

Clinical : Mental Health  
Proactive Release: 25 February 2020

24 February 2020

9(2)(a)

Email: 9(2)(a)

Dear 9(2)(a)

### Official Information Act (1982) Request

I write in response to your Official Information Act request, received by us on 29 January 2020. This OIA is in follow-up to an initial OIA to which we responded on 22 May 2019. In this most recent OIA, you noted the following and requested additional information:

**I am now working with Psychiatrist Professor Giles Newton-Howes, and Statistician Professor Richard Arnold, to write up the results of my restraint investigation for publication in a refereed international journal.**

**Part 1: We want to compare the results to other countries. To do so, we would like to have information from each DHB in the form of:**

- **Date/ restraint duration/ restraint type, and**
- **How many distinct people were involved in the numbers of restraint events (e.g., was a single person restrained on multiple occasions, or was every event for a different person).**

*We want to know about the date so that we know whether restraint events recur within single days, and we need the duration to compare with practices in other countries that can be of significant duration (e.g., days to weeks). The restraint type will enable us to confirm that the restraint event is within the scope of our study, and also to enable international comparisons. We therefore have some further questions relating to your attached reply.*

*To remind you of my previous request, we would like to get information about restraint incidences for adult acute mental health units alone, excluding other wards. We are only concerned with what we call “mechanical restraint”, but is sometimes called “physical restraint”. We mean restraint that uses mechanical devices, such as mittens or boxing glove, lap belt, or wrist/leg, ankle restraint, bed rails, restraint chair, bed body holder, straitjacket etc.*

Part 2: We note that for your mental health units, you reported 0 incidences of physical restraint or mechanical restraint in 2008, but one incidence of physical restraint in 2018, and 5 incidences of “procedural restraint” in 2008.

- Could you please tell us what “procedural restraint” is?
- Does it ever include mechanical devices?
- Could you also provide the following breakdown for the 5 incidences of procedural restraint in 2008 and 1 incidence of Physical restraint in 2018: date/duration/restraint type and, for 2008, how many distinct people were restrained?
- Can you also please confirm that your answer is for ADULT ACUTE MENTAL HEALTH wards or if not, what population is included?

As context for this response, Counties Manukau Health (CM Health) provides health and support services to people living in the Counties Manukau region (approx. 569,400 people), as well as regional and supra-regional specialist services (Burns, Plastics and Orthopaedics). Our specialist mental health services are delivered via hospital, outpatient/ ambulatory and community-based models of care.

With regard to the questions stated above, we previously provided you with the data in the table below (Table 1):

Appendix 1 - Summary Data  
OIA 23042019 - Savage - restraint use

Division	Group	Specific Incident Type	Year																			
			2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018									
MEDICINE	ED ACUTE CARE SERVICES	Combination Personal & Mechanical Restraint	7																			
		Combination Personal Restraint & Emergency Sedation	9	2																		
		Environmental Management	1																			
		Environmental Restraint			1	1	15		3												2	
		Mechanical Restraint	2																			
		Personal Restraint	10	10	30	47	54	87	144	216	164	137	136									
		Physical Restraint			7	8	3	1	2	3	1	2	1									
		Procedural Restraint	1	18	7																	
		Seclusion			4																	
				Seclusion WITHOUT restraint					1		1	1									1	
		<b>ED ACUTE CARE SERVICES Total</b>	<b>24</b>	<b>30</b>	<b>49</b>	<b>56</b>	<b>73</b>	<b>88</b>	<b>150</b>	<b>220</b>	<b>165</b>	<b>142</b>	<b>137</b>									
MENTAL HEALTH	MENTAL HEALTH	Combination Personal & Mechanical Restraint		2																		
		Combination Personal Restraint & Emergency Sedation	9	8																		
		Environmental Restraint		4	8	6	2	8	1	4	1	3	2									
		Mechanical Restraint		1																		
		Personal Restraint	22	64	134	199	291	243	265	257	179	133	232									
		Physical Restraint			18	18	10	6	4	5	3	1	1									
		Procedural Restraint	5	29	7																	
		Seclusion	20	34	14																	
				Seclusion WITH restraint		29	55	61	93	104	149	120	157	116								
				Seclusion WITHOUT restraint		5	14	37	57	42	57	45	45	70								
		<b>MENTAL HEALTH Total</b>	<b>56</b>	<b>142</b>	<b>215</b>	<b>292</b>	<b>401</b>	<b>407</b>	<b>416</b>	<b>472</b>	<b>348</b>	<b>339</b>	<b>421</b>									
<b>Grand Total</b>			<b>80</b>	<b>172</b>	<b>264</b>	<b>348</b>	<b>474</b>	<b>495</b>	<b>566</b>	<b>692</b>	<b>513</b>	<b>481</b>	<b>558</b>									

In current use:

**Environmental Restraint**

Where a service provider intentionally restricts a consumers normal access to their environment, (e.g. locking doors or denying access to a mobility device such as a wheelchair).

**Personal Restraint**

Where a service provider uses their own body to intentionally limit the movement of a consumer (e.g. by being held).

**Physical Restraint**

Where a service provider uses equipment, devices or furniture that limits the consumers normal freedom of movement, (e.g. the use of a belt or the position of a table or fixed tray).

**Seclusion WITH/WITHOUT restraint**

Where a consumer who declines to consent is physically placed using approved restraint techniques, alone into an approved supervised seclusion room at any time, for any duration with no means of exiting freely.

(Table 1)

Your current request relates to restraints that occurred within Adult Mental Health, and that are defined as physical or mechanical restraint. We are able to provide the available data, as entered in the Incident Reporting system, on date/ restraint duration/ restraint type and person(s) were involved (**attached**).

The data for mechanical restraint is included in our response (below) to the second part of your request. Please note that we are not able to determine the type of restraint used in those restraints entered as 'seclusion with restraint' from this data.

**Part 2: We note that for your mental health units, you reported 0 incidences of physical restraint or mechanical restraint in 2008, but one incidence of physical restraint in 2018, and 5 incidences of "procedural restraint" in 2008.**

- **Could you please tell us what "procedural restraint" is?**
- **Does it ever include mechanical devices?**
- **Could you also provide the following breakdown for the 5 incidences of procedural restraint in 2008 and 1 incidence of physical restraint in 2018: date/duration/restraint type and, for 2008, how many distinct people were restrained?**
- **Can you also please confirm that your answer is for ADULT ACUTE MENTAL HEALTH wards or if not, what population is included?**

In the paragraph above, you ask questions about the restraint data that we previously reported to you in May 2019. In that data-set, there were restraints categorized as 'procedural restraint' within the Emergency Department and Mental Health during the years of 2008, 2009, and 2010.

As mentioned in our prior response, our Incident Reporting System was established in 2008 and 2009, and the system then underwent further significant changes in 2009 and 2010. As such, we do not recommend utilizing that data from that period for comparative purposes.

Furthermore, we do not hold a documented definition of the term 'procedural restraint' as it was used during this time. However, a procedural restraint is typically understood to be a restraint that is carried out using approved "holds". Mental Health staff members are trained to perform these holds, as part of our mandatory safety training (SPEC training). In this case, restraints would not include mechanical devices. You requested a breakdown of the five incidents of procedural restraint and one incident of physical restraint that occurred in our Adult Mental Health Service. The recorded data from Incident Reports is listed below (**Table 2**), giving dates, and patient identification (6 individuals), and duration – where specified.

Incident Date	Restraint duration (hh:mm:ss)	Specific Incident Type	Anonymised Pt number	Division
16/12/2008	[not specified]	Procedural Restraint	1	MENTAL HEALTH
21/11/2008	[not specified]	Procedural Restraint	2	MENTAL HEALTH
11/11/2008	[not specified]	Procedural Restraint	3	MENTAL HEALTH
31/10/2008	[not specified]	Procedural Restraint	4	MENTAL HEALTH
24/10/2008	[not specified]	Procedural Restraint	5	MENTAL HEALTH
01/11/2018	00:30:00	Physical Restraint	6	MENTAL HEALTH

**(Table 2)**

I trust this information satisfactorily answers your query. If you are not satisfied with this response you are entitled to seek a review of the response by the Ombudsman under section 28(3) of the Official Information Act.

Please note that this response or an edited version of this may be published on the Counties Manukau DHB website.

Yours sincerely,

A handwritten signature in blue ink, appearing to read 'F. Apa', with a light blue horizontal line underneath.

Fepulea'i Margie Apa  
Chief Executive Officer  
**Counties Manukau Health**

**Data for Response to Martha Savage OIA 30012020**

<b>Incident Date</b>	<b>Restraint duration</b>	<b>Specific Incident Type</b>	<b>Patient Number</b>	<b>Division</b>	<b>Year</b>
21/01/2009	[not specified]	mechanical restraint	83	MENTAL HEALTH	2009
31/12/2010	[not specified]	Physical Restraint	146	MENTAL HEALTH	2010
23/12/2010	[not specified]	Physical Restraint	352	MENTAL HEALTH	2010
04/12/2010	[not specified]	Physical Restraint	335	MENTAL HEALTH	2010
03/12/2010	[not specified]	Physical Restraint	333	MENTAL HEALTH	2010
30/11/2010	[not specified]	Physical Restraint	290	MENTAL HEALTH	2010
20/11/2010	[not specified]	Physical Restraint	304	MENTAL HEALTH	2010
01/11/2010	[not specified]	Physical Restraint	320	MENTAL HEALTH	2010
31/10/2010	[not specified]	Physical Restraint	311	MENTAL HEALTH	2010
29/10/2010	[not specified]	Physical Restraint	320	MENTAL HEALTH	2010
13/10/2010	[not specified]	Physical Restraint	102	MENTAL HEALTH	2010
16/09/2010	[not specified]	Physical Restraint	51	MENTAL HEALTH	2010
20/08/2010	[not specified]	Physical Restraint	293	MENTAL HEALTH	2010
20/08/2010	[not specified]	Physical Restraint	290	MENTAL HEALTH	2010
09/08/2010	[not specified]	Physical Restraint	290	MENTAL HEALTH	2010
07/08/2010	[not specified]	Physical Restraint	287	MENTAL HEALTH	2010
22/07/2010	[not specified]	Physical Restraint	283	MENTAL HEALTH	2010
25/05/2010	[not specified]	Physical Restraint	269	MENTAL HEALTH	2010
10/05/2010	[not specified]	Physical Restraint	262	MENTAL HEALTH	2010
29/11/2011	[not specified]	Physical Restraint	545	MENTAL HEALTH	2011
26/11/2011	[not specified]	Physical Restraint	544	MENTAL HEALTH	2011
02/09/2011	[not specified]	Physical Restraint	253	MENTAL HEALTH	2011
26/08/2011	[not specified]	Physical Restraint	472	MENTAL HEALTH	2011
24/07/2011	[not specified]	Physical Restraint	164	MENTAL HEALTH	2011
10/06/2011	[not specified]	Physical Restraint	479	MENTAL HEALTH	2011
09/04/2011	[not specified]	Physical Restraint	426	MENTAL HEALTH	2011
30/03/2011	[not specified]	Physical Restraint	410	MENTAL HEALTH	2011
17/03/2011	[not specified]	Physical Restraint	410	MENTAL HEALTH	2011
11/03/2011	[not specified]	Physical Restraint	376	MENTAL HEALTH	2011
05/03/2011	[not specified]	Physical Restraint	399	MENTAL HEALTH	2011
18/02/2011	[not specified]	Physical Restraint	390	MENTAL HEALTH	2011
10/02/2011	[not specified]	Physical Restraint	387	MENTAL HEALTH	2011
04/02/2011	[not specified]	Physical Restraint	384	MENTAL HEALTH	2011
01/02/2011	[not specified]	Physical Restraint	382	MENTAL HEALTH	2011
30/01/2011	[not specified]	Physical Restraint	381	MENTAL HEALTH	2011
21/01/2011	[not specified]	Physical Restraint	377	MENTAL HEALTH	2011
11/01/2011	[not specified]	Physical Restraint	311	MENTAL HEALTH	2011
15/11/2012	[not specified]	Physical Restraint	715	MENTAL HEALTH	2012
03/10/2012	[not specified]	Physical Restraint	150	MENTAL HEALTH	2012
19/09/2012	[not specified]	Physical Restraint	681	MENTAL HEALTH	2012
22/08/2012	[not specified]	Physical Restraint	526	MENTAL HEALTH	2012
30/07/2012	[not specified]	Physical Restraint	649	MENTAL HEALTH	2012
03/05/2012	[not specified]	Physical Restraint	602	MENTAL HEALTH	2012
12/04/2012	[not specified]	Physical Restraint	578	MENTAL HEALTH	2012
07/03/2012	[not specified]	Physical Restraint	577	MENTAL HEALTH	2012
20/01/2012	[not specified]	Physical Restraint	564	MENTAL HEALTH	2012
01/01/2012	[not specified]	Physical Restraint	88	MENTAL HEALTH	2012
26/09/2013	[not specified]	Physical Restraint	904	MENTAL HEALTH	2013
23/09/2013	[not specified]	Physical Restraint	931	MENTAL HEALTH	2013

**Data for Response to Martha Savage OIA 30012020**

25/05/2013	[not specified]	Physical Restraint	839	MENTAL HEALTH	2013
24/02/2013	[not specified]	Physical Restraint	784	MENTAL HEALTH	2013
21/02/2013	[not specified]	Physical Restraint	780	MENTAL HEALTH	2013
10/01/2013	[not specified]	Physical Restraint	751	MENTAL HEALTH	2013
08/09/2014	[not specified]	Physical Restraint	218	MENTAL HEALTH	2014
20/06/2014	[not specified]	Physical Restraint	127	MENTAL HEALTH	2014
21/02/2014	[not specified]	Physical Restraint	997	MENTAL HEALTH	2014
20/02/2014	[not specified]	Physical Restraint	996	MENTAL HEALTH	2014
30/10/2015	[not specified]	Physical Restraint	1464	MENTAL HEALTH	2015
19/10/2015	[not specified]	Physical Restraint	1449	MENTAL HEALTH	2015
17/10/2015	[not specified]	Physical Restraint	1449	MENTAL HEALTH	2015
28/06/2015	[not specified]	Physical Restraint	1351	MENTAL HEALTH	2015
01/05/2015	[not specified]	Physical Restraint	1309	MENTAL HEALTH	2015
24/09/2016	00:40:00	Physical Restraint	1670	MENTAL HEALTH	2016
09/04/2016	[not specified]	Physical Restraint	647	MENTAL HEALTH	2016
22/01/2016	[not specified]	Physical Restraint	150	MENTAL HEALTH	2016
26/12/2017	00:45:00	Physical Restraint	1257	MENTAL HEALTH	2017
01/11/2018	00:30:00	Physical Restraint	2106	MENTAL HEALTH	2018