

Safe Holds

AIMS

To understand how to safely handle distressed behaviour

DURATION

2 Day Course (12 Hours)

LEARNING OUTCOMES

By the end of this course you will:

- Gain an understanding of the health conditions which might trigger distressed behaviour
- Be aware of legislation to protect vulnerable people
- Know how distressed behaviour is defined
- Recognise the key causes of distressed behaviour
- Know how to respond effectively to distressed behaviour
- Understand how person-centred care planning can prevent distressed behaviour
- Know how to document and report incidents effectively
- Demonstrate how to safely break away from grabs and holds
- Demonstrate correct safe hold techniques

LESSONS AND TOPICS

Health Conditions

- Learning Disabilities
- Autism
- ADHD
- ODD
- Mental Health
- Associated Conditions

Legislation

- Safeguarding Vulnerable Groups
- Children Acts
- Human Rights
- Care Act

Distressed Behaviour

- Defining distressed behaviour
- Types of distressed behaviour
- Aggression
- Causes of aggression
- De-escalating
- Reactive strategies
- Proactive strategies
- Medication

Care Planning

- Person-Centred Care
- Critical information
- Positive Behaviour Support
- Managing risks
- Documentation and reporting

Safe Holds – Practicals

- Demonstrate how to safely break away from grabs and holds
- Demonstrate correct safe hold techniques

Breakaway Techniques

- De-escalation
- Wrist grab - 1 and 2 hands
- Hair grab - 1 and 2 hands, top, front and rear
- Clothing grab - 1 and 2 hands, front and rear
- Chokes – front and rear
- Bites – single and assisted removal
- Scratches

Intervention

- Friendly come alongs
- Double forearm
- Thumb in palm
- Clenched fist
- Safely holding whilst toileting and showering
- Sitting person
- 1 and 2 person assisted walking
- Safely holding people whilst conducting personal care
- Standing personal care

