



**GOOD PRACTICE SERVICES:
PROMOTING HUMAN RIGHTS &
RECOVERY IN MENTAL HEALTH**
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ABSTRACT FORM

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Name/Nome	Abdul Kadir Abu Bakar	Country/ Paese	MALAYSIA
Affiliation/Organizzazione <i>(University/Agency/NGO)/(Università/Azienda/ ONG)</i>	HOSPITAL PERMAI, TAMPOI. MIASA		
Address/Indirizzo	Johor bahru, Johor, Malaysia		
Phone-mobile/Telefono	+60127797717	Fax	
E-mail	akzak82@gmail.com		
Title of the contribution/Titolo del contributo	No restraints policy in Hospital Permai, Malaysia		
Objectives/Obiettivi	<p>Hospital Permai, Malaysia is one of the 4 large mental hospitals in Malaysia. There are 50 other departments psychiatry in general hospitals all over the country.</p> <p>In 2010, Hospital Permai introduced a “NO Restraints, NO Seclusion” throughout the hospital. This was done after a series of consultations with staff and patients and their families.</p> <p>The mainstay of the policy include assertive training for the staff in breakway, verbal deescalation, conflict resolution, patient psychoeducation, providing adequate sedation, 24 hr medical backup, providing comfort areas for patients and providing One to One nursing.</p> <p>This policy continues to be practiced and in place. The rate of aggression in the acute ward has decreased from 4% to less than 1% in the past 9 years.</p> <p>However, to date, no other hospitals in the country has emulated this practice.</p>		