

COVID-19

Resumption Of Restraint Training: Infection Prevention And Control Precautions Clinical Guidance For NHS Scotland



Scottish Government
Riaghaltas na h-Alba
gov.scot

Version History

Version	Date	Summary of changes
V1.0		
V2.0		
V3.0		

1. Further Information

For more information on COVID see the COVID guidance section of our website, www.gov.scot/coronavirus.

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3. Introduction

This document provides guidance for the NHS in Scotland to enable the safe resumption of all aspects including the practical application of restraint training. The aim being to ensure the workforce continues to have the skills and competencies required to provide safe, effective person centred care.

4. Main Points

- Essential that effective infection prevention and control standards are in place to enable all aspects of Restraint training to be re-established whilst minimising the spread of Covid 19.

5. Infection Prevention And Control Precautions Prior To Attending Restraint Training

- All healthcare personnel are required to complete a self-evaluation regarding fitness to undertake training this should now include a screening Question regarding any Covid 19 symptoms either for the staff member themselves or anyone they live with. In addition the Individual should tell the training personnel if they feel unwell during the remainder of the day.
- Healthcare personnel should also be provided with advice regarding suitable clothing and footwear prior to attending training, attendees should be reminded that they will also be wearing Personal Protective Equipment (PPE) and therefore should take this into consideration when preparing for the session.
- Anyone who display symptoms, or are in contact with anyone who displays symptoms of any infection should postpone training until they are fit and well.
- Healthcare personnel should be advised prior to attendance regarding the provision of PPE for the training session.
- Healthcare personnel should be trained in safe donning and doffing of PPE that they are required to wear at the start of each training session. The Violence and Aggression Team and the Infection Prevention and Control Team should consider utilising a train the trainers approach for this element of the programme.
- Healthcare personnel should be advised regarding bringing their own lunch (if required) and ensuring they have adequate supplies of water for the duration of the training course. Water hydrants and coolers should not be utilised.

6. Infection Prevention And Control Precautions During Training

- Healthcare personnel undertaking the training should be organised into small groups and remain within these for the duration of the training programme.
- In the case of Violence And Aggression training appropriate PPE for the task should be worn. This should be in line with PPE worn for the intervention in the clinical environment. (<https://www.gov.scot/publications/coronavirus-covid-19-clinical-guidance---using-physical-restraint-for-patients/>)
- Hand hygiene must be undertaken on removal of PPE and if required during the training session. Facilities should be available either in the training room or an area close by. Alcohol Based Hand Rub (ABHR) should be available for use in the training room or via the use of a personal alcohol based hand rub.
- Healthcare personnel should physically distance when able to such as during the theoretical aspect of training and at break times. Face masks should be used at all times.
- Tutors should also consider the need for additional breaks and encourage regular hydration, given that the Trainees are wearing PPE, this can not only be uncomfortable but also there is a risk of overheating.

7. Infection Prevention And Control Precautions On Completion Of The Training Programme.

- All PPE must be removed disposed of as per guidelines and all trainees should undertake hand hygiene.

8 Additional Information For Trainers.

- Tutors should train in smaller groups to support physical distancing, consideration should be given to providing a number of members of the same clinical team training as they are already in daily contact.
- When pairing up the trainees should stick to the same partner(s) throughout the training and minimise contact with others in their training session.
- Participants should not take part in any demonstration techniques - there should be 3 tutors (or 1 person supporting techniques demo ('in the middle') and 2 tutors.
- The Tutors are responsible for ensuring the suitability of the training environment and that all necessary facilities are available.
- They are also responsible for liaising with Domestic Services to ensure environmental cleaning is undertaken following all training sessions.

- PPE should be disposed in line with standard infection prevention and control precautions.
- Equipment used in the training sessions must be decontaminated by the Tutors as detailed in the National Infection Prevention and Control Manual following use and at the end of each session and recorded.
- Communal water fountains should not be used, staff should bring their own drinks and should not share them with others

Please follow the link to access the Scottish Government Guidance regarding using restraint during the Covid 19 Pandemic:

<https://www.gov.scot/publications/coronavirus-covid-19-clinical-guidance---using-physical-restraint-for-patients/>

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