



Annual Review

Willow Grove Adolescent Unit Physical Restraint Activity 2025

Annual report to the review and oversight committee regarding SPMHS implementation of the Code of Practice governing the use of physical restraint
The practice of physical restraint is a high-risk intervention used only in exceptional circumstances, after all available alternative options have been considered and, using the least restrictive method for the shortest duration of time possible. There were no episodes of physical restraint in Willow Grove Adolescent unit in 2025.

The Code of Practice governing the use of physical restraint states, “*All approved centres should produce and publish an annual report on the use of physical restraint. Where physical restraint has not been used in the relevant 12-month period, then points i and ii should only be reported on*”.

As required by the Mental Health Commission Code of Practice governing the use of physical restraint, Section 7.7, all information gathered regarding the use of physical restraint should be held in the approved centre and used to compile an annual report on the use of physical restraint at the approved centre. This report, which should be signed by the Registered Proprietor Nominee, should be made publicly available on the Registered Proprietor’s website within six months of the end of the calendar year and available, upon request, to the public. The annual report should contain:

- i. aggregate data that should not identify any individuals
- ii. a statement about the effectiveness of the approved centre’s actions to eliminate, where possible, and reduce physical restraint
- iii. a statement about the approved centre’s compliance with the code of practice on the use of physical restraint
- iv. a statement about the compliance with the approved centre’s own reduction policy and
- v. the data as specified in Appendix 3 of the Code of Practice:
 - a. The total number of persons that the approved centre can accommodate at any one time*
 - b. The total number of persons that were admitted during the reporting period*
 - c. The total number of persons who were physically restrained during the reporting period*
 - d. The total number of episodes of physical restraint
 - e. The shortest episode of physical restraint
 - f. The longest episode of physical restraint

**Where this number is five or less the report should state “less than or equal to five”*

Willow Grove Adolescent Unit

Willow Grove Adolescent unit can accommodate 14 inpatient residents at any one time and there were 60 service users admitted during the reporting period of 2025. There were no episodes of physical restraint in 2025.

Willow Grove Adolescent unit is required to make a statement about the effectiveness of the Approved Centre’s actions to eliminate, where possible, and reduce physical restraint

Willow Grove Adolescent unit is committed to the provision of a human rights-based approach to mental health service provision. There has not been an episode of physical restraint in

Willow Grove Adolescent unit since 2019. This is due to a range of factors that are consistent across the Approved Centres of St Patrick's Mental Health Services, including, pre-admission assessment, comprehensive multidisciplinary assessment on, and throughout the service user's admission, comprehensive care planning, staff training and clinical governance.

Review

This report was considered by the Multidisciplinary Review and Oversight Committee, the Clinical Governance Committee on Friday, 30th January 2026.

Signed 
Mr. Paul Gilligan, Chief Executive Officer
Registered Proprietor Nominee
Willow Grove Adolescent Unit