

Emergency Physical Intervention Skill Demonstrations

Name:	Pass / Fail
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Date:	
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Physical management will only be used on an emergency basis when the situation places the individual or others at imminent risk of physical harm and will be documented per agency requirements.

Only those techniques approved by CMHCM, Block (not physical management), Hands Down, Come-Along and Standing Wraparound, will be used.

When a pattern of behavior indicates emergency physical management is likely to be required on an ongoing basis, the Person Centered Plan for the individual will include a statement that in the event the behavior of the individual puts the individual or others at imminent risk of physical harm staff will use the least restrictive, most effective form of emergency physical management needed to assure the safety of everyone.

DIRECTIONS

Mark a "C" in the blank if the statement is "Correct"

Mark an "I" in the blank if the statement is "Incorrect"

Mark an "N/A" in the blank if the statement is "Non-applicable" for a certain situation

TECHNIQUES TO PROTECT YOURSELF AND OTHERS

BLOCKS

Flail/Punch/Flying Object:

	1.	Feet apart, body turned, balance maintained.
	2.	Arms positioned to protect head and face. Maintain eye contact.
	3.	Palms toward self, hands closed.
	4.	Eye contact, talks to the person (using C.A.T.) calls for help.
	5.	Blows are absorbed on forearms as moving away from person.

Hands Down:

	1.	From the front or the side, place your hand(s) with palm open over the hand(s) of the person.
	2.	Lower the hands, matching your level of resistance to the person's level of resistance, to his/her lap or to a flat surface.
	3.	Do not grasp or hold the person's hands down.
	4.	To remind the person to keep hands at rest, you may "shadow" the movements of the hand or offer light touch without pressure by keeping your hands over the person's hands.
	5.	Continue to talk to person using C.A.T.

One person come-along (used to protect someone from falling during ambulation).

	1.	Stands next to, slightly behind person.
	2.	Holds inside of person's forearm (just above wrist) with hand closest to person.
	3.	Holds person's upper arm (between elbow and shoulder), with outside hand and tucks arm back.
	4.	Uses hip, forearm, upper arm to assist/guide person forward.

DIRECTIONS:

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These techniques are considered to be EMERGENCY INTERVENTIONS. They are the most restrictive of all interventions and should only be used as a last resort. For techniques which involve the use of two staff it is vitally important that the staff performing these techniques communicate with each other. These techniques should always be used in conjunction with non-physical intervention techniques. The primary purpose of these techniques is to assist the person in regaining self control.

TECHNIQUES USED TO ASSIST WITH REGAINING SELF CONTROL

COME-ALONGS:

A. One-person Come-along:

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| 1. | Stands next to, slightly behind person. |
| 2. | Holds inside of person's forearm (just above wrist) with hand closest to person. |
| 3. | Holds person's upper arm (between elbow and shoulder) with outside hand, tucks arm back. |
| 4. | Uses hip, forearm, upper arm to assist/guide person forward. |

B. Two-person forward Come-along:

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| 1. | Each staff person communicates their roles and cues for each other. |
| 2. | Each staff person correctly performs the one person come-along (one staff on each side). |
| 3. | Carefully directs the person forward. |

HOLDS:

A. Wrap-around from front: (Review flail block)

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| 1. | Grasps person's wrist (as if shaking hands) pulling person towards you, step behind them. |
| 2. | With free forearm, blocks persons uncontrolled arm, pinning it across person's chest. |
| 3. | Transfers controlled wrist to free hand, grasps person's trapped wrist with other hand, locks elbows at waist level. |
| 4. | In proper stance, hip toward person's back, shift weight or step back to make person slightly off balance. |
| 5. | Protect head, uses hip and arms to maintain stance and control of situation. |

B. Wrap-around from behind:

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| 1. | Bump both arms from behind with your forearms placed above the person's elbows, forcing arms to cross in front of the person. |
| 2. | Grasp wrist of arm that is on top, pinning other arm. |
| 3. | Grasp wrist of pinned arm, lock elbows. |
| 4. | In proper stance, hip toward person's back, shift weight or step back to make person slightly off balance. |
| 5. | Protect head, uses hip and arms to maintain stance and control of situation. |

Because these techniques are taught in a controlled setting at slow speed, proficiency during actual use cannot be guaranteed.

It is strongly recommended that frequent review and practice of the techniques is necessary to improve proficiency and speed after the initial training.

*Starred items indicate a special note for additional review and practice.

COMMENTS:

Student's Signature:

Trainer's Signature: