

## AIMS

To be able to manage violence and aggression safely and effectively

## DURATION

3 Days Training (18 hours)

## LEARNING OUTCOMES

By the end of this course you will:

- Be aware of the consequences of Violence and Aggression
- Know examples of challenging behaviour
- Recognise the key legislation relating to Managing Violence and aggression
- Know the five key parts of the assault cycle
- Be aware of the risk factors that can precipitate violence and aggression
- Know how to take steps to prevent episodes of violence and aggression
- Be aware of the causes and signs of escalation
- Understand effective ways to de-escalate aggressive and violent episodes
- Understand why rapid tranquilisation is used
- Understand what is meant by Reasonable Force
- Recognise correct technique to use in restraints
- Be-aware of no-go areas of the body
- Recognises the dangers and signs of positional asphyxia

## LESSONS AND TOPICS

### Violence and Aggression

- Defining Violence and Aggression
- Why Is Restraint Used?
- When Is Restraint Needed?
- Consequences of Violence and Aggression
- Poor Management
- Challenging Behaviour

### Legislation

- Common Law
- Human Rights Act (1998)
- Mental Health Act (1983)
- Mental Capacity Act (2005)
- RIDDOR (2013)
- Health and Safety at Work Act (1974)
- The Management of Health and Safety at Work Regulations (1999)

### The Assault Cycle

- What Is the Assault Cycle?
- The Triggering Events
- Escalation
- Crisis
- Recovery
- Post-Crisis Depression

### Risk Factors of Violence and Aggression

- Patient Risk Factors
- Environmental Risk Factors
- Victim Trends

### Prevention

- Environment
- Risk Management

### De-Escalation

- Causes of Escalation
- De-Escalating
- Awareness and Assessment
- Acting

### Medication

- Rapid Tranquilisation
- P.R.N. Medication
- Commonly Used P.R.N. Medication
- Using P.R.N. Medication

### Restraint

- Reasonable Force
- Provisions
- Techniques
- No-Go Areas
- Positional Asphyxia
- Ligation Cutters
- Responding to Someone with A Ligation
- Case Studies

### Practical Techniques

- Safe Floor Techniques – Face Up and Face Down
- Standing to Sitting
- Assisted Walking
- Teams of Two or Three
- Breakaways