



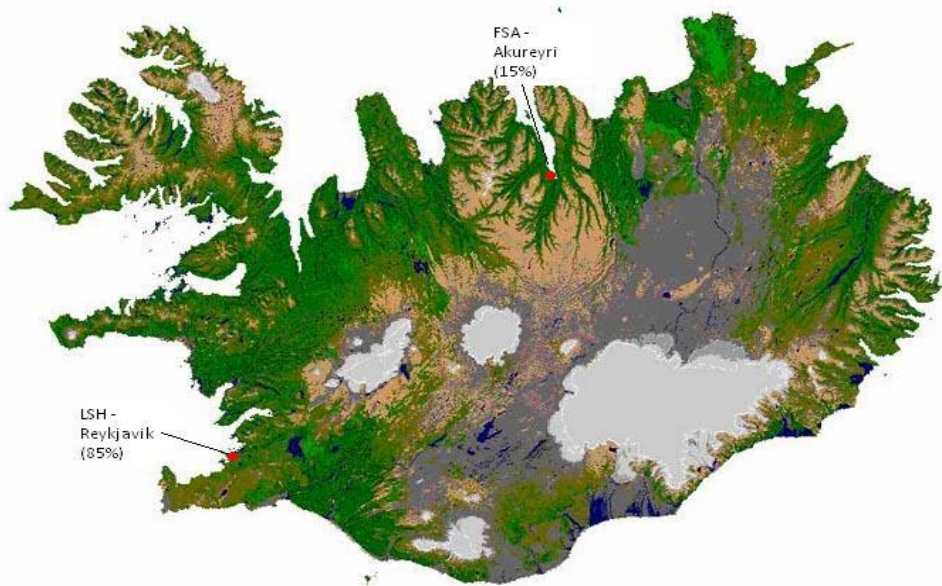
CAN WE REDUCE COERCION IN MENTAL HEALTH?

Dr. Pall Matthiasson MD MRCPsych PhD

My background



The Icelandic mental health model - features

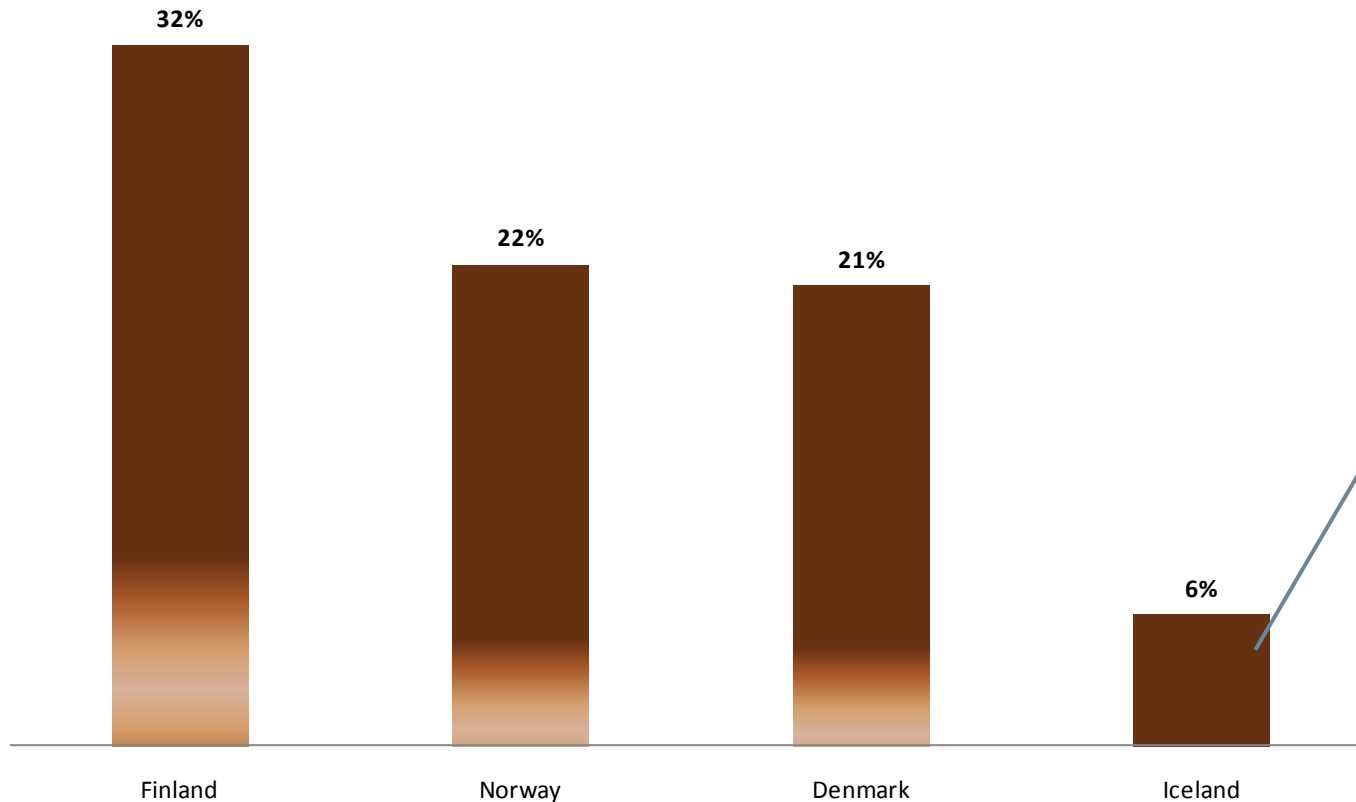


- Landspítalinn covers 85% of 2. and 100% of 3. care (mental health part of general hospital system)
- No long-term patients (excl. one forensic ward w 2 yrs av. stay)
- Law on capacity – no special MH law – (48 hrs – 21 days – trial)
- Very low involuntary admission rate
- No physical restraints

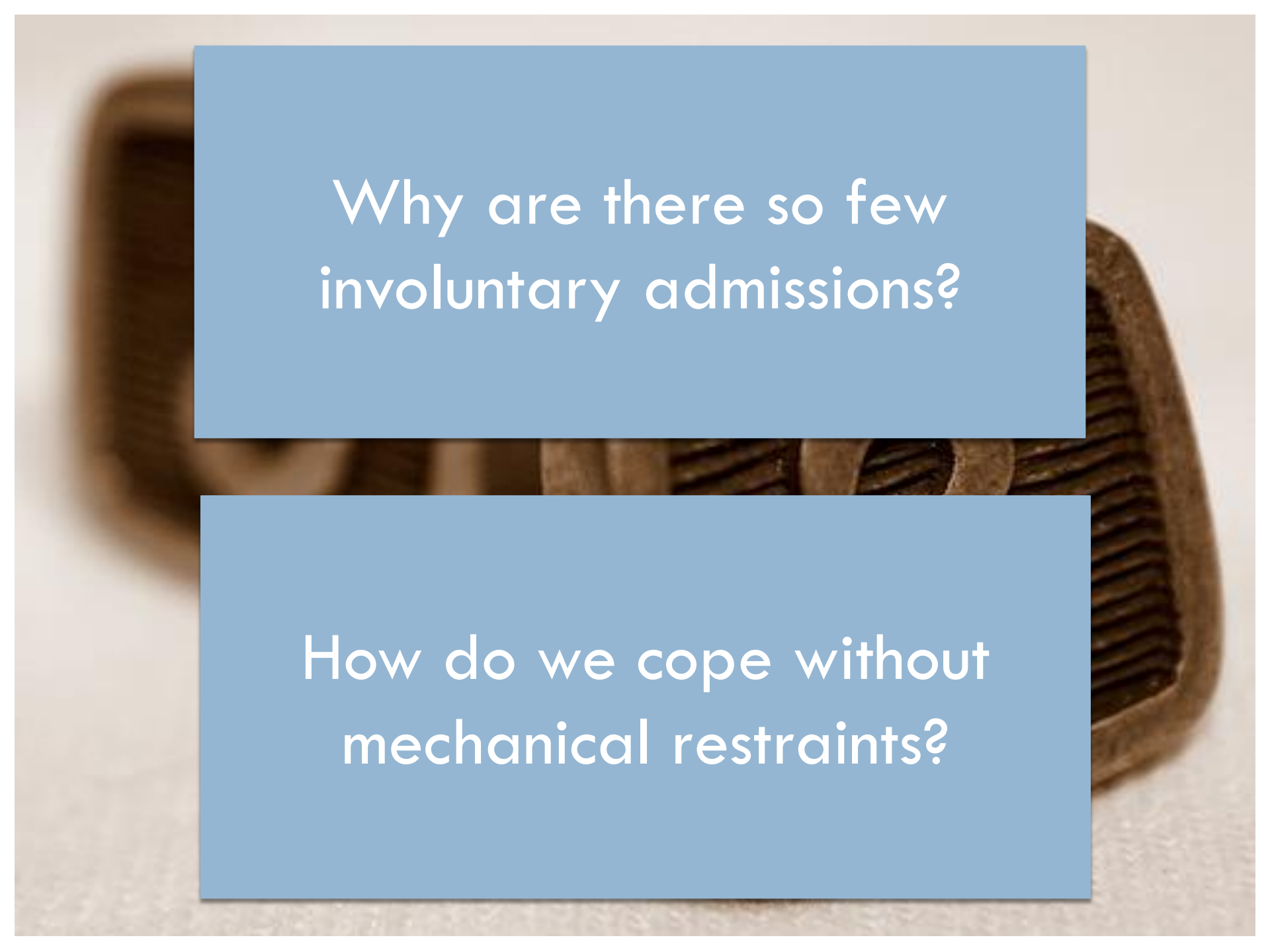
Admissions under coercion

Rate of admissions under coercion

Source: Nordic Minister Council 2004-2005



Admissions under coercion were 3,7% of all admissions between 2003-2010.



Why are there so few
involuntary admissions?

How do we cope without
mechanical restraints?

Dr. Helgi Tómasson



Shackles from another age



A close-up photograph of a man with a short, dark haircut, wearing an orange t-shirt. He has a very intense, aggressive expression, with his eyes wide and his mouth open in a shout or yell, showing his teeth. The background is a blurred brick wall.

How can we calm someone who is
agitated / aggressive ?

How do we cope without mechanical restraints?

- Physical restraints
 - ▣ Mechanical: straight-jackets – shackles – belts
 - ▣ “Defense teams” – Control & Restraint techniques
 - ▣ The David Bennett Inquiry – UK 2003
- Chemical restraints
 - ▣ Medication – mainly injections
- Environmental restraints
 - ▣ Seclusion – The incident on John Meyer Ward, London
 - ▣ De-escalation

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Notes on Mechanical Restraint

- Practice varies widely
 - ▣ Rates of inpatients restrained:
 - from 0% (UK, Iceland), 3% (Finland) to 22% (Poland). Average for Europe is 11%
 - USA 11%, Japan 18%
 - Huge variation within countries as well
 - In a Japanese study 24% were restrained for over 15 days
- Reasons for restraint include
 - ▣ “prevention of excitement” in 47% (Odawara et al. 2005)
- Source: Mechanical Restraint of adult psychiatric inpatients: a literature review. City University, London 2009

How do we cope without mechanical restraints?

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How do we cope without mechanical restraints?

- Chemical restraints
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How do we cope without mechanical restraints?

- Environmental restraints
 - ▣ Seclusion – The incident on John Meyer Ward, London
 - ▣ De-escalation suites

A de-escalation suite / an alternative to seclusion



A photograph of a black leather restraint device with metal chains and a metal helmet-like component, resting on a white surface. The device consists of a wide black leather strap with a metal buckle, a metal chain, and a metal helmet-like component with a black interior. The background is a light-colored wall with a window.

“The question therefore arises whether complete (or almost complete) eradication of mechanical restraint might not be a realistic goal in the longer Term”. (Standard 44. European Committee for the Prevention of Torture and Inhuman or Degrading Treatment or Punishment)

Abuses of involuntary treatment

1 Unnecessary
involuntary
hospitalization

1 Mistreatment during
the period of
admission – physical
restraints –
overmedication -
seclusion





How can coercion be
reduced in Danish mental
health ?





DON'T BE
AFRAID OF CHANGE.

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