

Positive & Safe News Letter

August - September 2022



Information and Resource

If you require a reminder about any PMVA techniques, remember you don't need to wait until your refresher - you can speak to one of the PMVA instructors on your ward who will be happy to help.

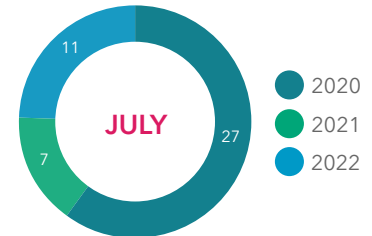
If you would like to discuss any aspect of the newsletter further, feel free to contact the Professional Development Team.

Please write a reflection / discussion point / share your thoughts with us by email and you could feature in next months newsletter. Send anything you would like to share, this might include new research, an article, feedback from staff or a patient that you have spoken to, or an example of how your practice has changed because of your learning.

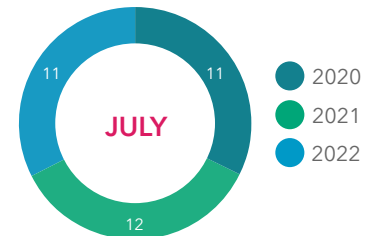
Send to:

ajackson@cheswoldparkhospital.co.uk or rcooper@cheswoldparkhospital.co.uk

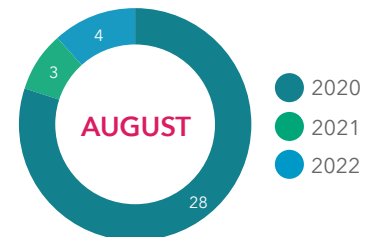
Restraints



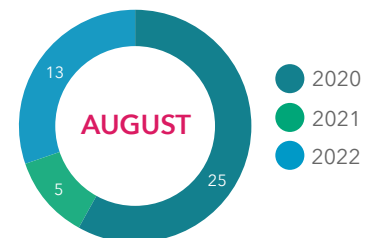
Seclusion



Restraints



Seclusion



PMVA Drop in Dates for August:

Please call into the professional development office, or contact us on 209 for any PMVA related questions / technique refreshers.

October

Mon - 3rd
Mon - 10th
Mon - 17th
Mon - 24th

November

Mon - 7th
Mon - 14th
Mon - 21st
Mon - 28th





SIX WAYS TO PRACTICE GROUNDING with anxiety and intense emotions

1

2

3

4

5

6

BODY - lay on the ground, press your toes into the floor, squeeze playdough

5 SENSES - wear your favourite sweatshirt, use essential oils, make a cup of tea

SELF-SOOTHE - take a shower or bath, find a grounding object, light a candle

OBSERVE - describe an object in detail: colour, texture, shadow, light, shapes

BREATHE - practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8

DISTRACT - find all the square or green objects in the room, count by 7s, say the date

Function	What it Does	When it Happens	What to Do
Sensory	Provides stimulation to the pleasure zone of the brain	Anytime, especially when anxious or excited	Provide deceleration techniques and redirect to more appropriate behaviours
Escape	Removes undesired activities, interactions or situations	When task is too understimulating, hard, easy, boring or undesired	Provide a 'first, then, when' prompt, offer choices, or alter length of task
Attention	Provides access or awareness to / from people or interactions	When social attention is desired	Provide positive reinforcement or attention before the behaviour happens
Tangible	Provides preferred activities or items	When a preferred activity or item is wanted / desired	Provide a transition activity / object, increase accessibility