

CHALLENGING BEHAVIOUR TOOLKIT

**TOOL 5**

## Education and training framework



**Government  
of South Australia**

SA Health

# Education and Training Framework for Preventing and Responding to Challenging Behaviour

## 1. Aim

The Framework describes activities to:

- 1.1 assist in the implementation of the Preventing and Responding to Challenging Behaviour Policy Directive and the Challenging Behaviour Safety Management Policy Guideline
- 1.2 guide the consistent selection or procurement; development; and delivery of effective learning programs across SA Health for all workers. This will ensure a skilled, capable, confident and engaged workforce, and enable dedicated training professionals to train workers at a level appropriate to Challenging Behaviour risk in their work setting
- 1.3 describe core and mandatory learning requirements/minimum standards for skills and knowledge of workers
- 1.4 ensure that all workers complete the SA Health eLearning module Introduction to Preventing and Responding to Challenging Behaviour, at Induction, as a minimum standard, accessed via the SA Health Digital Media e-Learning webpage
- 1.5 ensure that all SA Health workers, including managers, develop the necessary skills, capabilities, knowledge and behaviour to prevent and respond to potential challenging behaviour, violence and aggression

## 2. Objectives of the Education and Training Framework

The Framework objectives are to:

- 2.1 meet their obligations to ensure that all workers receive sufficient training, instruction and supervision to enable them to work safely, for example, ensuring that all workers complete the mandatory SA Health Digital Media eLearning module - Introduction to Preventing and Responding to Challenging Behaviour, at induction/commencement of employment. Further reference may be made to the SA Health Work Health Safety and Injury Management Policy Directive
- 2.2 guide annual analysis of training needs, to determine which workers require training and education, and what skills, knowledge, attitudes, values and abilities they require in addition to the SA Health eLearning module - Introduction to Preventing and Responding to Challenging Behaviour
- 2.3 guide delivery of learning programs(both theoretical e Learning and physical skill courses), including the frequency of refreshers or updates, to meet training needs and level of risk associated with the work role and health setting

- 2.4 guide development of learning programs that will support workers to:
- maintain their own safety and that of other people
  - provide patient -centred and evidence-based care at each stage of challenging behaviour, that is prevention (primary risk control), early intervention and response (secondary risk control), during (tertiary risk control) and after a challenging behaviour event (post incident risk control)
  - minimise the use of restrictive practices
  - operate as a high functioning team
  - act in accord with relevant SA Health policies and legislation, including protections and consequences for workers and patients, relevant to challenging behaviour
  - analyse, take appropriate actions, learn, debrief, recover and seek support, as required following an incident
  - document post-incident debrief with workers and patients, follow up actions to inform strategies to decrease likelihood of behaviour escalation and supports needed for workers
- 2.5 guide evaluation of the learning programs in enabling desired outcomes, that is effective prevention, appropriate response to challenging behaviour, and post incident recovery.

## 3. Principles

All education and training strategies will be based around the principles outlined in the Preventing and Responding to Challenging Behaviour Policy Directive. Key principles are:

- 3.1 delivering workforce education and training strategies that result in skilled, culturally competent, high performance teams with expertise tailored to the clinical context and health service in which they work
- 3.2 identifying best practice clinical care as a major focus in improving the safety and quality of healthcare
- 3.3 providing patient -centred trauma informed care and respecting all rights of patients and consumers, including health care rights
- 3.4 implementing processes for ongoing monitoring, evaluation and reporting on trends and targeted improvements.

Training and education do not substitute for effective risk control measures, but are critical to ensuring thorough implementation of prevention and risk management strategies.

## 4. Basis of an effective learning program

- 4.1 A variety of appropriate training modes, learning resources and flexible training delivery is used to:
- meet the different needs of workers, work groups, students and volunteers
  - match adult learning principles and recognise prior learning
  - suit the differing skills and knowledge being taught
  - match local context and support preventative measures being implemented locally.
- 4.2 Learning programs that are developed, delivered, updated, recorded and evaluated by clinical educators with relevant qualifications and experience. Collaborators include, but not being limited to clinical experts, managers, consumers, clinical governance and work health and safety
- 4.3 Learning programs that include current evidence-based content; are multidisciplinary, patient-centred, culturally inclusive and teamwork-focused; that contribute to professional development points and credentialing; and are linked with induction, continuing professional development, annual performance agreements and other accountability systems as applicable.

## 5. Training needs analysis

- 5.1 Annual training needs analysis (TNA) will determine which workers require training and education, when and how frequently, and also, their learning needs (skills, knowledge, attitudes, values and abilities, i.e. competence). As well as individual differences, learning needs will depend on:
- the workers role, responsibilities and accountabilities
  - the types of patients, consumers and members of the public they provide service to, and the health conditions they present with
  - the workers they are responsible for
  - frequency and types of challenging behaviour encountered
  - the workplace environment
- 5.2 Upon completing a training needs analysis, a tiered approach may assist the implementation of required education and training programs, for example:
- Tier 1: All workers must complete the SA Health eLearning module Introduction to preventing and responding to challenging behavior, at Induction
  - Tier 2: Identified high risk setting or high risk clinical workers must complete theoretical and practical de-escalation technique training
  - Tier 3: All workers who have a specialised function must complete further specialised training, for example: Paediatrics Mental Health workers, Emergency Response Teams, in addition to having completed both eLearning modules *An Introduction to Preventing and Responding to Challenging Behaviour* and *Minimising Restrictive Practices*
- 5.3 Existing training, both theoretical and practical, will be reviewed annually
- 5.4 Refresher training frequency, after initial theoretical and practical training, will be determined via health settings risk profile, for example, high risk settings should complete theoretical and practical refreshers annually

## 6. Core skills and knowledge

6.1 The E-Learning course, Preventing and responding to Challenging Behaviour provides accessible core information, and is a mandatory requirement for all SA Health workers at induction.

6.2 The behaviours and attitudes, learning objectives, knowledge, skills required by categories of workers of health services are described in the Appendix.

6.3 The level of knowledge, skill and performance required by a worker is determined by their role, responsibilities and level of accountability for patient and worker safety.

- Level 1 Foundation knowledge and performance elements are required by all categories of health care workers, and are outlined for Category 1 workers.
- Level 4 Organisational knowledge and performance elements are required by health care workers in Category 4.
- Specialist team education and training, for example, security officers, are referred to in Table 4.

6.4 There are step-wise additions to the training requirements for workers in each category in different roles.

6.4.1 Workers who are more frequently responding to challenging behaviour require more detailed knowledge and skill development, including the opportunity to practice both theoretical and physical de-escalation and communication skills.

6.4.2 Managers require skills and knowledge about prevention and responding to, reporting and reviewing serious incidents, and best practice in support of workers and patients, including skills in debriefing and open disclosure.

6.4.3 Workers who approve, authorise or apply restrictive practices require additional specialised training; this includes members of an emergency response team who approve, authorise or apply restrictive practices.

6.5 Learning needs can be categorised as:

6.5.1 Underpinning knowledge

- causes of challenging behaviour in health services, for example:
  - risk-screening and assessing underpinning medical conditions that may place patients at risk of challenging behavior
  - patients with special care needs (e.g. vulnerable people) which may place them at risk of challenging behavior
  - behaviour which may lead to challenging behavior
- consequences for patients and workers
- risks for patients and workers associated with the use of restrictive practices
- awareness of how own behaviour may aid or escalate challenging behaviour
- legislative framework.

6.5.2 SA Health policy and guidelines

- commitment and approach, roles and responsibilities, procedures and protocols.

6.5.3 How to participate in prevention and responding to challenging behaviours, at each stage

- fundamental principles and processes of risk management, hazard identification and risk assessment
- prevention (Primary risk controls)
- early intervention (Secondary risk controls)
- during challenging behaviour (Tertiary risk controls)
- after an incident (post incident risk controls).

#### 6.5.4 Teamwork, consultation and communication

- the ward, unit clinical or other team
- engaging with patients, family, carers, substitute decision makers and guardians
- external teams, for example an emergency response team or security officers
- interagency communication and collaboration, for example, between SA Health and SA Police, Team review and support during and post incident
- TeamSTEPPS 2.0AU practices and principles.

#### 6.5.5 Reporting, record keeping and using data for improvement

- mandatory reporting systems
- investigating incidents
- auditing and evaluation of action plans
- evaluation of Education and Training Framework.

Health services will evaluate the effectiveness of their education and training program with respect to the skills, knowledge available in the workforce, the ability to meet policy requirements, and the routine monitoring of outcome data arising from challenging behaviour incidents.

# Appendix

This is based on the National Patient Safety Education Framework, 2005 (Australian Council for Safety and Quality in Health Care, Commonwealth of Australia).

**Category 1 – Health service workers who provide support services (e.g. personal care workers, volunteers, transport, catering, cleaning and reception workers).**

**Category 2 – health care workers who provide direct clinical care to patients and work under supervision (e.g. ambulance officers, nurses, interns, resident medical officers and allied health workers).**

**\*Category 3 – health service workers with managerial, team leader and/or advanced clinical responsibilities (e.g. nurse unit managers, catering managers, department heads, registrars, allied health managers and senior clinicians).**

**Category 4 – clinical and administrative leaders with organisational responsibilities (e.g. CEOs, board members, directors of services and senior health department workers).**

*\*Category 3: Managers and leaders will complete full training (both eLearning and physical skills) as this improves the ability to supervise and support their teams, and ensures that all levels of workers have a common approach to challenging behaviour risk*

Table 1	Behaviours and Attitudes.....	5
Table 2	Understanding .....	6
Table 3	Knowledge.....	7
Table 4	Skills.....	9
Table 5	Additional education and training requirements:	
	– for specialist teams that are most likely to be involved with the application of restrictive practices e.g. skill to apply restrictive practice, risk of applying restrictive practice, emergency first aid	
	– for Emergency Response Team members and/or equivalent teams	
	– for security officers as authorised officers in enforcing hospital by-laws	
	– Clinicians in Acute Mental Health Inpatient units and Emergency Departments.....	11

**TABLE 1 – BEHAVIOURS AND ATTITUDES**

CATEGORY 1	CATEGORY 2	CATEGORY 3	CATEGORY 4
<p>Committed to:</p> <ul style="list-style-type: none"> <li>&gt; the principles outlined in the SA Health Preventing and Responding to Challenging Behaviour policy directive</li> <li>&gt; the principles outlines in the SA Health Minimising Restrictive Practices policy directive</li> <li>&gt; maintaining currency of skills and knowledge, including recognising how:               <ul style="list-style-type: none"> <li>- own actions (non-verbal and verbal) can trigger/escalate/de-escalate challenging behaviours (behaviours influence behaviours)</li> <li>- responses to an escalating situation can reinforce behaviours</li> </ul> </li> <li>&gt; participating in:               <ul style="list-style-type: none"> <li>- strategies to prevent and de-escalate challenging behaviour (risk control measures)</li> <li>- strategies to minimise restrictive practices</li> <li>- learning and recovery from incidents</li> <li>- improving own and multidisciplinary teams performance and safety.</li> </ul> </li> <li>&gt; patient centred care and upholding patients health care rights</li> <li>&gt; customer service principles, respectful behaviour principles, (for example, treat those in our care respectfully), effective communication and complaint handling</li> <li>&gt; giving priority to both personal safety and the safety of others when confronted with challenging behaviour, for example maintaining self-control and calmness</li> <li>&gt; being a positive role model, demonstrating, maintaining professionalism listening, problem solving, compromise and collaboration in dealing with safety issues.</li> </ul>	<p>Committed to all from Category 1 and:</p> <ul style="list-style-type: none"> <li>&gt; providing least restrictive care</li> <li>&gt; reduction of harm from challenging behaviour</li> <li>&gt; high level inclusive and culturally competent</li> <li>&gt; Improving information provision to patients, carers and consumers, shared decision-making and informed consent</li> <li>&gt; Improving health literacy.</li> </ul>	<p>Committed to all from Category 2 and:</p> <ul style="list-style-type: none"> <li>&gt; meeting the requirements outlined in the SA Health policy directives</li> <li>&gt; enabling a positive patient experience</li> <li>&gt; review and investigation of incidents:               <ul style="list-style-type: none"> <li>- learning from incidents</li> <li>- Quality improvement activities</li> <li>- leading and supporting:                   <ul style="list-style-type: none"> <li>• strategies to prevent challenging behaviour</li> <li>• recovery from incidents</li> <li>• multidisciplinary teamwork</li> <li>• team performance and safety culture</li> </ul> </li> <li>- monitoring relevant data.</li> </ul> </li> <li>&gt; participating in clinical governance</li> <li>&gt; ensuring lawful practices.</li> </ul>	<p>Committed to all from Category 3 and:</p> <ul style="list-style-type: none"> <li>&gt; leading clinical governance</li> <li>&gt; management of serious incidents and complaints</li> <li>&gt; allocation of resources for the provision of education and training programs</li> <li>&gt; provision of support to all people harmed by challenging behaviour</li> <li>&gt; monitoring and evaluation of incidents and of the outcomes of programs</li> <li>&gt; development of a strong positive safety culture, teamwork and better supportive work experience for people working in our health care services</li> <li>&gt; reducing organisational risk.</li> </ul>



**TABLE 2 – UNDERSTANDING**

CATEGORY 1	CATEGORY 2	CATEGORY 3	CATEGORY 4
<p>Understand:</p> <ul style="list-style-type: none"> <li>&gt; roles and responsibilities, and the requirements outlined in the SA Health Preventing and Responding to Challenging Behaviour policy directive requirements of governance and reporting</li> <li>&gt; risk factors, causes and triggers for challenging behaviour</li> <li>&gt; their role and the role of others in the health service team</li> <li>&gt; importance of:               <ul style="list-style-type: none"> <li>– teamwork and communication to support these</li> <li>– prevention strategies</li> <li>– early intervention.</li> </ul> </li> <li>&gt; limitations of their knowledge and skills and that safety is a priority</li> <li>&gt; role of incident notification and team review</li> <li>&gt; how reporting leads to quality improvement</li> <li>&gt; recovery can be supported by specific strategies.</li> </ul>	<p>Understand all from Category1, and:</p> <ul style="list-style-type: none"> <li>&gt; understanding a patients               <ul style="list-style-type: none"> <li>– underpinning medical condition i.e. screening and assessment</li> <li>– care specific to their needs e.g. disability</li> <li>– triggers for challenging behaviour (which may lead to restrictive practices being applied)</li> <li>– comfort plan/personal prevention plan/behaviour management plans</li> </ul> </li> <li>&gt; the patient and family context and the impact of their health condition on their lives</li> <li>&gt; the importance of involving patient and carers</li> <li>&gt; elements of good clinical care within scope of practice and required by patient population and location</li> <li>&gt; clinical practice systems that support or place barriers to best practice care</li> <li>&gt; quality improvement principles, including team review and incident monitoring</li> <li>&gt; legal and ethical protections and consequences for harm arising as a result of challenging behaviour or service providers response to it</li> <li>&gt; risk management principles and practice</li> <li>&gt; implications/significance of restraint and seclusion on patient wellbeing, quality of life; and impact on health service</li> <li>&gt; requirements of Patient Incident Management and Open Disclosure Policy Directive.</li> </ul>	<p>Understand all from Category 2 and:</p> <ul style="list-style-type: none"> <li>&gt; requirements of SA Health Policy Directive</li> <li>&gt; requirements of governance and reporting</li> <li>&gt; workers training needs</li> <li>&gt; the importance of following up incident reporting with team review and changes to practice</li> <li>&gt; best practice prevention strategies</li> <li>&gt; the skills and knowledge other members of the multidisciplinary team provide</li> <li>&gt; best practice clinical care and symptom management</li> <li>&gt; implications of restraint and seclusion on patient wellbeing, quality of life, workers who apply</li> <li>&gt; requirements for incident notification, team review and workers post incident debriefing</li> <li>&gt; roles of workers in prevention and management of challenging behaviour</li> <li>&gt; requirements of Open Disclosure</li> </ul>	<p>Understand all from Category 3 and:</p> <ul style="list-style-type: none"> <li>&gt; the implications and risk of challenging behaviour on the patient, carer and family</li> <li>&gt; the implications and organisational risk of challenging behaviour</li> <li>&gt; systems and evidence required to demonstrate that practice meets requirements of policy and legislation, including governance and reporting</li> <li>&gt; training and education requirements</li> <li>&gt; requirements for approved devices and, equipment to support safe restrictive practices,</li> <li>&gt; requirements for successful quality improvement projects</li> <li>&gt; data and reporting requirements.</li> </ul>

**TABLE 3 – KNOWLEDGE**

CATEGORY 1	CATEGORY 2	CATEGORY 3	CATEGORY 4
<p>Know about:</p> <ul style="list-style-type: none"> <li>&gt; procedures, protocols, for example, know local site code black and security assist procedure</li> </ul> <p><b>Prevention – strategies for risk minimisation</b></p> <ul style="list-style-type: none"> <li>&gt; customer service and communication with patients, carers, family, consumers and members of the public</li> <li>&gt; cultural awareness/inclusive and culturally competent</li> <li>&gt; complaint handling processes, and the role of the consumer advisor</li> <li>&gt; main types, key causes, triggers, risk factors, contributing factors of challenging behaviours and who is most at risk, for example, patients with special care needs, patients with underpinning medical conditions</li> <li>&gt; teamwork and communication</li> <li>&gt; skills and knowledge the multidisciplinary team provides.</li> </ul> <p><b>Early intervention – strategies to identify risk and deescalate (risk assessment and management)</b></p> <ul style="list-style-type: none"> <li>&gt; observation of the person’s behaviour and communication</li> <li>&gt; when and how to ask for assistance (Stepped response).</li> </ul>	<p>Know all from Category 1 and:</p> <ul style="list-style-type: none"> <li>&gt; basics of legal and ethical practice</li> <li>&gt; relevant SA Health policies</li> <li>&gt; local clinical governance systems</li> <li>&gt; requirements for documentation of care.</li> </ul> <p><b>Prevention – strategies for risk minimisation</b></p> <ul style="list-style-type: none"> <li>&gt; best practice treatment or management of underpinning medical conditions</li> <li>&gt; best practice screening and assessment</li> <li>&gt; comprehensive care planning, and how to engage patient and carers</li> </ul> <p><b>Monitoring for acute clinical deterioration physical/physiological and mental state)</b></p> <ul style="list-style-type: none"> <li>&gt; current approaches relevant to setting and clinical case load <ul style="list-style-type: none"> <li>– patient-centred care</li> <li>– Dignity in care,</li> <li>– Mental health first aid,</li> <li>– Trauma informed care</li> </ul> </li> <li>&gt; elements of health system design that can reduce or act as triggers to challenging behaviour – recognise safe and danger zones in the workplace, exit awareness</li> </ul> <p><b>Early intervention – strategies to identify risk and deescalate</b></p> <ul style="list-style-type: none"> <li>&gt; screening and assessment</li> <li>&gt; observation and reassessment – identifying motivators, triggers, characteristics, predictors for CB</li> <li>&gt; advanced de-escalation, defuse (secondary control measures)</li> </ul> <p><b>Monitoring patient for deterioration in behavior and mental state</b></p> <ul style="list-style-type: none"> <li>&gt; interpreting changes in patient status, in physical and mental state deterioration, that require changes to care plan to prevent the development of challenging behaviour</li> </ul>	<p>Know all from Category 2 and:</p> <ul style="list-style-type: none"> <li>&gt; legal and ethical practice , including treatment orders, plans and agreements such as advance care directives, guardianship, mental health or other orders</li> <li>&gt; authority under the hospital by-laws</li> <li>&gt; notification requirements for serious incidents</li> <li>&gt; requirements for incident reporting and investigation</li> <li>&gt; procedures and mechanisms for interagency cooperation, for example with SA Police</li> <li>&gt; requirements for evidence preservation</li> <li>&gt; requirements for safe equipment.</li> </ul>	<p>Know all from Category 3 and:</p> <ul style="list-style-type: none"> <li>&gt; establishment of clinical governance system</li> <li>&gt; education and training requirements</li> <li>&gt; the role of security services</li> <li>&gt; security threat analysis</li> <li>&gt; post incident debriefing skills</li> <li>&gt; post-incident support services, including employee assistance program (EAP) and workers early intervention and return to work programs</li> <li>&gt; procedures and mechanisms for interagency liaison, for example with insurers, SA Coroner.</li> </ul>

**TABLE 3 – KNOWLEDGE (CONTINUED)**

CATEGORY 1	CATEGORY 2	CATEGORY 3	CATEGORY 4
<p><b>During – Minimise harm, tertiary risk control strategies, resolution</b></p> <ul style="list-style-type: none"> <li>&gt; personal protection, evasion, and retreat/withdrawal techniques</li> <li>&gt; emergency and duress protocols including how and when to call Code Black or activate a duress alarm, what happens next, roles and actions of Code Black team</li> <li>&gt; what to do if there is a Code Black in the area – procedures to follow if an area needs to be evacuated.</li> </ul> <p><b>After – promoting recovery and learning</b></p> <ul style="list-style-type: none"> <li>&gt; incident review and investigation processes</li> <li>&gt; debriefing and review processes</li> <li>&gt; when and how to report challenging behaviour and restrictive practices i.e. physical, mechanical and chemical restraint , and seclusion to SLS</li> <li>&gt; When and how to report challenging behaviour resulting in worker injury or harm, e.g. physical or psychological to SLS.</li> </ul>	<p><b>During an incident – Minimise harm, tertiary risk control strategies, resolution</b></p> <ul style="list-style-type: none"> <li>&gt; maintaining patient and worker safety</li> <li>&gt; roles and responsibilities in working with ERT (Code Black team), and security workers</li> <li>&gt; strategies to minimise use of restrictive practices, and manage incidents in the least restrictive way for the shortest period of time possible.</li> <li>&gt; *approval and authority to apply restrictive practices</li> <li>&gt; *how to assist in safe application and use of restrictive practices</li> <li>&gt; *observations and monitoring of behaviour, physical/ physiological and mental state during restrictive practices i.e. physical, mechanical and chemical I restraint and seclusion.</li> </ul> <p><b>After an incident</b></p> <ul style="list-style-type: none"> <li>&gt; debriefing and other strategies that may be required to promote recovery after an incident for patients, carers and workers</li> <li>&gt; procedures for reporting, record keeping and the incident notification and investigation processes</li> </ul> <p>team review and actions to improve</p> <ul style="list-style-type: none"> <li>&gt; clinical quality improvement processes and activities such as auditing</li> <li>&gt; open disclosure principles</li> </ul>		

**TABLE 4 – SKILLS**

CATEGORY 1	CATEGORY 2	CATEGORY 3	CATEGORY 4
<p>Able to:</p> <p><b>Prevention – strategies for risk minimisation</b></p> <ul style="list-style-type: none"> <li>&gt; provide good customer service with dignity and respect</li> <li>&gt; use effective verbal and non-verbal communication skills, including listening with empathy and respect</li> <li>&gt; monitor own personal response and staying detached</li> <li>&gt; engage with and refer to multidisciplinary team as indicated</li> <li>&gt; provide information in an appropriate manner, time and format i.e. engage an interpreter for CALD people</li> <li>&gt; Provide information about patients’ rights and responsibilities</li> <li>&gt; participate in:               <ul style="list-style-type: none"> <li>– review and improvement of workflow and work practices</li> <li>– review and improvement of the service’s environment</li> <li>– drills simulating the activation of the emergency/ duress procedures.</li> </ul> </li> </ul> <p><b>Early intervention – strategies to identify risk and deescalate (risk assessment and management)</b></p> <ul style="list-style-type: none"> <li>&gt; manage complaints</li> <li>&gt; recognise vulnerable groups who require special care sensitive to their needs</li> <li>&gt; recognise underpinning medical conditions which may predispose people to challenging behaviors</li> <li>&gt; identify early signs of challenging behaviour</li> <li>&gt; initiate stepped response if the incident escalates</li> <li>&gt; use safe ways to approach a person exhibiting challenging behaviour.</li> </ul>	<p>All skills from Category 1 and able to:</p> <p><b>Prevention – strategies for risk minimisation</b></p> <ul style="list-style-type: none"> <li>&gt; screen, assess, observe, monitor (reassess) review physical/physiological and mental state, using current evidence, best practice and local protocols</li> <li>&gt; develop preventative care plans with patient</li> <li>&gt; engage the patient, family and carers in care planning and daily care in a way that supports their involvement</li> <li>&gt; implement emergency drill and learnings from drills</li> <li>&gt; review the physical environment and the workflow and systems of care, identifying areas for improvement</li> <li>&gt; develop a therapeutic environment that matches the care sensitive to patient needs.</li> </ul> <p><b>Early intervention – strategies to identify risk and deescalate (risk assessment and management)</b></p> <ul style="list-style-type: none"> <li>&gt; accurately interpreting changes in patient physical and mental state, re-assess level of risk and amend care and comfort plan(s)</li> <li>&gt; de-escalating, defusing difficult situations, helping anxious, agitated, angry people</li> <li>&gt; recognise high risk conditions and antecedents, warning signs, and risk factors for disturbed behaviour and signs of distress, agitation</li> <li>&gt; recognise (through screening and assessment) vulnerable groups who require special care sensitive to their needs</li> <li>&gt; recognise and understand underpinning medical conditions which may predispose people to challenging behaviors</li> <li>&gt; use strategies such as:               <ul style="list-style-type: none"> <li>– Sensory modulation techniques                   <ul style="list-style-type: none"> <li>• relaxation, calming and reassurance</li> <li>• distraction or diversionary strategies</li> <li>• mindfulness activities</li> </ul> </li> <li>– Positive behaviour strategies</li> <li>– Meaningful limit setting</li> </ul> </li> </ul>	<p>All skills from Category 2 and able to:</p> <ul style="list-style-type: none"> <li>&gt; review of procedures</li> <li>&gt; participate or lead clinical governance</li> <li>&gt; lead teams and lead change management</li> <li>&gt; conduct data analysis and audits of practice, and use results to plan quality improvement projects.</li> </ul> <p><b>Prevention – strategies for risk minimisation</b></p> <ul style="list-style-type: none"> <li>&gt; promote best practice assessment, prevention and management</li> <li>&gt; diagnose and treat conditions and symptoms that increase risk of challenging behaviour</li> <li>&gt; engage with and refer to multidisciplinary team as indicated</li> <li>&gt; provide training to other workers as required</li> <li>&gt; lead               <ul style="list-style-type: none"> <li>– review and improvement of workflow and work practices</li> <li>– review and improvement of the service’s environment</li> <li>– drills simulating the activation of the emergency/ duress procedures</li> </ul> </li> <li>&gt; conduct equipment audits.</li> </ul> <p><b>Early intervention – strategies to identify risk and deescalate (risk assessment and management)</b></p> <ul style="list-style-type: none"> <li>&gt; manage challenging behaviour in accord with current best practice, and in partnership with other members of a multidisciplinary team.</li> </ul>	<p>All skills from Category 3 and able to:</p> <ul style="list-style-type: none"> <li>&gt; establish governance and quality improvement to ensure best practice and improvement</li> <li>&gt; demonstrate organisational adherence with requirements of Policy directive, including governance, reporting and analysis of data, audits and other measures of compliance</li> <li>&gt; analyse data, support and evaluate quality improvement strategies</li> <li>&gt; monitor workers knowledge and skills, and training requirements.</li> </ul>

**TABLE 4 – SKILLS (CONTINUED)**

CATEGORY 1	CATEGORY 2	CATEGORY 3	CATEGORY 4
<p>During – Minimise harm, tertiary risk control strategies, resolution</p> <ul style="list-style-type: none"> <li>&gt; operate emergency/duress equipment</li> <li>&gt; take action in an emergency</li> <li>&gt; apply personal protection, evasion, and retreat/ withdrawal/exit techniques.</li> </ul> <p>After – promoting recovery and learning</p> <ul style="list-style-type: none"> <li>&gt; report incidents to SLS</li> <li>&gt; participate in:               <ul style="list-style-type: none"> <li>– debriefing</li> <li>– team review of incident</li> <li>– quality improvement projects</li> <li>– audits of practice</li> <li>– equipment audits.</li> </ul> </li> </ul>	<p>During – Minimise harm, tertiary risk control strategies, resolution</p> <ul style="list-style-type: none"> <li>&gt; encourage reasoning, calming strategies</li> <li>&gt; report incidents</li> </ul> <p>If restrictive practices are used</p> <ul style="list-style-type: none"> <li>&gt; assist with safe application</li> <li>&gt; assist with monitoring of physical/physiological and mental state and review of need for restrictive practice</li> <li>&gt; patient care required while restrictive practices are applied.</li> </ul> <p>After – promoting recovery and learning</p> <ul style="list-style-type: none"> <li>&gt; comply with reporting and record-keeping requirements</li> <li>&gt; Arrange first aid, medical care for anyone injured.</li> </ul>	<p>During – Minimise harm, tertiary risk control strategies, resolution</p> <p>If restrictive practices are used</p> <ul style="list-style-type: none"> <li>&gt; provide approval</li> <li>&gt; lead safe application</li> <li>&gt; oversee monitoring of physical/physiological and mental state</li> <li>&gt; review need for restrictive practice.</li> </ul> <p>After – promoting recovery and learning</p> <ul style="list-style-type: none"> <li>&gt; perform team review of incident and learnings</li> <li>&gt; arrange and/or conduct debriefing (team and individual)</li> <li>&gt; arrange counselling, i.e. employee assistance program (EAP), workers’ early intervention and return to work or legal assistance as required</li> <li>&gt; communicate with patient, carer and family using open disclosure practices</li> <li>&gt; initiate or participate in quality improvement activities or research.</li> </ul>	

# Specialist team education and training

Because of the need for application of physical, mechanical or chemical restraint in high risk scenarios, there is additional education and training requirements for Emergency Response Teams (ERT), Security officers/guards, emergency workers such as ambulance paramedics, and any workers who may be required to participate in an ERT and/or specialised team.

The opportunity for all members of an ERT to practice responses/drills together ensuring that roles are understood improves safety. Scenario training is an effective tool for training any team, for example, SA Ambulance service has developed training for this purpose for their workers.

**TABLE 5 – Additional education and training requirements for specialist teams that are most likely to be involved with restrictive practice application**

WHO	RECOMMENDED CONTENT OF TRAINING	
<p>Security services</p>	<ul style="list-style-type: none"> <li>&gt; Minimum contractual requirement of Security Industry training and SA Health specific training inclusive of but not limited to :</li> <li>&gt; dynamic situational risk assessment, and decision making</li> <li>&gt; understanding own limitations, and the priority of safety</li> <li>&gt; teamwork in emergency response teams – working with clinicians, SA Police and Corrections Officers</li> <li>&gt; threat and security analysis, planning and drills</li> <li>&gt; current competency in the use of physical intervention, including:               <ul style="list-style-type: none"> <li>– disengagement skills</li> <li>– holding skills and safe placement of force</li> <li>– risks associated with and the limitation of prone positions</li> <li>– coordinated team restraint technique</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>&gt; application of advanced verbal and non-verbal communication and de-escalation techniques, negotiating skills, and non-coercive limit setting skills</li> <li>&gt; responding to requests for rapid security assistance (that may escalate), duress alarms and Code Black calls</li> <li>&gt; detailed knowledge of their legal authority, for example, as a member of an Emergency Response Team, as authorised officers enforcing Hospital By-laws</li> <li>&gt; disengaging, resolution and post restraint management techniques and skill</li> <li>&gt; safe application of mechanical and physical restraint</li> <li>&gt; Trauma informed care</li> </ul>
<p>Clinician members of Emergency Response Teams (ERT) involved with physical, mechanical or chemical restraint (sedation); or emergency workers such as ambulance paramedics</p>	<p>In addition to the above:</p> <ul style="list-style-type: none"> <li>&gt; approval or authorising the use of restrictive practices</li> <li>&gt; leadership in teamwork of emergency response teams – working with security officers, SA Police and the home team caring for the patient</li> <li>&gt; detailed knowledge of legal authority for application of restrictive practices such as restraint, and reporting requirements, for example, reporting all patient incidents of restrictive practices in Safety Learning System patient incident module</li> <li>&gt; prescribers and registered health practitioners with privileges around prescribing and administering medicines and drugs should be familiar with and have received training in tranquillisation (chemical restraint, sedation), basic life support, the use of pulse oximeters, and Glasgow Coma Scale, and monitoring physical/physiological and mental state when restrictive practices are applied</li> </ul>	<ul style="list-style-type: none"> <li>&gt; personal safety and protection</li> <li>&gt; application of safe and least restrictive physical restraint techniques across age groups (adolescents/adult/older persons), and special population groups, and use, as appropriate of mechanical restraint</li> <li>&gt; review and safe cessation of restrictive practices, resolution, recovery, post incident debrief and communication, and open disclosure</li> <li>&gt; post incident reporting, review and investigation, leading to improvement.</li> </ul>

## For more information

SA Health

Safety and Quality Unit

Telephone: (08) 8226 9599

[sahealth.sa.gov.au/challengingbehaviourstrategy](https://sahealth.sa.gov.au/challengingbehaviourstrategy)

Public: I1-A1



<https://creativecommons.org/licenses>

© Department for Health and Wellbeing, Government of South Australia.  
All rights reserved. July 2020. FIS: 20082.3



**Government  
of South Australia**

SA Health