

Teaching Plan for Safe Ligature removal



Structure	Nurses:	HCA's:	Date:	Length: 6 hours
<p>Objective(s) : Participants will:</p> <ul style="list-style-type: none"> • Legislation and Organisation policy • Risk assessment and Deprivation of Liberty • Management of the ligatured person • Actions to take when person is suspended with aim of strangulation • Signs and symptoms of ligature injuries • How to use ligature knife <ul style="list-style-type: none"> • Procedures for safe use • Safe removal from suspension • Safe storage • Implementation of control measures 				
<p>Social, Ethical and Moral Implications:</p> <ul style="list-style-type: none"> • The UK has the highest self-harm rate of any country in Europe with estimates of 400 in 100,000 people self-harm • Risk assessment to reduce opportunity is vital • Dignity and respect as well as choice are essential to reduce risk of abuse • Links to Care Act and Human Rights Act • Be aware of and adhere to Code of Conduct for 			<p>Key Words:</p> <ul style="list-style-type: none"> • Safeguarding • Person centred • Dignity • Respect • Barriers • Holistic • Partnership • Well being • Enablement 	
<p>Pre-requisite knowledge/skills/understanding:</p> <ul style="list-style-type: none"> • None 			<p>Links to other subjects:</p> <ul style="list-style-type: none"> • Mental Health • Safeguarding • MCA & DoLS • Infection control • Risk assessing • Manual Handling • End of life • CPR • Etc. 	

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Teaching Activities		Slides
00.00 (10 mins)	<p><u>Starter:</u></p> <ul style="list-style-type: none"> Welcome, register, house rules Set objectives and expectations for session 	2 - 9
00.10 (20 mins)	<p><u>Introduce subject</u> of self-harm and suicide and lead discussion around what terms mean</p> <p>Use slides to lead discussions around</p> <ul style="list-style-type: none"> causes of self-harm and the cycle of self-harm How to spot signs of self-harm Different ways that people can self-harm <p>Discuss how group as a whole view self-harm, do they have experience of working with people who use self-harm as a coping mechanism?</p> <p><i>Check everyone ok before moving on</i></p>	9 - 22
00.30 (10 mins)	<p><u>Introduction to use of ligatures for self-harm</u></p> <p><u>Definition of a ligature</u></p> <p>Discussion around different everyday items that can be used as a ligature, encourage group to be 'creative' with what they come up with</p>	22 - 29
00.40 (30 mins)	<p><u>Ligature situations:</u> before slide 31 warn of upsetting pictures</p> <p>Introduce video on slide 12</p> <p><i>'Ashley Smith was a 19 year old teenager, on the 19th October 2007 at 6:50 a.m., Ashley Smith had already tied a ligature around her neck. She was in the corner of her prison cell, not moving, her face purple.</i></p> <p><i>This wasn't the first time Ashley had tied a ligature around her neck, but it was the last time.'</i></p>	30 - 33
01.10 (5mins)	<p><u>Debrief</u> from session leading into a break – do this as a group, or in smaller groups whichever feels right.</p>	34
01.15 (10 min break)	Break	

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01.25 (20 mins)	<p><u>Ligature risk assessment</u> The best way to prevent or at least reduce the likelihood of it happening Divide into three groups, Divide into groups and ask them to identify risks of the three rooms Discuss what they have identified,</p> <ul style="list-style-type: none"> • what could be done to reduce risks? • can all risks be removed? • Who should be involved in doing risk assessments? • How often should they be re-done? • What if the client wants something in their room that is considered a risk? 	36 - 42
01.45 (10 mins)	<p><u>Policies and procedures</u> Why is it important the we know what they include? Discuss what they should include for removal of ligature Ask what legislation they think is related to removal of ligatures</p> <ul style="list-style-type: none"> • Health and safety • Manual handling • Safeguarding • Mental health act • MCA • Child protection • Care Act • Data Protection • Human Rights • DoLS 	43 - 44
01.55 (5 mins)	<p><u>Hanging and strangulation</u></p> <ul style="list-style-type: none"> • Mortality rates • Mechanisms 	45 - 50
02.00 (20 mins)	<p><u>First Aid for Ligatures</u> – including documentation, safe use of cutters, recovery position, demonstrate CPR and ask people to practice in break</p>	51 - 64

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02.20 (20 mins)	<u>Signs and symptoms</u> of ligature use: you don't always see ligature use, these are signs that <i>could</i> suggest one has been used Includes how use / signs of use may be concealed and behavioural changes.	65 - 71
02.40 (5 mins)	<u>Scene preservation & reporting</u>	72 -73
02.45 (10 mins)	<u>Debrief & Final questions</u>	74
02.55 (5 mins)	<u>Feedback and Close</u>	75