hours		
	Other duration, please specify the actual total duration in hours and minutes (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: 2011</b>	
<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 (breakdown of patients)</b>		<b>Total</b>
<b>6.</b>	<b>Duration of Mechanical Means of Bodily Restraint</b>		
	<b>0 to 15 minutes</b>		
	<b>16 to 30 minutes</b>		
	<b>31 to 45 minutes</b>		
	<b>46 to 60 minutes</b>		
	<b>Other (please specify)</b>		
<b>7.</b>	<b>Type of Mechanical Restraint Used (list each type of mechanical restraint used only once with the number of times used in the total number column)</b>		
<b>8.</b>	<b>Report Completed by:</b>		
	<b>Name:</b>	<b>Job title:</b>	
	<b>Date (dd/mm/yyyy):</b>		

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**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: 2011</b>	
<b>2.</b>	<b>Approved Centre Name</b>		
			<b>Total</b>
<b>3.</b>	<b>Number of Episodes 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>Total</b>
<b>5.</b>	<b>Gender (breakdown of residents)</b>		
			<b>Total</b>
<b>6.</b>	<b>Duration of Episodes of Physical Restraint</b>		
	<b>0 to 15 minutes</b>		
	<b>16 to 30 minutes</b>		
	<b>31 to 45 minutes</b>		
	<b>46 to 60 minutes</b>		
	<b>Other (please specify)</b>		
<b>7.</b>	<b>Form Completed by:</b>		
	<b>Name:</b>		
	<b>Job title:</b>		
	<b>Date (dd/mm/yyyy):</b>		



## Appendix 2: Population by Super-Catchment Area

Super Catchment Area	Numbers	
	2006 Population	2011 Population
Dun Laoghaire/Dublin South-East & Wicklow	372,107	426,170
Dublin West/South West & South City	389,750	412,209
Kildare/West Wicklow/Laois/Offaly/Longford & Westmeath	457,244	513,176
Cavan/Monaghan/Louth & Meath	390,636	437,049
Dublin North	222,049	244,362
Dublin North Central & North West	312,472	337,124
North Lee & North Cork	248,470	271,333
South Lee/West Cork & Kerry	372,660	393,201
Waterford & Wexford	255,593	250,577
Carlow/Kilkenny & South Tipperary	205,245	218,747
Donegal/Sligo/Leitrim & West Cavan	238,317	259,621
Mid-West	361,028	379,327
West	414,277	445,356
<b>Total</b>	<b>4,239,848</b>	<b>4,588,252</b>

### Notes regarding 2011 population figures

As acute admissions from the Gorey area are now directed to Newcastle Hospital, Greystones the catchment population for Waterford/Wexford do not include the relevant Electoral Divisions (EDs) from the former catchment area of Wexford Mental Health services but are included in the catchment population for East Wicklow.

From 31st October 2011 patients from North Tipperary previously admitted to St Michael's Unit, Clonmel are admitted to the Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis. The population for Clare Mental Health Catchment Area has thus been adjusted to include the EDs for North Tipperary.



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