

INSTITUTE OF ADVANCED NURSING STUDIES

Management of Violence (MoV) Trainer Refresher Course

Class 4: 13/1/2025 – 17/1/2025

Organised by Institute of Advanced Nursing Studies

*The Nursing Council of Hong Kong has approved the Hospital Authority as a provider of
Continuing Nursing Education (CNE) since 1 December 2005*

COURSE INFORMATION

COURSE AIM(S)

1. To provide training to MoV trainers with up-to-date knowledge and techniques to enhance their MoV teaching skill.
2. To enrich the trainers with a deeper understanding on knowledge and techniques in the prevention and management of violence in the workplace.
3. To further enhance the competencies of trainers in conducting teaching of management of violence sessions particularly in developing violence prevention program.

COURSE INTENDED LEARNING OUTCOMES

Upon completion of the course, the participants should be able to:

1. Update the knowledge and techniques in management of violence
2. Demonstrate competency in teaching management of violence.
3. Enhancement of practical techniques on Breakaway/Disengagement and Physical Intervention/Control & Restraint Teamwork
4. Enhancement on teaching skills and classroom management
5. Ensure safety on the application of Breakaway/Disengagement and Physical Intervention/Control & Restraint Teamwork techniques with updated skills and approach.
6. Develop violence prevention programs
7. Perform the roles of qualified trainer
8. Demonstrate the advanced knowledge and updated techniques in the trainings
9. Work as a training team to deliver training
10. Apply evidence-based practice to enhance quality of training
11. Demonstrate collaboration with different disciplines in the process of training
12. Involve in MoV related work, e.g. drill, audit, etc.

TARGET PARTICIPANTS

- Psychiatric registered nurses or above ranks; and
- current MoV trainers who are actively involving in areas related in management of violence training as recommended by department in HA hospitals.

CLASS SIZE

~10

LANGUAGE MEDIUM

Both English and Cantonese will be used in class. All written teaching materials and assessments will be in English.

COURSE DURATION

Class 4: 13/1/2025 – 17/1/2025

COURSE DESIGN

- Knowledge and techniques on management of violence update
- Enhancement of effective risk assessment on violence and management of potential violent situations
- Enhancement on teaching skills and classroom management
- Workplace violence prevention policies and procedures
- Supportive resources

TRAINING CONTENT

Date Time	Day 1	Day 2	Day 3	Day 4	Day 5
09:00 – 11:00	<ul style="list-style-type: none"> Course Introductions Health & Safety / Course Structure: Ensuring familiarity with essential Knowledge and Skills. Demonstrating competence to pass on Knowledge and Skills to others. Anatomy & Physiology Injury avoidance. Physical preparation of your students 	<ul style="list-style-type: none"> Warm-ups and Safety Teamwork: Fundamental approaches Use of three-person team Hierarchy of Interventions Safety Points: Varying degrees of flexion, Principles of safe holds in different positions, Dangers of postural/restraint asphyxia Various Holds: Forearm Hold, Finger and Thumb Hold, Figure of 4 Hold, Double-handed Hold Escorting: <ol style="list-style-type: none"> Point Touch (non-touch) Point Touch (holding patient' s elbow, outer hand locates near patient' s wrist) Point Touch (holding patient' s elbow and 	<ul style="list-style-type: none"> Warm-ups and Safety Skill Clinic/Reflective Learning in Action Recap and Revision Changing Team Members Control legs: <ol style="list-style-type: none"> Prone position leg hold Leg hold trouble drill Supine leg hold Leg hold assist prone (change leg person) Removing leg hold 	<ul style="list-style-type: none"> Warm-ups and Safety Skill Clinic/Reflective Learning in Action Teamwork and communication in a crisis: Clinical environment. Teamwork- and communication in a crisis: Training environment. Standing (from supine position): Staff moving from supine descent to elevated supine rest position Staff elevated supine rest position Standing patient from elevated supine rest position Staff moving from elevated rest position to straight arm position Staff standing patient from straight arm position to 	<ul style="list-style-type: none"> Warm-ups and Safety Skill Clinic/Reflective Learning in Action Communication skills Talk down Trainer Assessments: Team drill

		wrist) 4. 4-Point Touch (Figure of Four)		standing • Head person from floor to standing • Assessment skills for Trainers	
11:00 – 11:10	Break	Break	Break	Break	Break
11:10 – 13:00	<ul style="list-style-type: none"> Lesson planning <ol style="list-style-type: none"> Lesson Planning: Aim, Objectives, etc. Lesson Planning: Global, Technical, Safety, Narrated Preparation of teaching venue & resources Lesson Plan Preparation Teaching Psychomotor Skills Teaching delivery practice: <ol style="list-style-type: none"> Post-incident De-briefing & Post-simulation De-briefing 	<ul style="list-style-type: none"> Verbal + non-verbal De-escalation skills Planned Approach (prone position on floor) <ol style="list-style-type: none"> Level 1: Under Arm Level 2: Straight Arm Figure of Four Level 3: Rolling Arm Role of head person Controlled descent to floor with 2 staffs Controlled descent to floor with 3 staff Non-compliant descent where patient struggle Patient refuses to push legs out in kneeling Floor de-escalation 	<ul style="list-style-type: none"> Separating two patients fighting: <ol style="list-style-type: none"> From standing (2 staffs) From standing (4 staffs) From floor Maneuvering through doorways Theory and Practice of Incident Management. Incident Coordinator 	<ul style="list-style-type: none"> Turning: <ol style="list-style-type: none"> Turning patient from supine to prone Turning patient from prone to supine Restraint: Safety precaution on bed restraint Trainer Assessments and Feedback 	<ul style="list-style-type: none"> Risk Assessment Tools: Trainer Assessments and Feedback
13:00 – 14:00	Lunch	Lunch	Lunch	Lunch	Lunch
14:00 – 15:15	<ul style="list-style-type: none"> Warm-ups and Safety Refresh on Breakaways / 	<ul style="list-style-type: none"> Planned Approach (supine position on floor) 	<ul style="list-style-type: none"> Standing (from prone position): 	<ul style="list-style-type: none"> Chairing: <ol style="list-style-type: none"> Walking to chair 	<ul style="list-style-type: none"> Trainer Assessments and

	<p>Disengagement:</p> <ul style="list-style-type: none"> Primary Response: Route to escape (exit), Safety Distance, Sideway Stance (step back, stay stop), Natural response (flinch) Refresher on De-escalation skills: Early warning signs, Self-preparation, Listening skills, Non-verbal & verbal skills Principles of Breakaway Techniques: Speed, Surprise & Skills Dealing with Punch and Kick 	<ul style="list-style-type: none"> Controlled descent of patient to the floor backwards into sitting position (2 staff) Controlled descent of patient to the floor backwards into supine position (3 staff) Head person from controlled descent Supine de-escalation Practice 	<ul style="list-style-type: none"> Standing patient up from floor in upper rest position Upper rest position to lower rest position Lower rest position to upper rest position 	<p>(relocation/ walking)</p> <ol style="list-style-type: none"> Chair de-escalation Chair de-escalation trouble drill <ul style="list-style-type: none"> Trainer Assessments and Feedback 	Feedback
15:15 – 15:25	Break	Break	Break	Break	Break
15:25 – 16:40	<ul style="list-style-type: none"> Wrist Grabs / Hair Pulls / Clothing Grabs / Strangles & Chokes Bear Hugs Free Practice 	<ul style="list-style-type: none"> Team Teach backs & Rehearsal Reflective Practice Group Feedback 	<ul style="list-style-type: none"> Practice /Rehearsal. Team Teach backs Reflective Practice Group Feedback 	<ul style="list-style-type: none"> Practice /Rehearsal Team Teach backs Reflective Practice Group Feedback 	<ul style="list-style-type: none"> Assessments and Feedback Certification
16:40 – 17:30	Discussion and Evaluation	Discussion and Evaluation	Discussion and Evaluation	Discussion and Evaluation	Discussion and Evaluation

Venue: MoV Training Centre, Room 202, EXITERS, BB-LG2, Barrack Block, PYNEH

TEACHING & LEARNING STRATEGIES

1. Lectures
2. Case discussion and sharing
3. Demonstration and practice

AWARD OF CERTIFICATE

An electronic Certificate of Attendance will be awarded to those participants who have completed the whole course.

CNE POINTS

This course is equivalent to 35 CNE points.

COURSE DIRECTOR

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COURSE COORDINATOR

Mr. K S MOK
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LIST OF SPEAKERS

Class 4

Mr. AU Sek Hang
Mr. LIN Wai Shing

PYNPSY ANC(General Psychiatry - Comorbidity)
PYNPSY APN

ENQUIRY

Mr. K S MOK
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