

# Restrictive physical interventions and the clinical holding of children and young people

Guidance for nursing staff



**Publication**

This is an RCN practice guidance. Practice guidance are evidence-based consensus documents, used to guide decisions about appropriate care of an individual, family or population in a specific context.

**Description**

Where the use of restrictive physical interventions or clinical holding of children and young people is concerned, nurses must consider the rights of the child. This guidance is aimed at nursing staff to develop policies, practices and educational programmes in their workplace.

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# 1. Introduction

This guidance is not intended to be a comprehensive manual covering all situations and methods; instead it is a set of principles and key references which will help nurses to develop policies, practices and educational programmes in their workplace, in conjunction with other members of the multidisciplinary team. The governing body of organisations providing health care should approve the implementation of policies; including ensuring staff receive necessary training focused on proactive and preventative strategies and training in order to practice any necessary techniques competently.

This guidance applies to all children and young people receiving health care interventions.

However, for those being nursed under the Mental Health Act 1983 (as amended 2007), to ensure all patients receive high quality and safe care, there is specific statutory guidance on different forms of restrictive intervention (an-11.9 (g)45103-2 (l)-.8 (v)-4 C7-10.1 1

# 2. Restrictive physical intervention and clinical holding

# 3. Definitions

## **Restrictive physical intervention**

Restrictive physical intervention is increasingly replacing the term 'physical restraint'. It is described as "any method which involves some degree of direct force to try and limit or restrict movement" (Restraint Reduction Network 2019). It should be necessary, proportionate and justifiable and only used to prevent serious harm. Any use of planned or unplanned restrictive physical intervention should be carried out using the least restrictive interventions and for the minimum amount of time.

# 4. The principles of good practice

## General principles



# 5. Training





Restraint Reduction Network (2019)

. BILD publications, Birmingham

Royal College of Nursing (2013)

London: RCN

Royal College of Nursing (2006)

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