

File within 3rd spine

NHS number: _____
 Name: _____
 Address: _____

 Date of birth: _____
 CR number: _____

Affix patient label

**Core Care Plan
Clinically Related Challenging Behaviours**

Care Plan commencement date	Care Plan completion date
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Problem

Patient is assessed as a risk of clinically related challenging behaviour
 Intervention and/or restraint may be required to ensure their safety or the safety of others.

Goals

- To maintain the safety of the patient, staff and others
- To ensure de-escalation interventions have been attempted prior to restraint
- To ensure the least restrictive restraint is used
- To ensure restraint is carried out within an appropriate legal framework
- To maintain good assessment and record keeping

Other individual goals	Sign, Designation Date and Time

Interventions

Assess and document all underlying causes of clinically related challenging behaviour, for example:

- Infection
- Head injury
- Pain
- Medication
- Anxiety
- Acute Confusional State
- Manic episode
- Psychosis
- Hallucinations
- Dementia
- Sleep deprivation
- Alcohol and/or drug misuse
- High stimulus environment
- Disempowerment
- Recent altercations or receipt of bad news

Document if these are short term and reversible or established longer term challenges.

Consider the need for Enhanced Care and meaningful activities, as per Trust Policy; along with the implementation of Behavioural Charts CHA2914v3.

Interventions

Restraint

Assessment of Mental Capacity should be demonstrated as per Trust Policy when restraint is required - *document the assessment and outcome in the evaluation sheet.*

Persons implementing restraint must reasonably believe that restraint is necessary to prevent harm and the level of restraint used is proportionate in response to the likelihood and seriousness of harm - *document the identified risks and how many staff are required in the evaluation sheet.*

Staff applying restraint should be made aware of physical and emotional risks to the person being restrained, in particular including risk of positional asphyxia - *document how this has happened in the evaluation sheet.*

The effectiveness of the practice in meeting its aims should be continually reviewed and the practice should continue only for as long as it remains both effective and necessary - *document the review and outcome in the evaluation sheet.*

Actions

Offer the person support and reassurance - *document how this has happened in the evaluation sheet.*

Promote privacy and dignity at all times - *document how this has happened in the evaluation sheet.*

Ensure **all** staff are aware of any risks and how to call for help when required - *document how this has happened in the evaluation sheet.*

All incidents **must** be reported on DATIX and documented in the medical notes, including:

- A Mental Capacity assessment where appropriate
- Steps that were taken to de-escalate the situation prior to the use of restraint
- The duration of the restraint
- How many staff were involved
- The outcome of the situation
- Ongoing assessment and management of the patient with regards to clinically related challenging behaviour

Other individual interventions			Sign, Designation Date and Time
Care Plan activated by	Sign Print Designation	Care Plan shared with patient	Sign Print Designation
Care Plan review date:	Discontinuation date:		