



31st July 2019

RE Certification of Training in Restrictive Practices

Dear Colleagues

We are writing to you regarding the new standards (and certification scheme) to improve training that includes restrictive practices, and the action that your organisation may need to take as we introduce requirements for certified training services.

The NHS has been working with Arm's Length Bodies on a cross sector improvement programme to reduce reliance on restrictive practices.

As part of this work we have commissioned the Restraint Reduction Network to develop standards for training for the prevention and, where necessary, use of restrictive interventions.

The Restraint Reduction Network is an independent charity that brings together government departments, professional bodies, people with lived experience, practitioners and academics. It is a coalition of the willing who are passionate about restraint reduction and human rights.

The Restraint Reduction Network Training Standards (2019) were published in April 2019 and are available on the [Restraint Reduction Network](#) website. They aim to facilitate culture change, not just technical competence.

The Standards are designed to:

- protect people's fundamental human rights and promote person centred, best interest and therapeutic approaches to supporting people when they are distressed
- improve the quality of life of those being restrained and those supporting them
- reduce reliance on restrictive practices by promoting positive culture and practice that focuses on prevention, de-escalation and reflective practice
- increase understanding of the root causes of behaviour and recognition that many behaviours are the result of distress due to unmet needs
- where required, focus on the safest and most dignified use of restrictive interventions including physical restraint

These standards provide a national benchmark for training in restrictive practices and have been endorsed by a number of professional bodies, charities and arm's length bodies. They focus on the fundamental principles that apply to all populations (including people with mental health conditions, learning disabilities or dementia) and settings (across education health and social care). Considerations for specific populations and settings are included in the appendices. Local authority commissioners should now refer to the Restraint Reduction Network Training Standards (instead of the BILD Code of Practice).

Training services can be certified as complying with the Restraint Reduction Network Training Standards. Certification must be accredited by UK Accreditation Service (UKAS) as complying with the ISO standards for certification. UKAS is the national accreditation body for the United Kingdom. UKAS ensure the competence, impartiality & integrity of the certification scheme.

We are working on implementation mechanisms commencing in April 2020. In health in England, this is likely to include NHS contract (for services for people with learning disabilities, autism or mental health conditions) and the (Mental Health) Use of Force Act statutory guidance. CQC will also expect services across health and social care to have certified training.

Certification is currently licensed and being offered through a charity called BILD Association of Certified Training. There are already over 60 organisations working towards certification against the Standards through the BILD Association of Certified Training certification service. Details of these training services can be [found online here](#).

We are sending this letter via relevant networks to ensure all relevant professionals, commissioners, service providers, and training organisations are aware of the new standards and certification process.

We are therefore writing to encourage:

- All relevant service providers (across health and social care) who commission training to check that their training provider is working towards certification (that is UKAS accredited) as complying with the Restraint Reduction Network Training Standards
- Where relevant commissioners require (through contracts with services) that *'Training Services that include Restrictive Practices are certified (by UKAS accredited body) as complying with the Restraint Reduction Network Training Standards'*



"CQC has been concerned about the use of restrictive practices for some time so we are pleased to see the launch of the new Restraint Reduction Network (RRN) Training Standards. The standards will support staff in health and social care services to understand and apply the principles of minimising use of force with the aim of promoting human rights and person centred care of the people they are caring for." Dr Paul Lelliott (CQC)

Yours sincerely,

Paul Lelliott, Deputy Chief Inspector, CQC

Prof Tim Kendall, National Clinical Director for Mental Health, NHSE

Simon Williams, Director of Adult Social Care, LGA

Julie Ogley President, ADASS

Ray Walker, Chief Nurse (North), HEE

Jim Thomas, Head of Workforce Innovation, Skills for Care