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Bwrdd Iechyd Prifysgol  
Bae Abertawe  
Swansea Bay University  
Health Board

Cadeirydd Dros Dro/ Interim Chair: **Emma Woollett**  
Prif Weithredwr/Chief Executive: **Tracy Myhill**

**gofalu am ein gilydd, cydweithio, gwella bob amser**  
**caring for each other, working together, always improving**

Rydym yn croesawu gohebiaeth yn y Gymraeg ac yn y Saesneg. We welcome correspondence in Welsh or English.

Dyddiad/Date: 16<sup>th</sup> July 2019  
Ein Cyf / Our Ref: 19-F-037

☎ 01639 648363

✉ FOIA.Requests@wales.nhs.uk

[REDACTED]  
[REDACTED]

Corporate Services  
Headquarters  
1 Talbot Gateway  
Baglan  
Port Talbot, SA12 7BR

[REDACTED],

I refer to your Freedom of Information Act Request acknowledged by ourselves on 27<sup>th</sup> June 2019. Your request sought information relating to restraints.

Please note that from 1<sup>st</sup> April 2019 responsibility for providing healthcare services for people in the Bridgend County Borough Council area transferred from Abertawe Bro Morgannwg University Health Board to Cwm Taf Morgannwg University Health Board. In light of this change to ABMU's responsibilities, the organisation's name has changed to Swansea Bay University Health Board.

**We are interested in finding out more about how incidents where patients are restrained are managed in services, particularly in relation to when the restraint has caused harm, either physical or psychological. We aim to look at the year from 1<sup>st</sup> April 2017-31<sup>st</sup> March 2018 and request that you share the following data:**

**The number of restrictive practices that have occurred in your Health Board in this time frame so as to better understand:**

- **How many of those caused physical or psychological harm of a moderate or severe nature (as defined in Health and Social Care Act 2008 (Regulated Activities) Regulations 2014: Regulation 20, see definition and link below-1)**
- **How many incidents of restraint required the organisation to follow duty of candour procedures due to the nature or degree of harm caused (as defined in regulation 20)**
- **How many of the above resulted in Safeguarding referrals.**



Pencadlys BIP Bae Abertawe, Un Porthfa Talbot, Port Talbot, SA12 7BR / Swansea Bay UHB Headquarters, One Talbot Gateway, Port Talbot, SA12 7BR

Bwrdd Iechyd Prifysgol Bae Abertawe yw enw gweithredu Bwrdd Iechyd Lleol Prifysgol Bae Abertawe  
Swansea Bay University Health Board is the operational name of Swansea Bay University Local Health Board

**If possible we request that you provide information broken down by type of restrictive practice such as:**

- **Physical restraint (Physical restraint refers to: '*any direct physical contact where the intervener's intention is to prevent, restrict, or subdue movement of the body, or part of the body of another person*'. )**
- **Chemical restraint (Chemical restraint refers to: '*The use of medication which is prescribed, and administered for the purpose of controlling or subduing disturbed/violent behaviour, where it is not prescribed for the treatment of a formally identified physical or mental illness*'.)**
- **Mechanical restraint (Mechanical restraint refers to: '*the use of a device to prevent, restrict or subdue movement of a person's body, or part of the body, for the primary purpose of behavioural control*'.)**
- **Seclusion (Seclusion refers to: '*The supervised confinement and isolation of a person, away from other users of services, in an area from which the person is prevented from leaving*'.)**
- **Long-term segregation (Long-term segregation refers to: *a situation where, in order to reduce a sustained risk of harm posed by the patient to others, which is a constant feature of their presentation, a multi-disciplinary review and a representative from the responsible commissioning authority determines that a patient should not be allowed to mix freely with other patients on the ward or unit on a long-term basis.*)**
- **Situations which were later considered to be 'not the least restrictive option' in a debrief, investigation or other post incident discussion or process.**

Please note that Swansea Bay University Health Board provides both Forensic Mental Health and Learning Disability Services unlike other Health Boards and this must be taken into consideration when comparing figures with other Health Boards in Wales.

Within the Health Board's Mental Health Directorate, staff are trained in restraint techniques including escorting (walking) and chair restraint. The technique that takes a patient to the floor requires the patient to be restrained 'face-up'. Also included in the training is a technique to manage a situation where a patient who, during the restraint, inadvertently arrives on the floor in a face-down aspect. This technique allows staff to move the patient into a 'face-up' aspect whilst maintaining control of the patient. The training also includes how a patient will be monitored for vital signs during the restraint.

Please find attached the information you require in two separate documents for mental health and learning disabilities.

Where fewer than 5 has been indicated we are unable to provide you with the exact number as due to the low numbers, there is a potential risk of identifying individuals if this was disclosed. We are therefore withholding this detail under Section 40(2) of the Freedom of Information Act 2000. This information is protected by the General Data Protection Regulation (GDPR) and Data Protection Act 2018 and its disclosure would be contrary to the data protection principles and constitute as unfair and unlawful processing in regard to Articles 5, 6, and 9 of GDPR. This exemption is absolute and therefore there is no requirement to apply the public interest test.



I hope this information is helpful. If you require anything further please contact us at [FOIA.Requests@wales.nhs.uk](mailto:FOIA.Requests@wales.nhs.uk).

Under the terms of the Health Board's Freedom of Information policy, individuals seeking access to recorded information held by the Health Board are entitled to request internal review of the handling of their requests. If you would like to complain about the Health Board's handling of your request please contact me directly at the address below or register your complaint via [FOIA.Requests@wales.nhs.uk](mailto:FOIA.Requests@wales.nhs.uk).

If after Internal Review you remain dissatisfied you are also entitled to refer the matter to the information commissioner at the Information Commissioner's Office (Wales), 2<sup>nd</sup> Floor, Churchill House, Churchill Way, Cardiff, CF10 2HH. Telephone Number: 029 2067 8400.

Yours sincerely



Pam Wenger  
**Director of Corporate Governance**

