

# Positive & Safe News Letter

May 2023

Cheswold Park



The RRN have developed a Restraint inequalities Toolkit which we will be using to develop our PMVA pack of the future.

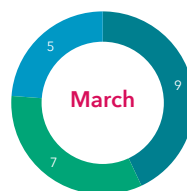
Please see this link for the toolkit:

This toolkit was commissioned by NHS England in support of its work seeking to reduce the use of restrictive practices.

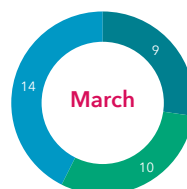
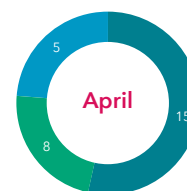
Research has shown that certain groups of people are more likely to be experience restraint than others. This is called restraint inequality. Restraint inequalities are the preventable, disproportionate and unjust use of force on certain groups of people or populations.

The RRN Inequalities Toolkit aims to support healthcare practitioners to recognise their own unconscious bias and take steps to reduce this. The Toolkit offers guidance on how to address unconscious bias and subsequent restraint inequalities, to help ensure that everyone receives rights respecting care and treatment.

Restraints



Restraints



Seclusion

Seclusion

## Top tips to reduce restraint inequalities

### 5 TOP TIPS

for challenging unconscious bias and reducing restrictive practices

1 Accept that you are human, therefore you are biased.



2 Read about, learn from and talk to people different from you.



3 Make the invisible, visible:  
• search for your own biases.  
• reflect on your actions.



4 Act on data and evidence.



5 Validate people's experiences and feelings that might be different to yours.

## PMVA Drop in Dates for June & July

Please feel free to come and see the PMVA team on the dates below, you can help us identify good practice, raise any concerns or just revisit any techniques you need a refresher on.

In the professional development office.

### June 10am

6th

13th

20th

27th

### July 2pm

6th

13th

20th

27th



## 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 or any PMVA issues in general, feel free to contact the Professional Development Team.

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