



**Health
Information
and Quality
Authority**

An tÚdarás Um Fhaisnéis
agus Cáilíocht Sláinte

Regulation and Monitoring
of Social Care Services

Self-assessment questionnaire Restrictive practice thematic programme

Special Care Units

Safer Better Care

Introduction

This self-assessment questionnaire has been developed by the Chief Inspector of Social Services within the Health Information and Quality Authority (HIQA) to aid service providers to prepare for the Chief Inspector's restrictive practice thematic programme.

It is organised according to the themes and standards in the National Standards for Special Care (2014). Service providers are advised to consult the guidance document for this thematic programme when completing this questionnaire.

Judgment Descriptors

The following table shows the judgment descriptors used to assess performance against each of the eight themes in the Standards. These are also the judgment descriptors that inspectors will use when they have carried out a restrictive practice thematic inspection.

Compliant	Substantially Compliant
Residents enjoyed a good quality of life where the culture, ethos and delivery of care were focused on reducing or eliminating the use of restrictive practices.	Residents received a good, safe service but their quality of life would be enhanced by improvements in the management and reduction of restrictive practices.

How to complete this form

This self-assessment questionnaire is an editable PDF document. This means you do not need to print it out to complete it. Simply select the options with your computer mouse and use your keyboard to enter text.

You will be asked a series of questions relevant to each of the eight themes in the National Standards. Questions will be a mix of 'Yes' or 'No' and 'free text' responses. Some responses are required fields. When you have answered the questions under each theme you will be asked to make a judgment on your performance against the Standards under that theme.

Service Details

Click in the boxes below to add responses about your centre.

Centre Name	
OSV	
Name of person completing form	
Role	
Date	

Dimension: Capacity and Capability

Theme: Leadership, Governance and Management	
Standard 5.1 The special care unit performs its functions as outlined in relevant legislation, regulations, national policies and standards to protect each child and promote their welfare.	
Standard 5.2 The special care unit has effective leadership, governance and management arrangements in place with clear lines of accountability	
Standard 5.3 The special care unit has a publicly available statement of purpose that accurately and clearly describes the services	
Does your service have clear policies, procedures or guidance on restrictive practices, safeguarding and risk management that are in line with legislative requirements, regulations and national policy and standards?*	Yes
	No
Does the statement of purpose clearly outline the specific care needs that the service can meet?*	Yes
	No
Does your service ensure that it only admits residents that it can provide the appropriate care and supports for in line with the service's statement of purpose at the time of admission?*	Yes
	No
Does your service and person in charge keep themselves informed of new models, approaches and best practice in relation to restrictive practices?	Yes
	No
Has your service ensured that the risk management policy is effectively implemented in relation to restrictive practices?*	Yes
	No
Has your service ensured that all strip searches conducted in the service are in line with a clear procedure that takes into account children's relevant circumstances and needs, for example, previous trauma, gender and cultural sensitivities?	Yes
	No
Does the registered provider have systems in place to assess the proportionality of restraint/restrictive practice to the risk? For example, the number of staff involved in a restraint?	Yes
	No
Are there effective arrangements in place to facilitate persons employed in the special care unit to raise concerns about the quality and safety of the special care provided generally or the special care provided to any specific child detained in the special care unit?*	Yes
	No

What system (if any) is in place to record, monitor and review the unplanned or emergency use of restrictive practices or restrictive practices that are outside of the provider's approved model of intervention?

(100 word limit)

How do you monitor restrictive practices and risk management in your centre to assure yourself that they are used in line with best practice and guidance with the aim of reducing or eliminating their use?

(100 word limit)

Outline the strategies and objectives which promote and continuously strives for a culture of openness whereby care, support and the environment is minimally restrictive?

(100 word limit)

Additional information on responses above:

(100 word limit)

JUDGMENT – Please tick the box which best reflects your performance under this theme

Compliant

Substantially Compliant

Theme: Responsive Workforce

Standard 7.2

Staff have the required competencies to manage and deliver child-centred, effective and safe services to children.

Standard 7.3

Staff are supported and supervised to carry out their duties and promote and protect the care and welfare of children.

Standard 7.4

Training is provided to staff to improve the outcomes for children

Is there recognition / mechanisms in place to ensure all staff are aware of the potential detrimental impact of the prolonged or routine use of restrictive practices on children and young people?	Yes
	No
How do you ensure staff have the required competencies to manage and deliver child-centred, effective and safe services to all residents? (100 word limit)	
Are staff appropriately supervised to ensure that any use of restrictive practices is in line with guidance and best practice?*	Yes
	No
Where restrictive practices are unavoidable, do staff ensure they are used safely in line with policies, procedures and guidance?	Yes
	No
Do your staff receive training in legislation that pertains to restrictive practices, behavior management and human rights based care?*	Yes
	No
Does the person in charge ensure that staff receive adequate training regarding children's rights, which includes their responsibilities to uphold and promote all children's rights?	Yes
	No
Where restrictive practices are required, do staff receive appropriate training in their most appropriate and safe use?*	Yes
	No
Do staff actively maintain a least restrictive environment and are restrictive practices used only when absolutely necessary?	Yes
	No

Are there periodic reviews by the provider, of the effectiveness of the provider approved models of crisis intervention used?	Yes
	No

How does your service measure the impact and effectiveness of the training provided?

(100 word limit)

Additional information on responses above:

(100 word limit)

JUDGMENT – Please tick the box which best reflects your performance under this theme

Compliant

Substantially Compliant

Theme: Use of Resources

Standard 6.1 The use of available resources is planned and managed to provide child-centred, effective and safe service to children.

How does your service ensure that the supports and resources made available are effective in promoting a least restrictive environment?

(100 word limit)

Are there effective contingency arrangements in place which ensure children's rights are protected and promoted during periods of staff shortages?*

Yes

No

Are there effective arrangements in place which ensure that no child experiences restrictive practices, as a result of inadequate staffing? For example, a reduction in children's approved activities outside of the special care unit or prolonged periods of time in their bedrooms.

Yes

No

Are all other, less restrictive options considered and or attempted prior to implementing a restrictive practice? For example, additional staffing, specialist supports and services, specialist training)?

Yes

No

If yes, please provide examples:

(100 word limit)

Additional information on responses above:

(100 word limit)

JUDGMENT – Please tick the box which best reflects your performance under this theme

Compliant	Substantially Compliant
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Theme: Use of Information**Standard 8.1**

Information is used to plan and deliver child-centred, safe and effective residential services and supports.

Does your service collect and analyse information on the use of restrictive practices in the centre?	Yes
	No
Does your service use data to promote quality improvement and promote a restraint-free environment?	Yes
	No
Is learning shared with the staff and integrated into the service's culture?	Yes
	No
Additional information on responses above: (100 word limit)	

JUDGMENT – Please tick the box which best reflects your performance under this theme

Compliant	Substantially Compliant
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Dimension: Quality and Safety

Theme: Child-centred services

Standard 1.1

The rights and diversity of each child are respected and promoted.

Standard 1.2

The privacy and dignity of each child are respected.

Standard 1.3

Each child exercises choice and experiences effective care as part of a programme of special care.

Standard 1.4

Each child has access to information, provided in an accessible format that takes account of their communication needs.

Standard 1.5

Each child participates in decision-making, has access to an advocate, and consent is obtained in accordance with legislation and current best-practice guidelines.

Standard 1.7 Each child's complaints and concerns are listened to and acted upon in a timely, supportive and effective manner.

Is each child's right to live in the least restrictive environment respected and actively promoted, in so far as is practicable, by the person in charge and staff?	Yes
	No
Does the person in charge ensure that children's choices and expressed needs and preferences are not subject to unnecessary restrictions?*	Yes
	No
Does your service ensure that where restrictive practices are in place, adequate arrangements are in place to ensure these do not infringe on children's rights to maintain personal relationships in line with their assessed needs/care plan?	Yes
	No
Where restrictive practices are unavoidable, are children involved in the decision-making process?	Yes
	No
Are any restrictions on children's access to information proportionate to risks and are these restrictions regularly reviewed to assess their continued necessity?	Yes
	No
If restrictive practices are unavoidable, does the person in charge ensure they are used in a manner that protects children's privacy and dignity?*	Yes
For example in relation to his or her personal living space.	No
Are there effective systems in place which ensure that children's experience of restrictive practices is sought and clearly recorded?	Yes
	No
Where children's views or opinions on a restrictive practice indicates disagreement and or differs from that of the staff team, are there adequate arrangements in place for meaningful consideration of children's views?	Yes
	No
Are children informed of the reason they have experienced a restrictive practice and are they supported to understand and recover?	Yes
	No
Has your service ensured that each child has, in so far as is reasonably practicable, opportunities to participate in activities in accordance with their interests and developmental needs and opportunities to develop life skills in preparation for adulthood?*	Yes
	No

How does the person in charge ensure that where restrictive practices are used that they do not interfere with children's rights to maintain relationships, participate in activities in accordance with their interests and preferences?

(100 word limit)

How do you ensure that each child, in accordance with his or her wishes, can participate in and contribute to decisions about his or her care and support?

(100 word limit)

What arrangements are in place to promote children's rights to exercise appropriate choice and control in their daily life and to exercise their civil and legal rights? Include arrangement in place for children to access advocacy services and information about their rights?

(100 word limit)

Additional information on responses above:

(100 word limit)

JUDGMENT – Please tick the box which best reflects your performance under this theme

Compliant	Substantially Compliant
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Theme: Effective Services

Standard 2.1

Each child is placed in special care, in accordance with his or her identified needs and subject to the relevant legal authority.

Standard 2.2

Each child has a programme of special care which details their needs and outlines the supports required to maximise their personal development.

Standard 2.3

The special care unit is homely and promotes the welfare, dignity and safety of each child, consistent with the provision of safety and security.

Has the person in charge consulted with each child's allocated social worker in relation to the child's needs and the restrictive practices that need to be used to keep the child safe while they are in special care?*	Yes
	No
Has the person in charge ensured that a programme of special care for each child includes, but is not limited to, details of all necessary restrictive practices in accordance with the child's placement support and behaviour support plan?*	Yes
	No
When a child's placement plan identifies the potential need for restrictive practices, is adequate consideration given to a child's individual history, circumstances and potential impact of restrictive practices?	Yes
	No
Have all restrictive practices been identified and appropriately assessed?	Yes
	No
Is the placement support plan and behaviour support plan sufficiently detailed to guide consistent, effective and safe implementation of the restrictive practice?	Yes
	No
Has the person in charge ensured that restrictive practices are not coercive and are not implemented for the purpose of forcing compliance?	Yes
	No
Are placement support plans and behavior support plans regularly reviewed with a view to reducing or eliminating the use of restrictive practices?	Yes
	No
Does your service ensure that the following considerations are embedded in the assessment and personal planning process where restrictive practices are being proposed:	

<ul style="list-style-type: none"> ▪ The specific circumstances where the restrictive practice is being considered 	Yes No
<ul style="list-style-type: none"> ▪ The identified risk is not being caused by a failure to meet the person's basic needs and or fundamental rights and diversity, for example, nutrition and hydration, medical and or healthcare needs, a safe environment, access to meaningful activities, contact with family, social and community engagement, and emotional wellbeing 	Yes No
<ul style="list-style-type: none"> ▪ The rights and dignity of the person are taken into account 	Yes No
<ul style="list-style-type: none"> ▪ That alternative, less-restrictive measures are considered which would address the risk 	Yes No
<ul style="list-style-type: none"> ▪ The psychological and physiological risks in using the restrictive practice? 	Yes No
<ul style="list-style-type: none"> ▪ That the proposed restrictive practice is proportionate to the identified risk 	Yes No
<ul style="list-style-type: none"> ▪ There is evidence to support the efficacy of the restrictive practice in addressing the identified risk to the person 	Yes No

<ul style="list-style-type: none"> ▪ The child, social worker, staff and or advocates where appropriate, are involved in the decision-making process 	Yes No
<ul style="list-style-type: none"> ▪ The proposed restrictive practice is the least restrictive option for the shortest possible duration 	Yes No
Has your service ensured that the programme of care is therapeutic and trauma informed?	Yes No
Is the child and their family aware of the care practices and operational policies of the special care unit - specifically the practice policies in relation to positive behavioural support and the use of restrictive practices?	Yes No
Does your service provide information regarding care practices and operational policies in an accessible and age appropriate format?	Yes No
Does your assessments have multidisciplinary input to ensure restrictive practices are used in accordance with national policies and best practice?	Yes No
Does the accommodation provided allow for each child to have their own space for privacy that is not unduly impacted by restrictive practices?*	Yes No
Does the person in charge ensure that any restriction on access to water or power in a child's room is based on a comprehensive risk assessment and implemented in line with best practice principles in the implementation of restrictive practices?	Yes No
Is the accommodation provided allow for restrictive practices including physical restraints, to be carried out safely?	Yes No
Is there is a policy in place on the use of closed circuit television (CCTV) that is informed by relevant legislation and there use does not intrude on children's privacy?	Yes No
Has your service ensured that where CCTV systems are used, they do not intrude on children's privacy?	Yes No

Has the person in charge ensured that children understand the purpose of CCTV?	Yes No
Please describe how your service reviews restrictive practices on a regular basis in line with the needs of the resident: <i>(100 word limit)</i>	
Additional information on responses above: <i>(100 word limit)</i>	

JUDGMENT – Please tick the box which best reflects your performance under this theme

Compliant	Substantially Compliant
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Theme: Safe Services

Standard 3.1

Each child is safeguarded from abuse and neglect and their protection and welfare is promoted.

Standard 3.2

Each child experiences care that supports positive behaviour and emotional wellbeing.

Standard 3.3

Children are not subjected to any restrictive procedure unless there is evidence that it has been assessed as being required due to a serious risk to the safety and welfare of the child or that of others.

Standard 3.4

Incidents are managed and reviewed in a timely manner and outcomes inform practice at all levels.

Are all children placed in the special care unit protected from all forms of harm and abuse when restrictive practices are used and any concerns arising are reported in line with Children First Act 2015?*	Yes
	No
Does the person in charge have adequate arrangements in place to protect children from harm when using restrictive practices?	Yes
	No
Are all children safeguarded from restrictive practices that unduly infringe on their rights or are implemented for reasons other than their safety and welfare?*	Yes
	No
If restrictive practices are assessed as necessary for one child, are there adequate arrangements in place to ensure that they do not impact on the rights or experience of others?	Yes
	No
When restrictive practices are used, are they the least restrictive measure and are applied for the shortest time necessary or until the risk is over?	Yes
	No
Are there arrangements in place to protect children from harm, promote the least restrictive environment in which physical restraints are used only when absolutely necessary and in line with national policy?*	Yes
	No
Are personal searches including strip searches conducted only based on risks?	Yes
	No

<p>Are there adequate arrangements in place which ensure that where personal searches are considered necessary, there is a clear decision making procedure and rational recorded on every occasion?</p>	<p>Yes</p> <p>No</p>
<p>Does the procedure in place ensure that children's individual history and circumstances, are effectively considered, prior to conducting a personal search?</p>	<p>Yes</p> <p>No</p>
<p>Do staff demonstrate an awareness of the potential significant impact of strip searches on children, including the potential impact on developing trusting relationships with staff?</p>	<p>Yes</p> <p>No</p>
<p>Are there clear mechanisms, including training and management oversight, which ensure that the significant impact on children of personal searches are fully recognised by the staff?</p>	<p>Yes</p> <p>No</p>
<p>How do you ensure that risk in the centre is managed in a way that is least restrictive to all residents, including 'rights restraints'?</p> <p><i>(100 word limit)</i></p>	
<p>Please provide details of any proactive strategies, designed to improve the child's life including; supports, environmental changes and mechanisms for teaching new skills or behaviours?</p> <p><i>(100 word limit)</i></p>	

Additional information on responses above:
(100 word limit)

JUDGMENT – Please tick the box which best reflects your performance under this theme

Compliant	Substantially Compliant
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Theme: Health and Development

Standard 4.1

The health and development of each child is promoted.

Standard 4.2

Each child receives an assessment and is given appropriate support to meet any identified need.

Standard 4.3

Educational opportunities are provided to each child to maximise their individual strengths and abilities.

Has each child undergone a full assessment of need which informs the use of any restrictive practices for that child?*	Yes
	No
Are there effective mechanisms in place for evaluating the impact of use of restrictive practices on the mental health and physical wellbeing of each child?	Yes
	No
Are there mechanisms in place which ensure an effective response to any negative impact of a restriction or physical intervention on a child, to minimise poor outcomes and or trauma for the child?	Yes
	No
Does each child have access to any specialist supports they require, to support their care and reduce the need for restrictions?	Yes
	No
Is there adequate clinical input into decision on the use of single separation and physical restraint on children?	Yes
	No
Has the registered provider ensured that both staff and children understand the use of chemical restraint including the use of 'as required or Pro Re Nata' (PRN) sedative medication?	Yes
	No
Are there effective systems in place which ensure any negative impact of PRN sedative medication is recognised, recorded and reviewed? For example, impact on school attendance and or a child's capacity to engage in their placement.	Yes
	No
Has your service ensure that all staff understand the inappropriateness of use of mechanical restraints for any purpose within the special care unit?	Yes
	No

Has your service ensured that restrictive practices have a minimal negative impact on the child's education?	Yes No
What mechanisms in place which ensure that a child is monitored, and/or clinically evaluated during restrictive practices - including a period of single separation and/or a physical restraint? <i>(100 word limit)</i>	
How is the physical safety ensured for children who are subject to persistent and frequent use of restraints, whether they be physical, chemical and environmental? <i>(100 word limit)</i>	
Additional information on responses above: <i>(100 word limit)</i>	

JUDGMENT – Please tick the box which best reflects your performance under this theme

Compliant	Substantially Compliant
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