

TECHNIQUES FOR RESTRAINT OF A VIOLENT PATIENT IN AN EMERGENCY

The Performer Course for health workers and volunteers is part of the training for emergency personnel, organized and promoted by NRC.

Course objectives

More and more often it happens that healthcare personnel are physically attacked, for various causes, by a patient. In these cases, it is vitally important not to remain passive, but to react quickly and adopt a whole series of techniques to contain the patient's aggressive action. The restraint of a person can be carried out as an exceptional and temporary measure, only in cases where it can be characterized as a measure with preventive content. The various techniques taught in the course are aimed at protecting the life and health of the aggressive person himself and also of the health professionals who apply them, in the face of an extreme condition of violence. In these contexts we can hypothesize the occurrence of the state of necessity (Article 54 of the Criminal Code) or the fulfilment of a duty (Article 51 of the Criminal Code), given the position of guarantee of health personnel, required to prevent harmful events of criminal relevance from occurring even against third parties, as well as to prevent self-injurious acts of the person who is contained. The use of physical restraint techniques should therefore be limited to exceptional circumstances, in emergency situations where the patient's behaviour poses an immediate danger to himself and/or others and the use of restraint proves to be the last and only best choice.

Recipients of the course

Doctors, nurses, OSS, midwives, rescue drivers, rescuers, psychologists, social workers, educators, cultural mediators, students.

Instructors

The course is carried out by expert health personnel operating within the 118 Extra-Hospital Emergency System.

Participant/instructor ratio

6:1

NRC Teaching Methodology

The course is structured in a short theoretical part and a substantial practical part of training for learning the various restraint techniques. Practical scenarios are envisaged for the management of aggressive patients.

Full course duration

Level 1 Basic 5 hours

Level 2 Intermediate 8 hours

Level 3 Advanced 8 hours

Duration of the retraining course

8 hours

Certification

Attending the course and passing the final assessment allow you to obtain an NRC certification valid for 24 months (2 years). It is mandatory to carry out an intermediate update at the end of the 12 months (1 year)

To renew the certification and maintain the skills and competencies, it is necessary to take a retraining course.

It is possible to access a retraining course within **3 months** from the expiry date of the entire course; this does not entail an extension of the initial validity, but simply facilitates the admission of learners to the retraining course, making the period that allows access to the course longer.

Passing the retraining course extends the validity of the certificate for another 24 months.

Opportunities for advancement in the training course

candidates, who have demonstrated that they possess practical skills, adequate theoretical knowledge and communicative-relational skills (criteria listed and specified in the "Potential Instructor Application Form") may be candidates as Prospective Instructors.

Important notice:

The LTC NRC secretariat is required to send each learner a WELCOME LETTER containing the credentials to access the reserved area and the code to purchase an original copy of the manual.