

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: PHYSICAL INTERVENTION
Code No.: MRC 222-1
Program: DEVELOPMENTAL SERVICES WORKER
Semester: FOURTH
Date: JANUARY 1985
Author: GERRY PAGE

New

Revision:

APPROVED


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PURPOSES This course is designed to give students the confidence and understanding of how to deal with aggressive clients by using the "Least-Restrictive Methods" of intervention. The course will explore a variety of techniques for dealing with residents who are easily agitated or aggressive to themselves, others, or property,

BEHAVIOURAL OBJECTIVES:

After completing the course each student should be able to:

1. Be sensitive to client and staff feelings during critical incidents.
2. Be able to control feelings and behaviours of self.
3. Identify causes of aggressive behaviour and the implications for dealing with clients.
4. Identify advantages of using non-physical intervention.
5. Identify preventative methods of dealing with aggressive clients.
6. Have knowledge of and demonstrate the necessary decision steps in using non-physical and physical intervention.
7. Demonstrate skills in performing techniques (blocks, holds, carries).
8. Take precautions and safeguards in using intervention.
9. Follow staff responsibilities prior, during and after an incident.
10. Know how to write up an "Incident Report" using a descriptive rather than an evaluative report.

METHODOLOGY;

Approximately 50% of this course will be theory presentation, the remaining 50% will be experiential. If maximum learning is to occur students must be willing to participate actively.

Students are requested to wear pants and to discard earrings, watches, chains, etc. during practical sessions.

SYIJJABUS;

Session 1: Introduction to the course
Overview from Course Outline
Attitudes of Staff/Client Relationship Pre-test
What is aggression?
What causes aggression?
Why non-physical intervention?
Why physical intervention?

Session 2 Non-physical intervention
How to and how not to
Steps to "Talking down"

Session 3: Physical intervention
When to and when not to
Body awareness (your own)
Steps leading to aggression

Session 4: Blocks

- 1) Stance
- 2) Flailing Block
- 3) Mid-Range Kick
- 4) Close-Range Kick
- 5) Side Punch
- 6) Straight Punch
- 7) Upper Cut

Session 5 - Holds and Carries:

- 1) One-Person Come-Along
- 2) Basket Hold
- 3) Two-Person Basket Hold
- 4) Two-Person Basket Hold Take Down
- 5) Three- or Four-Person Carry
- 6) Exclusion Exit

Session 6 Releases

- 1) One-hand Grip Release
- 2) Two-hand Grip Release
- 3) Front Strangle Release
- 4) Rear Strangle Release
- 5) Choke Release

Session 7: - Releases continued:

- 1) Hair-pull Release
- 2) Front Bear Hug Release
- 3) Rear Bear Hug Release
- 4) Bite Release
- 5) Head Lock Release

Session 8: - Report Writing
- Post Test

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