

## Freedom of Information Request **19 230**

**Our Reference:** FOI 19 230 / AA / LB / CB  
**Name:**  
**Date:** 12<sup>th</sup> December 2019  
**Address:**

Dear

Further to your Freedom of Information Request, please find the Trust's response below:

May you please provide the following:

\* The number of times that patients have been restrained while under the care of the Trust. May you please provide the figures per financial year for the following years: 2018/19, 2017/18 and 2016/17

\* I.e in 2017/18, the Trust recorded 2,000 incidents of restraint used on patients

\* The type of restraint used in each instance. May you please provide the figures per financial year for the following years: 2018/19, 2017/18 and 2016/17

\* I.e in 2017/18, in total, the Trust recorded 2,000 incidents of restraint used on patients. Of the 2000 incidents, there were 200 instances of prone restraint whereby the individual was placed face-down onto a surface etc

Definitions of the types of restraint are outlined below: Physical restraint: any direct physical contact where the intention of the person intervening is to prevent, restrict, or subdue movement of the body, or part of the body of another person.

Prone restraint: (a type of physical restraint) holding a person chest down, whether the patient placed themselves in this position or not, is resistive or not and whether the person is face down or has their face to the side. It includes being placed on a mattress face down while in holds; administration of depot medication while in holds prone, and being placed prone onto any surface.

Chemical restraint (this brief guide does not cover the use of chemical restraint. Refer to brief guide on psychoactive medicines for people with learning disabilities): 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: the use of a device (e.g. belt or cuff) to prevent, restrict or subdue movement of a person's body, or part of the body, for the primary purpose of behavioural control

Source: [https://www.cqc.org.uk/sites/default/files/20151008\\_briefguide-Restraint\\_physical\\_mechanical.pdf](https://www.cqc.org.uk/sites/default/files/20151008_briefguide-Restraint_physical_mechanical.pdf)  
If you believe the contents of any such files are exempt from disclosure, please provide summaries of any such exempt files.



[www.humber.nhs.uk](http://www.humber.nhs.uk)



Caring, Learning and Growing



If this request is denied in whole or in part, I ask that you justify all deletions and exemptions by reference to specific exemptions under the Freedom of Information Act.

My preferred mode of access to this information is electronic.

Humber Teaching NHS Foundation Trust (the "Trust") recorded the following uses of restraints during the periods specified:

In 2016/17, the Trust recorded a total of 627 incidents of restraint used on patients. Of the 627 incidents, there were 34 instances of prone restraint whereby the individual was placed face-down onto a surface and 593 physical restraint episodes. Of the 593 physical restraint episodes, there were 133 instances of chemical restraint being used.

In 2017/18, the Trust recorded a total of 688 incidents of restraint used on patients. Of the 688 incidents, there were 64 instances of prone restraint whereby the individual was placed face-down onto a surface and 624 physical restraint episodes. Of the 624 physical restraint episodes, there were 213 instances of chemical restraint being used.

In 2018/19, the Trust recorded a total of 815 incidents of restraint used on patients. Of the 815 incidents, there were 44 instances of prone restraint whereby the individual was placed face-down onto a surface and 771 physical restraint episodes. Of the 771 physical restraint episodes, there were 80 instances of chemical restraint being used.

Please note that the figures for chemical restraint are not in addition to physical restraint, but occurred as part of the overall restraint episode.

Kind regards,

Freedom of Information Team  
**Humber Teaching NHS Foundation Trust**  
Mary Seacole Building  
Willerby Hill  
Willerby  
HU10 6ED

<https://www.humber.nhs.uk/about-our-trust/freedom-of-information-enquiry-form.htm>



[www.humber.nhs.uk](http://www.humber.nhs.uk)



Caring, Learning and Growing

