

# Common Physical Intervention Terminology

## Lawful implications

Reasonable, Proportionate, Necessary, Minimal, Justifiable, Just enough to avert the danger

## Professional Implications

Ethics, Business Requirements, Brand Image, Public Image, Restrictions of when, Health and Social Care sectors often have a patient care plan which dictates the type of interventions and when to apply

## Alternatives to Physical Intervention

Primary controls = Signs, CCTV, Visibility of staff, Proactive service delivery

Secondary controls = Conflict Management, Clear and positive communication

## Defensive Skills

The other person is applying force upon you: Blocking punches, kicks, headbutts, bites, gouges

## Physical Intervention

You are applying the force: Redirection, holds, restrictive, non-restrictive

## Situational Risk Factors

Location, Out of sight of colleagues, Surrounded but others, Near stairs, Close to a road etc.

## Individual Risk Factors

Size, Weight, Medical conditions, Experienced fighter, Age, Mental health issues, Alcohol, Drugs

## Red Flags

**Acute behavioural disturbance** – Rapid rise in temperature, erratic behaviour, extreme emotions such as fear or manic behaviours

**Positional Asphyxia** – The person cannot breathe due to pressure on their chest, back (diaphragm), windpipe (pressure on throat or pressing down on the head) or face

- Non-responsiveness or drowsiness
- Difficulty breathing or complaining they cannot breathe
- High temperature
- Going 'limp' during an intervention
- Not making any noise or not responding
- Foaming at mouth
- Fits or seizures
- Chest pain or complaining of chest pain
- Pain in the left arm
- 'Pins and needles'
- Light headedness
- Becoming or feeling unwell
- Vomiting

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- Loss of bladder or bowel control

## Prone Position

Face down – high risk of positional asphyxia as laying on their own diaphragm

## Supine Position

Laying on their back – Medium risk of positional asphyxia due to weight of their stomach limiting diaphragm movement, also increased risk of choking on their own vomit.

## Acute Compartment Syndrome

When a strong hold has resulted in excessive pressure on an area of the body, it can damage the blood flow to that area permanently resulting in the tissues or limbs dying as a result.

## Dynamic Risk Assessment

Continually looking for any changes in risk or new/emerging hazards using the ACER acronym:

**A**ssess the situation

**C**ommunicate with colleagues

**E**valuate options available

**R**espond accordingly

