Sample PMVA Training Course Outlines

STAGE ONE: 1 DAY REFRESHER PMVA COURSE

STAGE TWO: 2 DAY CORE PMVA COURSE

STAGE THREE: 3-4 DAY PMVA CORE + CONFLICT MANAGEMENT COURSE

More:
To discuss this course for your organisation,

Contact John Davies or Nick Attard today on 01446 740 411

Or email: info@basistraining.co.uk
STAGE ONE 1 DAY UPDATE CONTROL & RESTRAINT/PMVA/PBM/MOVA/MVA/MAV

To achieve the outcomes a student must:

1. Understand the Law in relation to the use of physical restraint.
2. Evaluate the risks associated with physical restraint and consider methods to reduce the risks.

THE STAGE ONE COURSE IS FOR THOSE CANDIDATES THAT ONLY NEED TO UPDATE THEIR SKILLS AND IS DELIVERED OVER A ONE DAY PERIOD

1. Delegates to demonstrate non-pain compliant methods of control and how to safely apply them and if required demonstrate more restrictive methods of control and when they should be used

2. Remember the importance of Incident reports and de-briefing for all involved in restraint

Course Programme

- Refresher on Breakaway techniques
- Refresher on Laws covering restraint
- Reminder of the use of your communication skills to prevent restraint wherever possible
- Positional asphyxia risks
- Corporate manslaughter act – and how it effects you
- Reminder of the holds to be used in restraint
- The use of non-pain compliant methods of control – 2, 3 and 4 man teams
- Teamwork: Contact and Cover
- Shepherding, Figure of four.
- The more restrictive figure of four, dealing with a client that spits
- From figure of four into thumb in palm techniques
- The different approaches using 2 or 3 in the team
- To the chair, the rest position, and defusing / Change overs
- Taking clients through door ways
- Restrictive methods of control (flexion, finger & thumb hold) where identified by risk assessment
- Controlled take down onto the knees then into the prone position
- Prone rest position, de-escalation & defusing techniques / The take up to standing position from prone
- From prone into supine position / Rest position in supine / Take up from supine position
- Techniques for seclusion (If required)
- Incident Reporting and De-briefing
- Refresh on techniques
- Question and answer time
- The what “ifs”
- Remember the most important aspect is to try to defuse and de-escalate – if possible try to avoid restraint

This is a sample programme which can be adapted for your specific needs.
## ESSENTIAL INFORMATION

<table>
<thead>
<tr>
<th>Essential Info</th>
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<tbody>
<tr>
<td><strong>Who should attend?</strong></td>
</tr>
<tr>
<td>• All employees who work within an environment where there is a requirement for the use of restraint</td>
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<tr>
<td><strong>Teaching methods</strong></td>
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<tr>
<td>• Group Discussions</td>
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<tr>
<td>• Demonstration &amp; Practice Under Observation</td>
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<tr>
<td><strong>Duration of course</strong></td>
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<tr>
<td>• One-day refresher training for those who have experience of restrictive physical intervention with 2 trainers delivering the course</td>
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<tr>
<td><strong>Number of delegate places</strong></td>
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<tr>
<td>• Minimum 4</td>
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<td>• Maximum 16</td>
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<tr>
<td><strong>Trainers Qualifications</strong></td>
</tr>
<tr>
<td>• Follow the <strong>ICM code of practise</strong> and the <strong>all Wales NHS Passport</strong> The company has also been accorded <strong>ICM Quality Award Centre status (QAC Registration Number QAC2022)</strong> which means that all physical breakaway skills have been risk assessed and have fulfilled the criteria set out by the <strong>ICM Quality Award</strong>. Trainers are ENB A74 Qualified.</td>
</tr>
</tbody>
</table>

The Institute of Conflict Management has awarded Basis Training (UK) Limited With the Quality Award Centre Status (QAC Registration Number QAC2022) 
Relating to:
Element 1: Training Design.
Element 2: Training Delivery.
Element 3 Training Evaluation & Feedback

The publication by the Department of Health “Positive & Proactive Care: reducing the need for restrictive intervention” state the following: **(127. There are no universally accepted standards for the use of physical restraint although both the British Institute of Learning Disabilities (BILD)44 and the Institute of Conflict Management (ICM)45 offer voluntary quality accreditation schemes)** If you require a copy of the report please look at the ICM website.

![basis training logo]

THE STAGE TWO COURSE IS FOR THOSE CANDIDATES THAT ARE NEW TO CONTROL & RESTRAINT TRAINING AND IS DELIVERED OVER A TWO-DAY PERIOD

1. Demonstrate non-pain compliant methods of control and how to safely apply them

2. Where required demonstrate more restrictive methods of control and when they should be used

3. Understand the importance of Incident reports and de-briefing for all involved in restraint

Course Programme

- Breakaway techniques and introduction to the dangers of restraint
- Criminal & Common Law in relationship to restraint
- The Children’s Act (If required) / Health & Safety at Work Legislation
- Human Rights Acts / Deprivation of Liberty (DOL) issues
- The use of your communication skills to prevent restraint wherever possible
- Positional asphyxia risks
- Corporate manslaughter act – and how it effects you
- Introduction to the holds to be used in restraint
- The use of non-pain compliant methods of control – 2, 3 and 4 man teams
- Teamwork: Contact and Cover
- Shepherd, Figure of four.
- The more restrictive figure of four, dealing with a client that spits
- From figure of four into thumb in palm techniques
- The different approaches using 2 or 3 in the team
- To the chair, the rest position, and de-escalation / Change overs
- Taking clients through door ways
- Restrictive methods of control (flexion, finger & thumb hold) where identified by risk assessment
- Controlled take down onto the knees then into the prone position
- Prone rest position, de-escalation & defusing techniques / The take up to standing position from prone
- From prone into supine position / Rest position in supine / Take up from supine position
- Techniques for seclusion (If required)
- Demonstration of techniques that should not be used
- Incident Reporting and De-briefing
- Refresh on techniques
- Question and answer time
- The what “ifs”
- Remember the most important aspect is to try to defuse and de-escalate – if possible try to avoid restraint

This is a sample programme which can be adapted for your specific needs.
### ESSENTIAL INFORMATION

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<th>• All employees who work within an environment where there is a requirement for the use of restraint</th>
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</table>
| Teaching methods  | • Power Point presentation covering the use of restraint  
|                   | • Group Discussions  
|                   | • Demonstration & Practice Under Observation  
| Duration of course| • Two-day training for those who have no experience of restrictive physical intervention with 2 trainers delivering the course |
| Number of delegate places | • Minimum 4  
|                   | • Maximum 16 |
| Trainers Qualifications | • Follow the ICM code of practise and the all Wales NHS Passport The company has also been accorded ICM Quality Award Centre status (QAC Registration Number QAC2022) which means that all physical breakaway skills have been risk assessed and have fulfilled the criteria set out by the ICM Quality Award. Trainers are ENB A74 Qualified. |

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Element 1: Training Design.  
Element 2: Training Delivery.  
Element 3 Training Evaluation & Feedback

The publication by the Department of Health “Positive & Proactive Care: reducing the need for restrictive intervention” state the following:  

(127. There are no universally accepted standards for the use of physical restraint although both the British Institute of Learning Disabilities (BILD)44 and the Institute of Conflict Management (ICM)45 offer voluntary quality accreditation schemes) If you require a copy of the report please look at the ICM website.
Law, Regulations and Guidance. The four days is designed for those who work within a high risk environment

The following information gives an overview of the topics covered during the 3 days. Candidates are expected to actively participate in group exercises, general discussion and will be required to demonstrate effective team working skills. A requirement of all candidates is a reasonable level of fitness and general health in order to participate in the physical elements of the course and all candidates will need to complete a fitness questionnaire in order to ascertain this

(DAY 1)

Summary of Outcomes:

1. Develop an understanding of Law relating to the management of conflict
2. Assess & apply a risk assessment to all risks associated with dealing with conflict
3. Understand the importance of effective communication skills
4. Understanding the risks associated with lone working & applying principals of safe working
5. Identify post incident support & reporting procedures within your organisation
6. Realise that breakaway & self-defence techniques are only used when all other options have failed.
7. Assess, & use your environment, thus working out the quickest possible escape route, to minimise confrontation.

Programme Day 1:

- Introduction to workplace violence.
- Health and Safety at Work Legislation: Sections 2, 3, 7 & 8
- Regulations 3, 8 and 14 of Managing Health and Safety at Work
- Self-awareness (Understand the 4 stages of anger)
- Proactive service delivery (Betari’s box)
- Communication skills & barriers to communication (Dementia, Mental Health, Culture, Pain etc)
- Signalling non aggression
- Defusing and calming (Understanding the assault cycle)
- High risk conflict
- Lone working protocol
- Post incident support
- Have an understanding of how the suing culture works and defence against it.
- Escape from wrist grabs, body grabs, hair & clothing grabs.
- Breakaway from strangulations including attacker using ligatures.
- Dealing with punches, head butts, kicks, & groin attacks.
- How to deal with assaults whilst on the floor.
- Intervention techniques to break up fights
- Use of defensive body positioning & personal space.
- Aspects of good communication skills.
- The "what if’s".
Summary of outcomes

To achieve the outcomes a student must:

1. Understand the Law in relation to the use of physical restraint.
2. Evaluate the risks associated with physical restraint and consider methods to reduce the risks.
3. Demonstrate non-pain compliant methods of control and how to safely apply them
4. Where required demonstrate more restrictive methods of control and when they should be used
5. Understand the importance of Incident reports and de-briefing for all involved in restraint

Course Programme

- Introduction to the dangers of restraint
- Criminal & Common Law in relationship to restraint
- The Children’s Act (If required) / Health & Safety at Work Legislation
- Human Rights Acts / Deprivation of Liberty (DOL) issues
- The use of your communication skills to prevent restraint wherever possible
- Positional asphyxia risks
- Corporate manslaughter act – and how it effects you
- Introduction to the holds to be used in restraint
- The use of non-pain compliant methods of control – 2,3 and 4 man teams
- Teamwork: Contact and Cover
- Shepherding, Figure of four.
- The more restrictive figure of four, dealing with a client that spits
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- Controlled take down onto the knees then into the prone position
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- Demonstration of techniques that should not be used
- Incident Reporting and De-briefing
- Refresh on techniques
- Question and answer time
- The what “ifs”
- Remember the most important aspect is to try to defuse and de-escalate – if possible try to avoid restraint

This is a sample programme which can be adapted for your specific needs.
On the fourth day for high risk environments the following will be covered with more practice time:

- Restrictive methods of control (flexion, finger & thumb hold)
- Controlled take down onto the knees then into the prone position
- Prone rest position, de-escalation & defusing techniques / The take up to standing position from prone
- From prone into supine position / Rest position in supine / Take up from supine position
- Seclusion and releases to leave
- Trouble drills
- Interventions for emergency medical aid

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