

**Information Governance**

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2 April 2024

**Our reference: FOI DA5245**

I am responding to your request for information received 1 March 2024. This has been treated as a request under the Freedom of Information Act 2000.

I am now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact me on the contact details above if you have any further queries.

Yours sincerely,



Keshia Harvey  
Senior Information Governance Manager - Compliance

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office  
Wycliffe House  
Water Lane  
Wilmslow  
Cheshire  
SK9 5AF

Tel: 0303 123 1113  
Web: [www.ico.org.uk](http://www.ico.org.uk)

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We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.  
**We care . We respect . We are inclusive**

**Interim Chief Executive Officer:** Lorraine Sunduza  
**Chair:** Eileen Taylor

**Request:** Please would you provide me with the following information under the Freedom of Information Act 2000.

**Question 1:** The Trust policy on Reducing Restrictive Practices (interventions).

**Answer:** The Trust has reviewed question 1 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 21(1) of the FOI Act states:

*(1) Information which is reasonably accessible to the applicant otherwise than under section 1 is exempt information.*

The information requested is accessible here:

<https://www.elft.nhs.uk/sites/default/files/2023-04/Use%20of%20Force%20Policy%201.1.docx>

**Question 2:** The Trust Strategy on Reducing Restrictive Practices (interventions).

**Answer:** The Trust is working within the framework of the Use of Force Act.

Our restraint reduction strategy focuses on the six core strategies for reducing restrictive practices. -

1. Learning together and developing our workforce – the Time to Think Groups with service users are held within each service monthly. Training on Human Rights and Trauma Informed care, this will be a key area of development this year and will translate into material changes in practice on wards.

2. Data – the data is available at ward and directorate level. Data is also created and scrutinised using the safety crosses on each ward and discussed in the ward community meeting – the expectations around this are to increase the implementation of the Use of Force Act.

3. Leadership – a crucial element of any progress in this area is the constant attention of leaders to it. As leaders change, a package of learning around patient safety is being developed so that there is a way of handing the baton of improvements onto the next generation of leaders to take forward.

4. Working with service users and families – developing strategies for keeping everyone safe has to include the active participation of service users and their families/carers.

5. Trauma Informed Care – is a way of seeing how previous experiences contribute to current behaviour and beliefs. For many we care for, there are significant issues of trauma that impact on their ability to connect with others and develop helping relationships.

6. Rigorous debriefing. This involves actively learning from incidents in order to try and prevent reoccurrence. Evidence suggests that the more this is paid attention to, the greater the reductions in restraint.



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