

Restraint Reduction Network Training Standards

The Restraint Reduction Network and Bild Association of Certified Training have collaborated to answer some key questions on the Restraint Reduction Network (RRN) Training Standards.

Q: What are the RRN Training Standards?

The Restraint Reduction Network Standards are designed to protect people's fundamental human rights and to promote person centred best interest and therapeutic approaches to supporting people when they are distressed.

They aim to facilitate culture change and exist to:

- 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, the RRN Standards focus on the safest and most dignified use of restrictive interventions, including physical restraint

The scheme includes training needs analysis to ensure training is proportional to the needs of the population and setting. There is also increased scrutiny and surveillance of curricula, senior trainers and affiliated organisations.

Q: What sectors and individuals are the RRN Training Standards designed to support?

The RRN Training Standards are designed to be applied consistently to services across:

- Education, health and social care across the UK and internationally
- Children and adult services across the UK and internationally.

The Standards have been developed to underpin training provided to staff who support people with mental health conditions, dementia, learning disabilities and autistic people.

Training certified against the standards focuses on how the risk of restrictions can be reduced or eliminated, and where it is necessary for interventions to take place, any application should be designed to minimise the risk of physical and psychological harm to all people in all settings.

Staff must have training in preventative/primary strategies and secondary strategies before they are taught to use restrictive interventions.

The Standards may be useful to the private security industry, but are not specifically designed for training providers outside of education, health and social care sectors.

Q: Who should apply to complete the RRN Training Standards and how long does the certification process take to complete?

Training providers should apply where their training:

- Has a restrictive intervention component

- Are either in-house (e.g. within an NHS Trust, private service provider or agency supplying staff) and/or a commercial organisation, and who provide training to health, social care or education in the UK.

The certification process takes approximately one year to complete and lasts for three years. During this time, 20% of training curricula, senior trainers and affiliate organisations will be observed.

Q: What is the role of the Bild Association of Certified Training when it comes to the RRN Standards?

Bild Association of Certified Training has been set up to certify training services who deliver training that include restrictive interventions, such as physical restraint techniques. They are licenced by the Restraint Reduction Network to certify services as complying with the Restraint Reduction Network Training Standards.

Certification of training against the Restraint Reduction Network Training Standards must be accredited by the United Kingdom Accreditation Service (UKAS) as complying with the International Organisation for Standardisation (ISO) certification standards to ensure impartiality, credibility and integrity.

Bild Association of Certified Training have been granted accreditation by UKAS as meeting the ISO standards for certification. (Customer number 10766).

Q. Which organisations have endorsed the RRN Training Standards?

The RRN Training Standards were approved by Health Education England, NHS and the Royal College of Nursing (RCN) in Autumn 2018 and published in Spring 2019.

The Standards have been endorsed by the following organisations:



Q: Are RRN Training Standards mandated?

These Standards are mandatory for all training containing a restrictive intervention component that is delivered to **specialist NHS commissioned services in England**, most notably those for people with mental health conditions and learning disabilities.

Section 41.5 of the **NHS Standard Contract 2021/22 Technical Guidance** (page 64) states: *“With providers of mental health and learning disability services and with providers of mental health secure services, to set out how the provider will now roll out certified training in restrictive practices to all relevant staff (this builds on the 2020/21 requirement for the provider to identify a training supplier (whether in-house or external) certified (by a UKAS accredited certification body) as complying with the Restraint Reduction Network Training Standards published at <http://restraintreductionnetwork.org> and in accordance with the Mental Health Units (Use of Force) Act 2018.”*

Further information is available here: <https://www.england.nhs.uk/wp-content/uploads/2021/01/9-Contract-Technical-Guidance-2021-22-040121.pdf>

The recently published **Mental Health Use of Force Act Statutory Guidance** states: *“Certified training that complies with the RRN Training Standards became a requirement of NHS commissioned services for people with learning disabilities, autism or mental health conditions in April 2020. Recognising the time required to achieve certification for training providers and then for service providers to complete all staff training, NHS commissioners were asked to agree Service Development Improvement Plans with service providers, giving assurance that action is underway to deliver on this new contractual requirement within the agreed timeframe. The Care Quality Commission will expect services across health and social care to have certified training that complies with the RRN Training Standards from April 2021.”* [p.32]

The Guidance further states, *“When commissioning a training provider, NHS trusts and commissioned services therefore need to ensure that training is certified (by a UKAS accredited body) as complying with the RRN Training Standards.”* [p.43]

Further information is available here: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1038725/Mental-Health-Units-Use-of-Force-Act-2018-statutory-guidance.pdf

Q: What is the role of the Care Quality Commission (CQC) in relation to the RRN Training Standards?

With regard to compliance with the Act and statutory guidance, and the role of the CQC, the Mental Health Use of Force Act Statutory Guidance is explicit: *“The Care Quality Commission (CQC) will have regard to this statutory guidance when carrying out its regulatory functions and determining whether registered persons are complying with relevant requirements. If CQC considers the requirements of the Mental Health Units (Use of Force) Act 2018 and this statutory guidance are not being met, it may take action as appropriate in accordance with its statutory powers and policies.”*

Further information is available here (p.13-14): https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1038725/Mental-Health-Units-Use-of-Force-Act-2018-statutory-guidance.pdf

More broadly the CQC have committed to using the training standards as a benchmark of training quality.

In a joint blog statement by Kate Terroni, Chief Inspector of Adult Social Care, and Ted Baker, Chief Inspector of Hospitals, the following was communicated: *“The CQC is committed to minimising the use of restraint and other restrictive practices. From April 2021, we expect to see all services across health and social care use training in restrictive practices that is certified as complying with the Restraint Reduction Network Standards. The standards apply to all training that has a restrictive intervention component and provide a benchmark for training in supporting people who are distressed in education, health and social care settings”.*

The blog can be found here: <https://content.govdelivery.com/accounts/UKCQC/bulletins/29830aa>

Q: Are the RRN Training Standards mandated in schools?

The RRN Training Standards are not currently mandated in schools in England. Devolved nations are exploring implementation in schools.

The Equality and Human Rights Commission stated in its June 2021 report into restraint in schools: *“National training standards would help ensure that training focused on minimising restraint and taking a human rights-based approach. There is already a model for this. The Restraint Reduction Network has developed national training standards for restraint – which are accepted by the NHS – that could be adapted for schools.”*

Further information can be found in RRN’s response to the report:

<https://restraintreductionnetwork.org/uncategorized/the-rrn-responds-to-the-equality-and-human-rights-commission-report-into-restraint-in-schools/>

Q: Are the RRN Training Standards being evaluated independently?

Manchester Metropolitan University have been funded by Burdett Nursing to complete an evaluation of the Standards and their impact.

Findings will be published in 2022 and this will inform Version 2 of the Standards in 2023.

Q: How can I find more information on the RRN Training Standards?

For further information, visit the following links:

<https://restraintreductionnetwork.org/know-the-standard/>

The Training Standards can be downloaded here: https://restraintreductionnetwork.org/wp-content/uploads/2021/08/RRN_standards_phase_8_accessible.pdf

<https://bildact.org.uk/training-standards/>

<https://bildact.org.uk/certification-process/>

Q: I have further questions on certification, who can I connect with?

The Bild ACT team are available to answer your queries at enquiries@bildact.org.uk