

2025 Annual Report on the Use of Restraint in Cois Dalua, Approved Centre

1. Introduction

Cois Dalua has compiled this Annual Report on the Use of Restraint in accordance with:

- Code of Practice on the Use of Physical Restraint – Part 3. Use of Physical Restraint – Section 7. Clinical Governance – Paragraph 7.7
- Rules Governing the Use of Mechanical Means of Bodily Restraint – Part 3. Use of Mechanical Means of Bodily Restraint for Immediate Threat of Serious Harm to Self or Others – Section 7. Clinical Governance – Paragraph 7.9
- Rules Governing the Use of Mechanical Means of Bodily Restraint – Part 4. Use of Mechanical Means of Bodily Restraint for Enduring Risk of Harm to Self or Others – Paragraph 10.7
- Rules Governing the Use of Seclusion – Part 3. Use of Seclusion – Section 10. Clinical Governance – Paragraph 10.7

We are committed to promoting a restraint-free environment by adopting a human rights-based approach. Cois Dalua promotes the least restrictive environment possible and advocates non-aversive and proactive approaches to supporting Residents while embracing a person-centred approach to care that aims to limit the use of restraint to exceptional circumstances, as a last resort, for the shortest possible duration of time.

We recognise that in exceptional circumstances restraint may be required to support a Resident who presents with a risk of an immediate threat of serious harm to self or others. Any impact of such a restraint on the Resident is assessed and carefully managed through a Restraint Reduction Plan the aim of which is to reduce – or where possible – eliminate the use of restraint.

We assign a zero-tolerance approach to any potential inappropriate use of restraint by staff members.

2. The effectiveness of Cois Dalua's actions to eliminate, where possible, and reduce physical and mechanical restraint.

We recognise the inherent rights to personal dignity and freedom for all in accordance with national and international human rights instruments and legislation. Our policies align with and support the recently released 'Sharing the Vision' strategy alongside any appropriate changes to the Mental Health Acts, the Assisted Decision Making (Capacity) Act 2015 and all other relevant national and international regulations and standards.

Any type of restraint compromises a person's liberty, and we recognise the physical, psychological, and emotional impact that restraint can have on the person. We are assured there is clear documentation and evidence that any restraint utilised has been after all other non-restrictive and/or less restrictive alternatives have been deemed unsuccessful. At Cois Dalua, we assure that any restraint utilised in cases where the Resident poses an immediate threat to themselves or others, is the least restrictive option and utilised for the shortest possible duration of time. Positive Behaviour Support (PBS) involves assessments that look beyond the behaviour of the person and seek to understand the causes or triggers of the behaviours. These causes may be social, environmental, cognitive, or emotional. The approach is one of behaviour change as opposed to behaviour management.

a. Physical Restraint

Physical Restraint is defined in the Code as “the use of physical force (by one or more persons) for the purpose of preventing the free movement of a person’s body when the person poses an immediate threat of serious harm to self or others.”

Reporting Period: 01 st January 2025 – 31 st December 2025	
Total number of persons that the approved Centre can accommodate at any one time.	23 (Registered bed capacity increased from 20 to 23 in August 2025)
Total number of persons that were admitted during the reporting period.	less than or equal to five
Total number of persons who were physically restrained during the reporting period	5
Total number of episodes of physical restraint.	15
Shortest episode of physical restraint.	1 minute
Longest episode of physical restraint.	6 minutes

Year	2023	2024	2025
Total number of persons who were physically restrained	7	5	5
Total number of episodes of physical restraint	35	21	15
Shortest episode of physical restraint (Hours: Minutes: Seconds)	00:01:00	00:01:00	00:01:00
Longest episode of physical restraint (Hours: Minutes: Seconds)	00:10:00	00:30:00	00:06:00

Note: Bed Occupancy Average: 2023 – 14 beds. 2024 – 15 beds. 2025 – 18 beds.

b. Mechanical Restraint

Mechanical Restraint is defined in the Rules as “the use of devices or bodily garments for the purpose of preventing or limiting the free movement of a person’s body.”

Reporting Period: 01 st January 2025 – 31 st December 2025	
Total number of persons that the approved Centre can accommodate at any one time.	20 (Registered bed capacity increased from 20 to 23 in August 2025)
Total number of persons that were admitted during the reporting period.	Zero
Total number of persons who were mechanically restrained as a result of immediate threat to self or others during the reporting period.	Zero
Total number of episodes of mechanical restraint.	Zero
Shortest episode of mechanical restraint.	N/A
Longest episode of mechanical restraint.	N/A

Year	2023	2024	2025
Total number of persons who were mechanically restrained as a result of immediate threat to self or others	less than or equal to five	Zero	Zero
Total number of episodes of mechanical restraint	less than or equal to five	Zero	Zero
Shortest episode of mechanical restraint (Hours: Minutes: Seconds)	00:10:00	N/A	N/A
Longest episode of mechanical restraint (Hours: Minutes: Seconds)	00:10:00	N/A	N/A

Reporting Period: 01 st January 2025 – 31 st December 2025	
Total number of persons that the approved Centre can accommodate at any one time.	23 (Registered bed capacity increased from 20 to 23 in August 2025)
Total number of persons that were admitted during the reporting period.	less than or equal to five
Total number of persons who were mechanically restrained as a result of the use of Mechanical Means of Bodily Restraint for Enduring Risk of Harm to Self or Others.	Zero

Year	2023	2024	2025
Total number of persons who were mechanically restrained as a result of the use of Mechanical Means of Bodily Restraint for Enduring Risk of Harm to Self or Others	less than or equal to five	Zero	Zero

c. Seclusion

Seclusion is defined in the Rules as “the placing or leaving of a person in any room alone, at any time, day or night, with the exit door locked or fastened or held in such a way as to prevent the person from leaving” (MHC, 2009a). Approved Centres that provide dedicated seclusion rooms must include adequate access to toilet facilities and furnishings in order to protect the dignity and privacy of the person. Seclusion facilities cannot be used as bedrooms (MHC, 2009a).

There were zero incidents of seclusion in Cois Dalua in 2025.

3. Cois Dalua’s compliance with the Code of Practice on the Use of Physical Restraint.

The Code of Practice on the Use of Physical Restraint has been inspected in the Services 2025 Inspection and was fully compliant.

4. Cois Dalua’s compliance with the Rules Governing the Use of Mechanical Means of Bodily Restraint.

There were no concerns raised in relation to the Rules Governing the Use of Mechanical Means of Bodily Restraint in Cois Dalua’s 2025 Inspection as no Mechanical restraint had been used.

5. Cois Dalua’s compliance with the Rules Governing the Use of Seclusion.

As Cois Dalua did not use seclusion throughout 2025, this rule was deemed ‘Not Applicable’ on inspection in 2025.

6. Cois Dalua’s Compliance with Own Restraint Reduction Policy

The Restraint Reduction policy in Cois Dalua provides the means to establish and promote a restraint-free environment in so far as is possible by focusing on planned reduction and ensuring that restraint is used as per the guidance set out in the Code of Practice. The policy in place provides for and ensures that restraint is only utilised after all other non-restrictive alternatives have been trialed and deemed unsuccessful.

Furthermore, where restraint is deemed necessary, it is only initiated following assessment of risk to ensure the safety and welfare of the Resident. Where any restraint is utilised, that the rights of the Resident is upheld, and the Resident is treated with dignity and respect before, during, and after the restraint.

Residents' wishes in relation to restraint is documented within their Individual Care Plans and Residents' needs, preferences and values are considered within the development of a Restraint Reduction Plan.

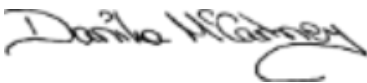
Internal audits were conducted by Nua Healthcare's independent Quality Assurance Department in 2025 on the use of physical and mechanical restraint in Cois Dalua and compliance with its own Restraint Reduction Policy. Audit results found Cois Dalua to be Satisfactorily Compliant meeting 48 of the 49 criteria within the internal audit tool. A minor action was required to ensure that:

- Ensuring all sections of relevant forms are completed fully on each occasion, clearly documenting if sections are no longer applicable

Cois Dalua – and Nua Healthcare Mental Health Services – are fully committed and dedicated to the philosophy of promoting a restraint-free environment where which any consideration to engage in restrictive practices is based on comprehensive assessment of risk and only utilised after all other non-restrictive alternatives have been trialed and deemed unsuccessful. We will continue to identify and implement proactive actions and initiatives to further reduce – or where possible – eliminate the use of restraint.

The Registered Proprietor will ensure that the annual report regarding restraint and the Restraint Reduction policy is made publicly available on Nua Healthcare Services' Website.

The Registered Proprietor has appointed Richard Wasik (Director of Nursing) as the named Senior Manager who is responsible for the Approved Centre's reduction of physical restraint.



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Danika McCartney
Chief Operations Officer/Registered
Proprietor Nominee,
Nua Healthcare Services



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Richard Wasik
Director of Nursing
Nua Healthcare Services,
Cois Dalua



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Dr Anand Singh
Clinical Director
Nua Healthcare Services,
Cois Dalua