

## Abertawe Bro Morgannwg University Local Health Board (ABM UHB)

**Tel:** 01656 753934 (Wendy James – (PBM ABMU Training Manager)  
01656 753934 (Sarah Mines-PBM ABMU Training Administrator)

**Fax:** 01656 753850

**Email:** [Wendy.james@wales.nhs.uk](mailto:Wendy.james@wales.nhs.uk)  
[Sarah.mines@wales.nhs.uk](mailto:Sarah.mines@wales.nhs.uk)

**Address:** Abertawe Bro Morgannwg University Health Board (AMBU)  
Mental Health and Learning Disability Delivery Unit  
Learning Disability Services  
Glanrhyd Hospital  
Tondu Road  
Bridgend  
CF31 4LN

**Website:** N/A

**Who is training for?** The training is suitable for staff employed in the following sectors:  
  
Health, Social Services, Voluntary and Independent sectors, as well as families, carers and service users.

**Accredited courses:** Direct care staff, Training trainers, Trainer re-accreditation/refresher workshops.

### **General Approach to Teaching Physical Interventions:**

Positive Behaviour Management (PBM ABMU) training was devised in the late 1980's and designed specifically for use within Learning Disability Services. PBM ABMU emphasises the importance of a gradient of support in which the least intrusive approaches are always considered before the introduction of more intrusive approaches (as agreed by a multi-disciplinary team). It also emphasises the importance of monitoring, having robust recording systems in place, identifying the least restrictive option and the importance of reducing restrictive practices over time

PBM ABMU has developed a set of restrictive physical interventions and the techniques included in the training programme have been extensively risk assessed. PBM ABMU provides a response for dealing with aggressive behaviour in respect of restrictive physical interventions; is tailored to meet individual need; emphasises a proactive and preventative approach for

managing the presentation of behaviours that challenge and clearly distinguishes between proactive and reactive interventions. The training model has a strong values base that promotes the importance of inclusion and social validity. PBM ABMU has been the subject of a series of research articles in peer-review journals and won a National Training Award in 1997. More recently ABM UHB attained a Social Care Accolade Award from the Care Council for Wales for improving skills in Positive Behavioural Support via a suite of National e-learning qualifications, PBM ABMU being an integral component of Positive Behavioural Support. PBM ABMU has attained accredited status with Bild since the inception of the scheme in 2002 and was consulted extensively on the original code of practice.

### **Relevant Training Topics:**

#### **➤ Theory Based Training:**

- Introduction to the Training and the Importance of Reducing Restrictive Practices
- Introduction to Behaviours that Challenge and Positive Behavioural Support
- Understanding Aggressive Incidents
- Primary Prevention: Factors Influencing User and Carer Behaviour/Attribution Theory
- Secondary Prevention; the Dynamics of Aggressive Incidents
- Individualised Risk Assessment
- Introduction to Reactive Strategies; Legal Concepts
- Post-Incident Management
- Monitoring the use of Restrictive Physical Interventions
- Facilitating Training; Organisational Issues and Good Practice

#### **➤ Practical Training**

- Self Protective Techniques
- Restrictive Physical Interventions