

Healthcare Quarterly

# Seclusion and Restraint Supplement

October to December 2023



## **BUREAU OF HEALTH INFORMATION**

1 Reserve Road  
St Leonards NSW 2065  
Australia  
Telephone: +61 2 9464 4444  
**bhi.nsw.gov.au**

© Copyright Bureau of Health Information 2024

This work is copyrighted. It may be reproduced in whole or in part for study or training purposes subject to the inclusion of an acknowledgement of the source. It may not be reproduced for commercial usage or sale. Reproduction for purposes other than those indicated above requires written permission from the Bureau of Health Information (BHI).

State Health Publication Number: (BHI) 240054-1  
ISSN: 2207-9564 (online)

Suggested citation:

Bureau of Health Information. Healthcare Quarterly – Seclusion and Restraint Supplement, October to December 2023. Sydney (NSW); BHI; 2024.

Please note there is the potential for minor revisions of data in this report.  
Please check the online version at **bhi.nsw.gov.au** for any amendments or errata.

Published March 2024

The conclusions in this report are those of BHI and no official endorsement by the NSW Minister for Health, the NSW Ministry of Health or any other NSW public health organisation is intended or should be inferred.

# Table of contents

Seclusion and physical restraint	4
Seclusion and restraint events and rate	8
Duration of seclusion and physical restraint events	14

# Seclusion and physical restraint

Seclusion and restraint involves the use of interventions to restrict the freedom of movement of a patient. These restrictive practices are not therapeutic but may be needed to support care. They should only be used as a last resort when other options are unsuccessful in maintaining safety for the patient, staff or others.

In NSW, there are more than 40 public hospitals, plus the Forensic Hospital, with specialised acute mental health units that treat patients with varying severities of mental illness. There are Mental Health Intensive Care Units (MHICUs) in seven of these hospitals, providing treatment for patients with a higher level of clinical severity and complexity.

The Justice Health and Forensic Mental Health Network (JHFMHN) provides specialised mental health services for forensic patients. JHFMHN is reported separately and not included in NSW totals to acknowledge the differences in model of care and patient cohort.

BHI does not report on seclusion and restraint events in non-acute specialised mental health inpatient units or in emergency departments (EDs).

Most episodes of care in acute mental health units did not have a seclusion or restraint event in October to December 2023 (Figure 1).

The NSW Health Performance Framework includes three key performance indicators (KPIs) related to the use of restrictive practices. The KPI target for the percentage of acute mental health episodes of care with at least one seclusion event in 2023–24 is less than 4.1% for each hospital and less than 30.0% for JHFMHN.

In the October to December 2023 quarter, the percentage of acute mental health episodes of care with at least one seclusion event in NSW was 3.2%, similar to the same quarter the previous year (Figure 1, Table 1). The percentage was 4.1% or above in 10 hospitals: Concord (10.6), Tamworth (8.7), Bankstown-Lidcombe (8.4), Liverpool (6.7), Children's at Westmead (4.7), Wollongong (4.5), Nepean (4.4), Hunter New England Mater Mental Health Centre (4.3), Cumberland (4.2) and Maitland (4.1) (Table 1).

The percentage of acute mental health episodes of care with at least one physical restraint event in NSW was 4.3%, similar to the same quarter the previous year (Figure 1, Table 1).

There was variation across public hospitals in the use of these interventions (Table 1).

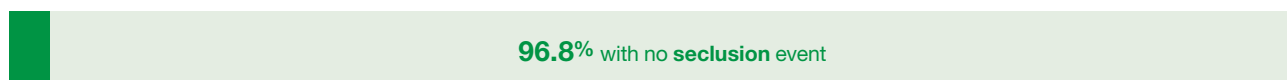
For more information on analyses of seclusion and restraint, see *Measurement Matters – Reporting on seclusion and restraint in NSW public hospitals* at [bhi.nsw.gov.au/BHI\\_reports/measurement\\_matters](https://bhi.nsw.gov.au/BHI_reports/measurement_matters)

A **seclusion event** occurs when a patient is placed alone in a room or an area at any time of day or night, with no freedom of exit. The duration of the event, or the size and type of area in which a patient is confined is not relevant in determining what is or is not seclusion.

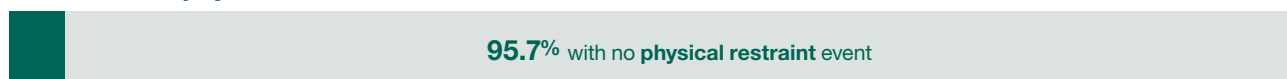
A **restraint event** occurs when a patient's freedom of movement is restricted by physical means (i.e. hands-on immobilisation by healthcare staff) or mechanical means (i.e. application of devices).

Figure 1 Percentage of acute mental health episodes of care occurring in specialised acute mental health inpatient units with at least one seclusion or physical restraint event, NSW, October to December 2023

**3.2%** with  $\geq 1$  seclusion event



**4.3%** with  $\geq 1$  physical restraint event



Note: Seclusion and restraint data were drawn from the Health Information Exchange (HIE) on 18 January 2024, and manually collected measures received from InforMH, System Information and Analytics, NSW Ministry of Health on 2 February 2024.

Table 1 Percentage of acute mental health episodes of care occurring in specialised acute mental health inpatient units with at least one seclusion or physical restraint event, by public hospital, October to December 2023\*

Hospital	Number of acute mental health episodes of care	Seclusion		Physical restraint		
		% of episodes with at least one event	Percentage point change since one year ago	% of episodes with at least one event	Percentage point change since one year ago	
<b>NSW†</b>	<b>12,256</b>	<b>3.2</b>	<b>0.3</b>	<b>4.3</b>	<b>-0.1</b>	
No mental health intensive care unit	Armidale	82	0.0	0.0	0.0	
	Bankstown-Lidcombe	225	8.4	4.5	8.4	4.0
	Blacktown	432	1.9	0.5	5.6	2.0
	Blue Mountains	96	1.0	1.0	3.1	-0.7
	Braeside	38	0.0	0.0	7.9	5.3
	Broken Hill	51	2.0	-3.4	5.9	3.2
	Children's at Westmead	43	4.7	4.7	18.6	-4.0
	Coffs Harbour	194	1.5	-1.1	2.1	-0.9
	Dubbo	92	0.0	-2.1	4.3	2.2
	Gosford	154	3.2	2.4	5.2	4.4
	Goulburn	256	3.1	2.0	3.1	-0.9
	Greenwich	60	0.0	0.0	3.3	-4.8
	John Hunter	72	2.8	1.4	5.6	-4.5
	Kempsey	90	0.0	0.0	0.0	0.0
	Lismore	256	3.9	-0.6	5.5	-3.5
	Liverpool	493	6.7	1.0	5.1	1.4
	Macquarie	58	1.7	1.7	1.7	-2.0
	Maitland	195	4.1	-0.9	5.1	2.6
	Manning	146	2.1	2.1	1.4	-1.8
	Morrisset	12	0.0	-11.8	0.0	-11.8
	Nepean	474	4.4	2.0	4.6	0.8
	Northern Beaches§	313	0.6	-0.7	4.5	-0.8
	Port Macquarie	101	2.0	-0.1	5.0	-0.2
	Royal North Shore	326	1.8	0.8	4.3	1.0
	Royal Prince Alfred	618	3.2	0.2	3.9	0.0
	Shellharbour	471	2.5	-2.7	2.3	-2.7
	South East Regional	112	0.9	0.9	2.7	0.5
	St George	296	2.0	0.5	5.1	-1.2
	St Joseph's	16	0.0	0.0	0.0	-3.6
	St Vincent's	303	0.3	-1.0	1.3	-1.3
	Sutherland	168	1.8	0.1	1.2	-5.8
	Sydney Children's	424	0.0	0.0	0.7	-1.5
	Tamworth	196	8.7	5.4	5.6	1.2
Tweed	234	0.4	-0.4	6.0	3.9	
Wagga Wagga	349	0.0	-0.3	2.0	-1.5	
Westmead	195	0.0	0.0	0.5	-2.7	
Wollongong	222	4.5	2.7	3.6	-1.3	
Wyong	302	2.3	-0.2	4.0	-0.1	
MHICU	Campbelltown#	568	2.8	□	3.7	□
	Concord	652	10.6	3.6	7.8	0.2
	Cumberland	716	4.2	-2.1	4.1	0.5
	Hornsby	393	2.8	-2.0	5.9	-2.8
	Hunter New England Mater MH	844	4.3	0.7	5.0	1.0
	Orange	466	1.5	0.4	2.6	1.0
JH	The Forensic Hospital	57	12.3	-8.8	22.8	-7.0

\* Episodes of care include same-day, overnight, completed and non-completed episodes excluding episodes at the Forensic Hospital. Episodes of care for the Forensic Hospital include same-day, overnight, completed and non-completed episodes.

# From July to September 2023, Campbelltown Hospital has been classified as a hospital with a MHICU.

□ Comparison with the same quarter previous year has been suppressed as the data is not comparable.

§ Northern Beaches operates as a public/private partnership with NSW Health. Only public patients are included in the Northern Beaches analysis. For more information, please refer to the [technical supplement](#).

# Seclusion and physical restraint

The percentage of acute mental health episodes of care in NSW with at least one seclusion event was 3.2% in October to December 2023, below the five-year high of 4.3% in April to June 2020 (Figure 2).

The percentage of acute mental health episodes of care in NSW with at least one physical restraint event was 4.3% in October to December 2023, below the five-year high of 5.3% in April to June 2020 (Figure 3).

The percentage of acute mental health episodes of care with at least one seclusion or physical restraint event in hospitals with a MHICU was typically higher, and varied more than in hospitals without a MHICU (Figures 2, 3).

Figure 2 Percentage of acute mental health episodes of care occurring in specialised acute mental health inpatient units with at least one seclusion event, October 2018 to December 2023

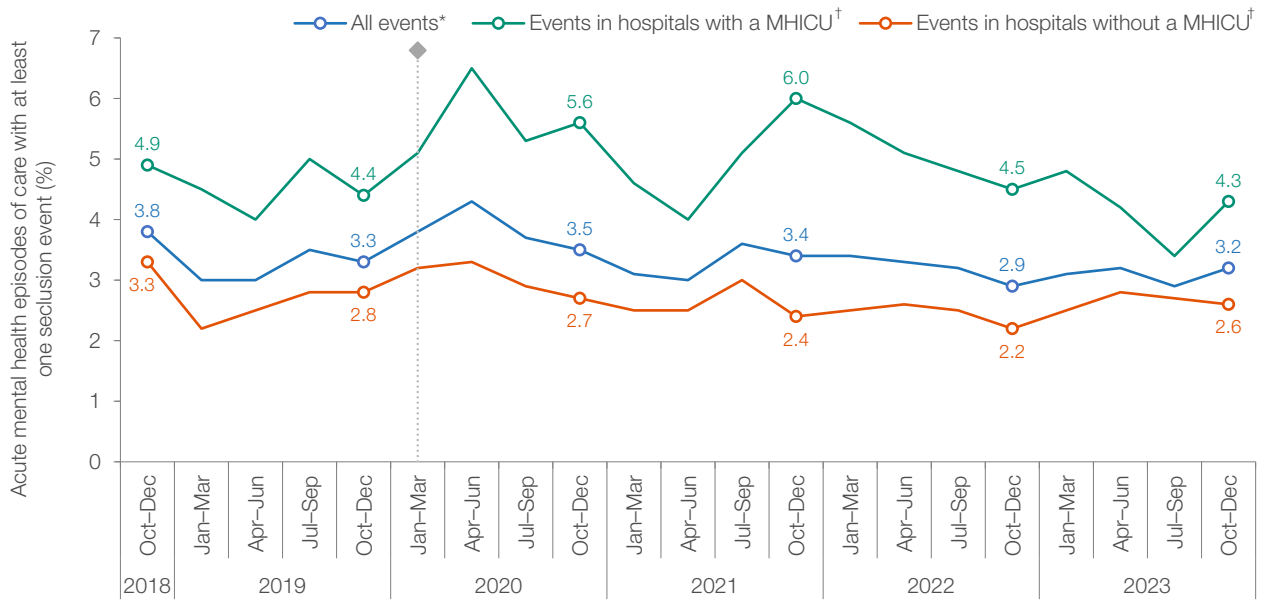
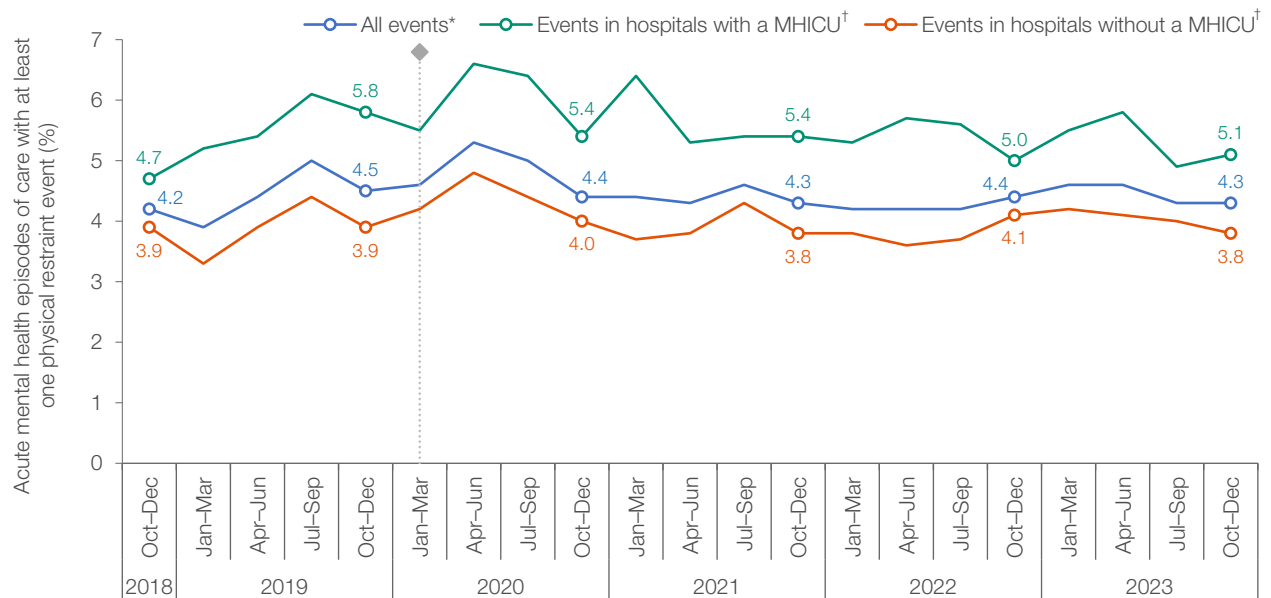


Figure 3 Percentage of acute mental health episodes of care occurring in specialised acute mental health inpatient units with at least one physical restraint event, October 2018 to December 2023



\* 'All events' includes all seclusion or physical restraint events occurring in specialised acute mental health inpatient units, excluding episodes in the Justice Health and Forensic Mental Health Network (JHFMHN).

† MHICU = Mental Health Intensive Care Unit

Note: Results for Northern Beaches Hospital are included in aggregated data for hospitals without a MHICU and NSW totals back to October to December 2020. From October to December 2023, results for Campbelltown Hospital are included in aggregated data for hospitals with a MHICU. For more information, including which hospitals are included each quarter, please refer to the [technical supplement](#).

◆ The World Health Organisation (WHO) declared the COVID-19 pandemic on 12 March 2020 and first restrictions were introduced in NSW on 16 March 2020.

# Seclusion and restraint events and rate

Use of seclusion and restraint in hospitals can be affected by a range of factors including the acuity and mix of patients, local models of care, staffing levels and training, and the physical environment of the unit.

Across NSW, there were 644 seclusion events in October to December 2023, up 25 events compared with the same quarter the previous year. There were 860 physical restraint events, a substantial decrease of 221 events compared with the same quarter the previous year (Table 2).

The number of seclusion and restraint events varied across public hospitals. The highest numbers of seclusion and restraint events mostly occurred in hospitals with a MHICU, and at the Forensic Hospital (Table 2).

There were 38 mechanical restraint events in NSW public hospitals with specialised acute mental health inpatient units (excluding the Forensic Hospital). This was similar to the same quarter the previous year (data not shown by hospital due to small numbers). At the Forensic Hospital, there were 29 mechanical restraint events, a substantial decrease from 184 events in the same quarter the previous year (data not shown).

The NSW Health KPI target for the rate of seclusion in 2023–24 is less than 5.1 per 1,000 bed days for each hospital. In October to December 2023, the rate of seclusion in NSW was 4.9 per 1,000 bed days, similar to the same quarter the previous year (Table 2).

The rate of seclusion was below 5.1 per 1,000 bed days in 34 hospitals. The rate was 5.1 or above in 11 hospitals: Liverpool (14.0), Concord (12.0), Port Macquarie (11.0), Bankstown-Lidcombe (9.9), Tamworth (8.9), Goulburn (7.8), Hunter New England Mater Mental Health Centre (7.3), Cumberland (6.4), Shellharbour (5.8), Wollongong (5.8) and Children's at Westmead (5.7) (Table 2).

The rate of physical restraint in NSW was 6.5 per 1,000 bed days, down from 8.4 per 1,000 bed days in the same quarter the previous year. The rate varied widely across hospitals and was above the NSW average in 19 hospitals: Children's at Westmead (54.0), John Hunter (14.6), Tweed (12.5), Broken Hill (10.5), Blacktown (10.0), Hornsby (9.9), Northern Beaches (9.5), Wollongong (9.2), Concord (8.9), Wyong (8.6), Hunter New England Mater Mental Health Centre (8.6), Sydney Children's (8.5), St George (8.1), Prince of Wales (7.9), Bankstown-Lidcombe (7.8), Goulburn (7.8), Port Macquarie (7.7), Lismore (7.6) and Liverpool (7.1) (Table 2).

For more information on analyses of seclusion and restraint, see *Measurement Matters – Reporting on seclusion and restraint in NSW public hospitals* at [bhi.nsw.gov.au/BHI\\_reports/measurement\\_matters](https://bhi.nsw.gov.au/BHI_reports/measurement_matters)



Table 2 Number and rate of seclusion and physical restraint events occurring in specialised acute mental health inpatient units, by public hospital, October to December 2023

Hospital	Seclusion			Physical restraint			
	Total number of seclusion events	Change in events since one year ago	Rate per 1,000 bed days	Total number of physical restraint events	Change in events since one year ago	Rate per 1,000 bed days	
<b>NSW</b>	<b>644</b>	<b>25</b>	<b>4.9</b>	<b>860</b>	<b>-221</b>	<b>6.5</b>	
No mental health intensive care unit	Armidale	0	0	0	0	0	
	Bankstown-Lidcombe	28	16	9.9	22	11	7.8
	Blacktown	11	2	3.5	31	11	10.0
	Blue Mountains	<5	1	0.8	<5	-3	2.3
	Braeside	0	0	0	6	5	4.4
	Broken Hill	<5	-5	3.5	<5	1	10.5
	Children's at Westmead	<5	2	5.7	19	-14	54.0
	Coffs Harbour	<5	-5	1.2	11	-32	4.4
	Dubbo	0	-2	0	5	2	6.1
	Gosford	9	7	3.8	15	14	6.3
	Goulburn	16	12	7.8	16	-7	7.8
	Greenwich	0	0	0	<5	-18	1.6
	John Hunter	<5	1	4.2	7	-25	14.6
	Kempsey	0	0	0	0	0	0
	Lismore	13	-6	4.5	22	-13	7.6
	Liverpool	69	11	14.0	35	0	7.1
	Macquarie	<5	2	1.7	<5	-1	0.9
	Maitland	10	-2	4.9	11	7	5.4
	Manning	5	5	3.7	7	0	5.2
	Morisset	0	-3	0	0	-4	0
	Nepean	28	-6	4.6	31	-4	5.0
	Northern Beaches <sup>§</sup>	<5	-4	0.8	23	-3	9.5
	Port Macquarie	10	7	11.0	7	0	7.7
	Royal North Shore	6	1	1.7	20	1	5.7
	Royal Prince Alfred	30	4	4.2	39	12	5.5
	Shellharbour	16	-11	5.8	11	-14	4.0
	South East Regional	<5	1	0.9	7	5	6.0
	St George	8	3	2.8	23	-18	8.1
	St Joseph's	0	0	0	0	-1	0
	St Vincent's	<5	-2	0.7	11	-1	3.7
Sutherland	<5	-3	1.3	7	-14	3.0	
Sydney Children's	0	0	0	7	-55	8.5	
Tamworth	19	4	8.9	14	2	6.5	
Tweed	<5	-1	0.4	28	23	12.5	
Wagga Wagga	0	-2	0	15	-1	5.0	
Westmead	0	0	0	<5	-4	1.0	
Wollongong	14	7	5.8	22	-51	9.2	
Wyong	19	10	4.8	34	17	8.6	
MHICU	Campbelltown <sup>#</sup>	23	Ω	3.5	24	Ω	3.6
	Concord	137	26	12.0	101	-14	8.9
	Cumberland	54	-35	6.4	42	-2	5.0
	Hornsby	24	2	4.9	49	-13	9.9
	Hunter New England Mater MH	62	-25	7.3	73	-20	8.6
	Orange	7	2	1.7	13	4	3.1
JH	Prince of Wales	6	3	1.2	39	3	7.9
JH	The Forensic Hospital	22	-109	5.5	32	-142	7.9

# From July to September 2023, Campbelltown Hospital has been classified as a hospital with a MHICU.

Ω Comparison with the same quarter previous year has been suppressed as the data is not comparable.

§ Northern Beaches operates as a public/private partnership with NSW Health. Only public patients are included in the Northern Beaches analysis. For more information, please refer to the [technical supplement](#).

# Seclusion events and rate

There were 644 seclusion events in October to December 2023. The number of seclusion events in hospitals with a MHICU was similar to the same quarter the previous year. For hospitals without a MHICU, the trend has been relatively stable in recent quarters, following an increase in April to June 2023 (Figure 4).

The rate of seclusion is the number of seclusion events per 1,000 bed days. Since 2018–19, the NSW Ministry of Health's KPI target for the rate of seclusion has been less than 5.1 per 1,000 bed days.

The rate of seclusion in NSW was 4.9 per 1,000 bed days in October to December 2023. The rate decreased from the five-year high of 7.3 per 1,000 bed days in April to June 2020. The rate of seclusion in hospitals with a MHICU was typically higher than those without a MHICU (Figure 5).

Figure 4 Number of seclusion events occurring in specialised acute mental health inpatient units, October 2018 to December 2023

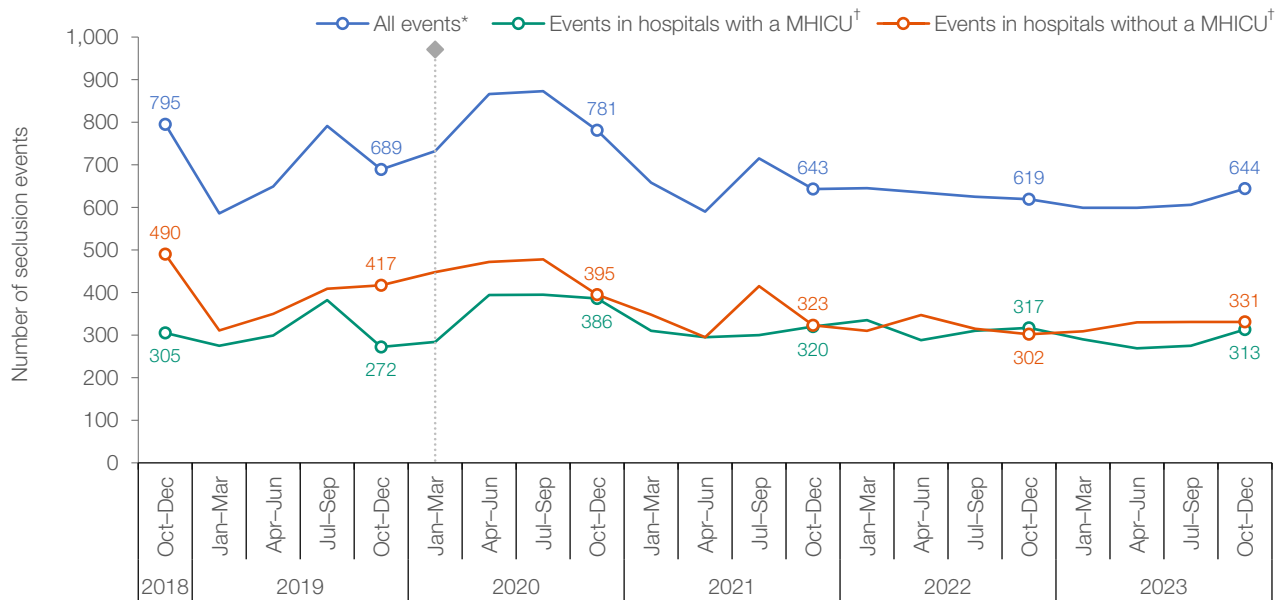
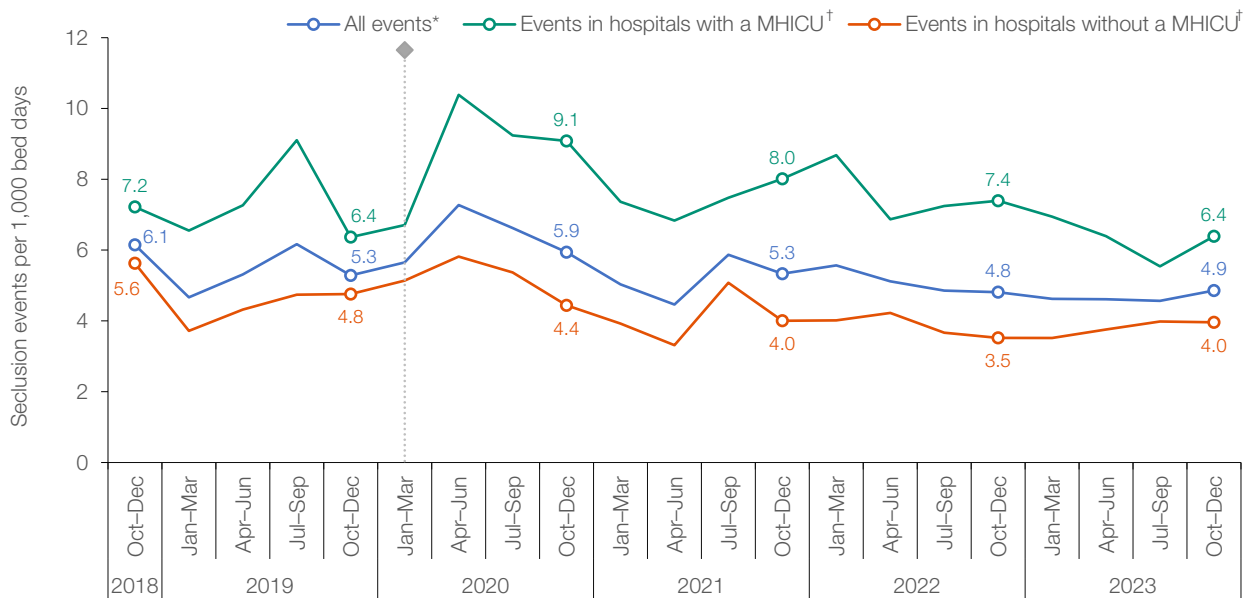


Figure 5 Number of seclusion events per 1,000 bed days in specialised acute mental health inpatient units, October 2018 to December 2023



\* 'All events' includes all seclusion events occurring in specialised acute mental health inpatient units, excluding episodes in the Justice Health and Forensic Mental Health Network (JHFMHN).

† MHICU = Mental Health Intensive Care Unit

Note: Results for Northern Beaches Hospital are included in aggregated data for hospitals without a MHICU and NSW totals back to October to December 2020. From October to December 2023, results for Campbelltown Hospital are included in aggregated data for hospitals with a MHICU. For more information, including which hospitals are included each quarter, please refer to the [technical supplement](#).

◆ WHO declared the COVID-19 pandemic on 12 March 2020 and first restrictions were introduced in NSW on 16 March 2020.

# Physical restraint events and rate

There were 860 physical restraint events in October to December 2023, the lowest of any October to December quarter in five years. The number of physical restraint events in hospitals with a MHICU decreased compared with the same quarter the previous year and has been relatively stable in recent quarters (Figure 6).

The rate of physical restraint refers to the number of physical restraint events per 1,000 bed days. The rate was 6.5 per 1,000 bed days in NSW in October to December 2023, the lowest of any October to December quarter in five years. The rate of physical restraint in hospitals with a MHICU was typically higher than those without a MHICU (Figure 7).

Figure 6 Number of physical restraint events occurring in specialised acute mental health inpatient units, October 2018 to December 2023

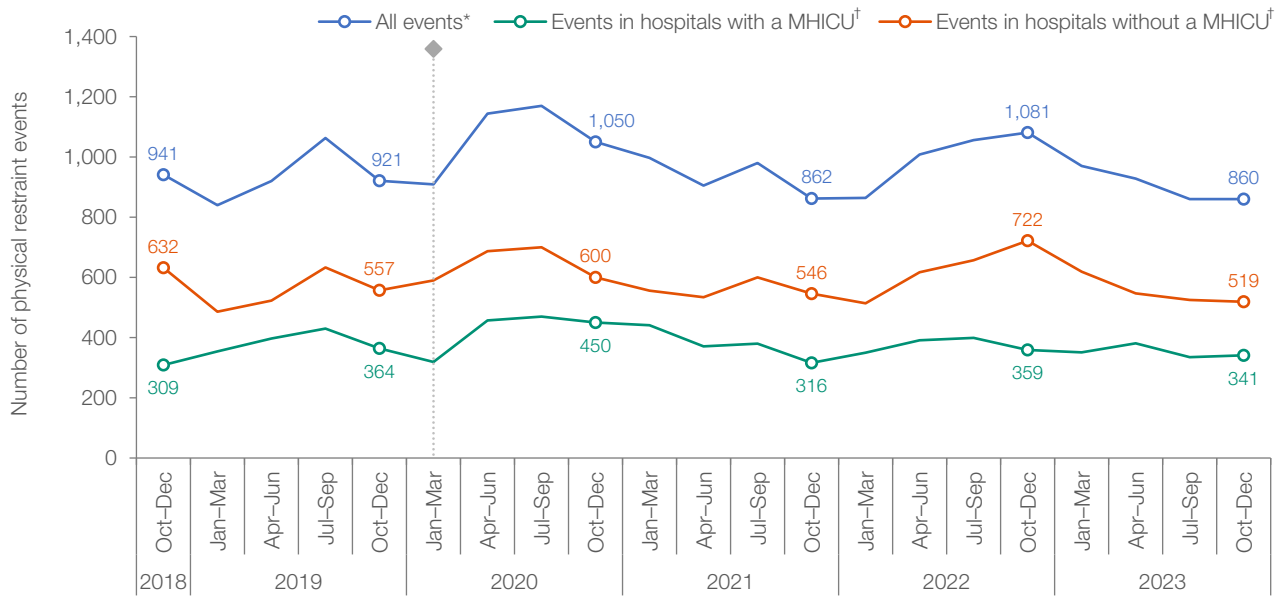
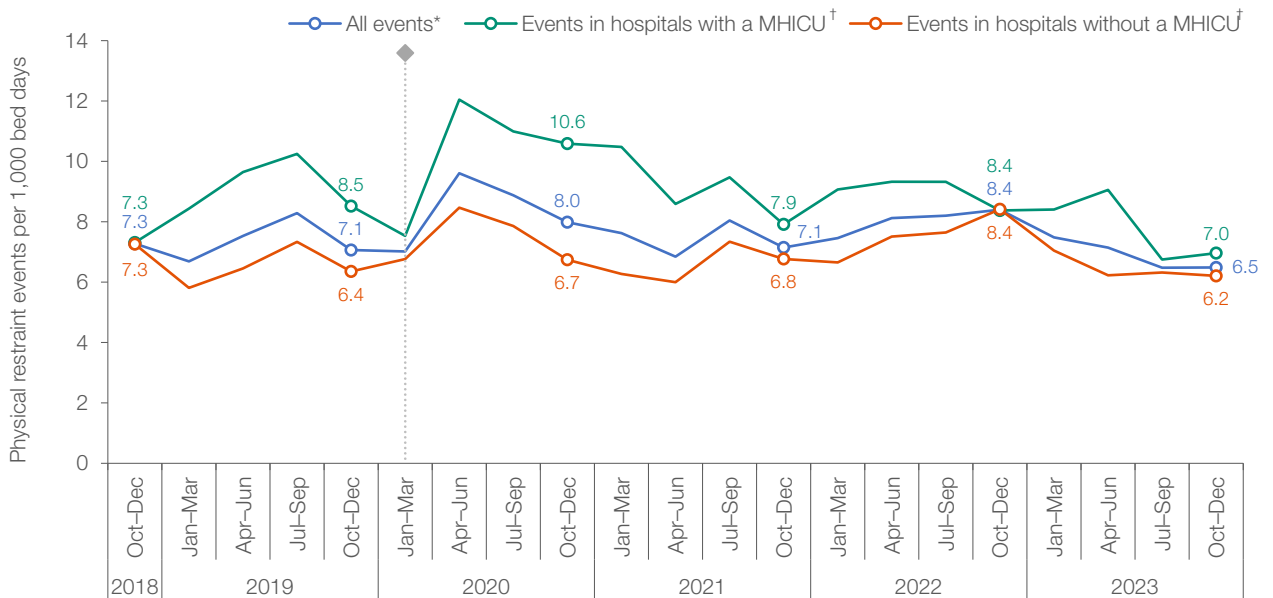


Figure 7 Number of physical restraint events per 1,000 bed days in specialised acute mental health inpatient units, October 2018 to December 2023



\* 'All events' includes all physical restraint events occurring in specialised acute mental health inpatient units, excluding episodes in the JHFMHN.

† MHICU = Mental Health Intensive Care Unit

Note: Results for Northern Beaches Hospital are included in aggregated data for hospitals without a MHICU and NSW totals back to October to December 2020. From October to December 2023, results for Campbelltown Hospital are included in aggregated data for hospitals with a MHICU. For more information, including which hospitals are included each quarter, please refer to the [technical supplement](#).

◆ WHO declared the COVID-19 pandemic on 12 March 2020 and first restrictions were introduced in NSW on 16 March 2020.

# Duration of seclusion and physical restraint events

Seclusion and restraint should only be used as a last resort when other options are unsuccessful in maintaining the safety of patients, staff, or others. When used, the length of time that an individual is exposed to these restrictive interventions should be as short as possible.

When examining average duration of seclusion and restraint events, it should be noted that variation can be affected by a single event, or a small number of events, lasting considerably longer than others.

The NSW Health KPI target for the average duration of seclusion events in 2023–24 is less than four hours.

The average duration of a seclusion event was 9 hours 28 minutes in NSW in October to December 2023, up 20 minutes compared with the same quarter the previous year (Table 3). The average duration was longer than four hours in 13 hospitals: Cumberland (28h 16m), Manning (19h 36m), Nepean (14h 57m), Lismore (11h 40m), Concord (11h 11m), Liverpool (10h 18m), Royal Prince Alfred (9h 4m), Wollongong (7h 24m), Royal North Shore (7h 22m), Hunter New England Mater Mental Health Centre (6h 26m), Hornsby (6h 25m), Blacktown (6h 24m) and Tamworth (4h 19m) (Table 3).

In October to December 2023, the average duration of a physical restraint event in NSW was 4 minutes, similar to the same quarter the previous year (Table 3).

The average duration of a mechanical restraint event in NSW (excluding the Forensic Hospital) was 4 hours 14 minutes, up 2 hours 21 minutes compared with the same quarter the previous year (data not shown by hospital due to small numbers). At the Forensic Hospital, the average duration of a mechanical restraint event was 1 hour 42 minutes, up 18 minutes compared with the same quarter the previous year (data not shown).

Table 3 Average duration of seclusion and physical restraint events occurring in specialised acute mental health inpatient units, by public hospital, October to December 2023

Hospital	Seclusion		Physical restraint		
	Average duration	Change since one year ago	Average duration	Change since one year ago	
<b>NSW</b>	<b>9h 28m</b>	<b>20m</b>	<b>4m</b>	<b>-1m</b>	
No mental health intensive care unit	Armidale	0m	0m	0m	
	Bankstown-Lidcombe	3h 44m	-3h 34m	4m	2m
	Blacktown	6h 24m	-3m	1m	0m
	Blue Mountains	†	‡	†	‡
	Braeside	0m	0m	1m	‡
	Broken Hill	†	‡	†	‡
	Children's at Westmead	†	‡	5m	0m
	Coffs Harbour	†	‡	10m	4m
	Dubbo	0m	‡	1m	‡
	Gosford	1h 42m	‡	2m	‡
	Goulburn	1h 11m	‡	1m	-2m
	Greenwich	0m	0m	†	‡
	John Hunter	†	‡	7m	3m
	Kempsey	0m	0m	0m	0m
	Lismore	11h 40m	5h 37m	2m	-1m
	Liverpool	10h 18m	3h 30m	1m	0m
	Macquarie	†	‡	†	‡
	Maitland	3h 10m	-2h 16m	2m	‡
	Manning	19h 36m	19h 36m	38m	34m
	Morriset	0m	‡	0m	‡
	Nepean	14h 57m	58m	1m	-2m
	Northern Beaches <sup>§</sup>	†	‡	1m	-2m
	Port Macquarie	1h 50m	‡	2m	-2m
	Royal North Shore	7h 22m	3h 25m	4m	2m
	Royal Prince Alfred	9h 4m	-1h 9m	3m	-7m
	Shellharbour	3h 10m	-45m	2m	-4m
	South East Regional	†	‡	2m	‡
	St George	2h 28m	2m	3m	2m
	St Joseph's	0m	0m	0m	‡
	St Vincent's	†	‡	3m	1m
	Sutherland	†	‡	4m	1m
	Sydney Children's	0m	0m	16m	-11m
Tamworth	4h 19m	1h 52m	3m	1m	
Tweed	†	‡	1m	0m	
Wagga Wagga	0m	‡	1m	-1m	
Westmead	0m	0m	†	‡	
Wollongong	7h 24m	4h 56m	5m	2m	
Wyong	1h 33m	34m	2m	-1m	
MHICU	Campbelltown <sup>#</sup>	3h 59m	Ω	4m	Ω
	Concord	11h 11m	-2h 1m	6m	2m
	Cumberland	28h 16m	11h 14m	2m	0m
	Hornsby	6h 25m	-9h 53m	5m	-1m
	Hunter New England Mater MH	6h 26m	1h 29m	6m	1m
	Orange	48m	-7m	3m	-1m
JH	The Forensic Hospital	25h 42m	7h 23m	23m	19m

† Suppressed due to small number of seclusion/physical restraint events in the reporting period, to protect patient privacy.

‡ Suppressed due to small number of seclusion/physical restraint events in the reporting period or in the same quarter the previous year, to protect patient privacy.

# From July to September 2023, Campbelltown Hospital has been classified as a hospital with a MHICU.

Ω Comparison with the same quarter previous year has been suppressed as the data is not comparable.

§ Northern Beaches operates as a public/private partnership with NSW Health. Only public patients are included in the Northern Beaches analysis. For more information, please refer to the [technical supplement](#).

# Duration of seclusion and physical restraint events

The NSW Health KPI target for an average seclusion duration of less than four hours has been in place since 2017–18.

The average duration of a seclusion event at NSW level has been longer than four hours since 2016.

The average duration of a seclusion event was 9 hours 28 minutes in October to December 2023, a decrease from the five-year high of 11 hours 17 minutes in January to March 2022. The average duration of a seclusion event in hospitals with a MHICU was typically longer and showed more variation than in hospitals without a MHICU (Figure 8).

The average duration of a physical restraint event was 3 minutes 49 seconds in October to December 2023. Hospitals with a MHICU have seen a downward trend in the average duration of physical restraint events since early 2020 and has been relatively stable in recent quarters. The average duration of physical restraint events in hospitals without a MHICU was 3 minutes 16 seconds in October to December 2023, below the record high of 7 minutes 17 seconds in July to September 2022 (Figure 9).



Figure 8 Average duration of seclusion events occurring in specialised acute mental health inpatient units, October 2018 to December 2023

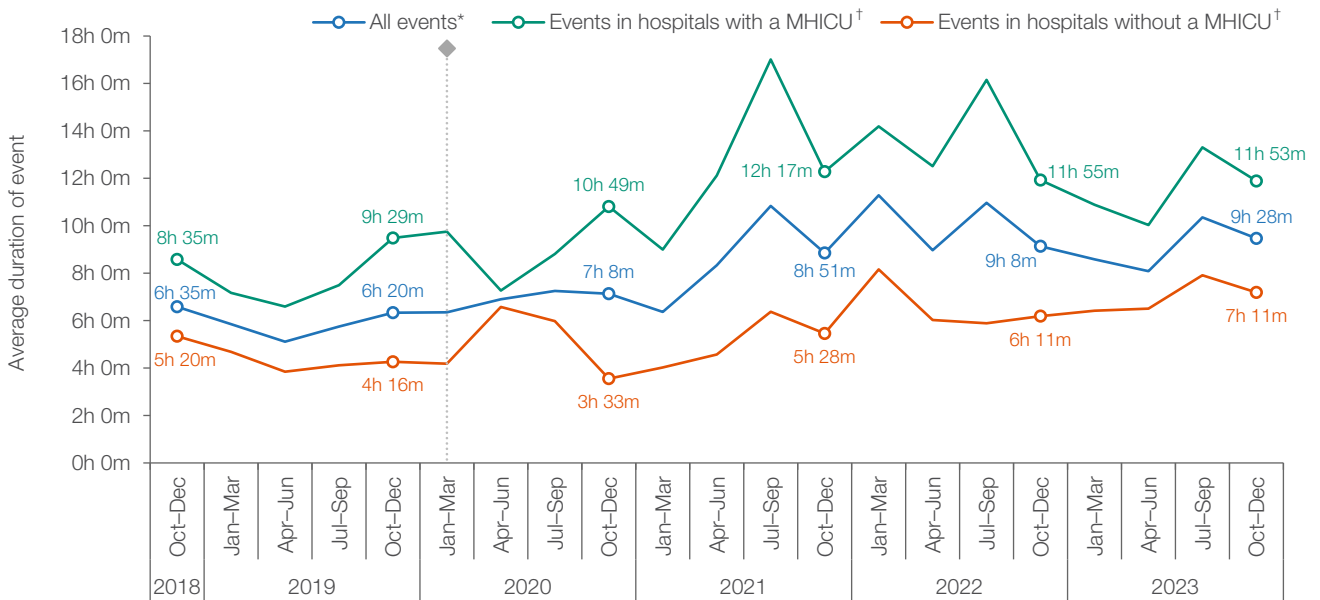
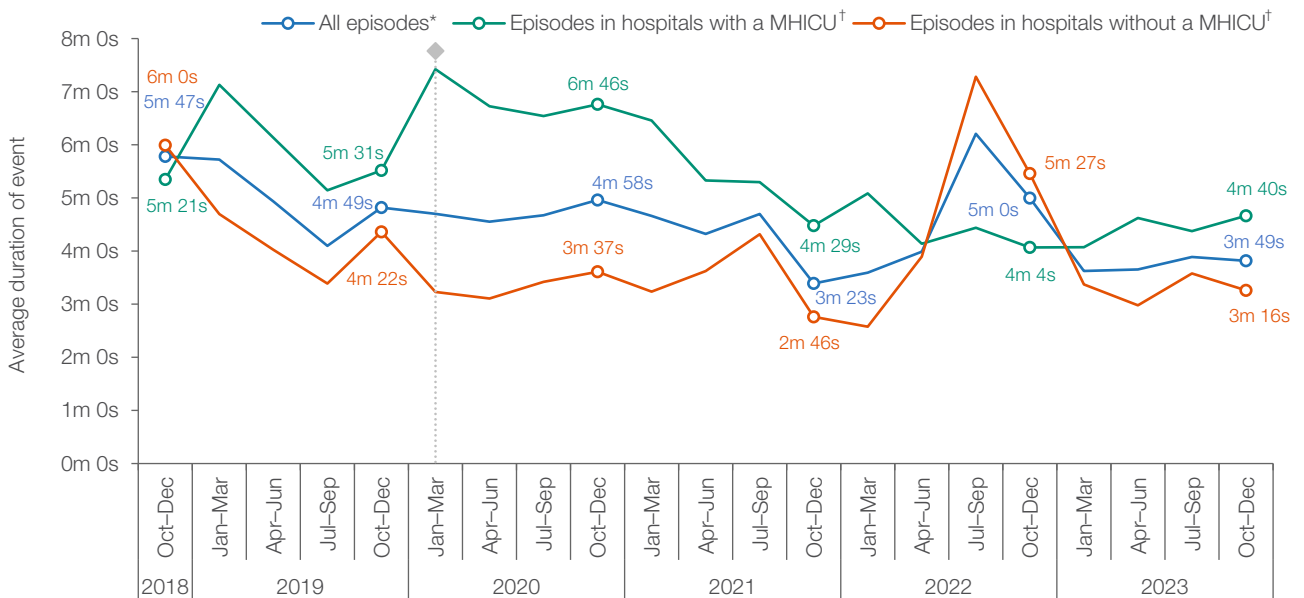


Figure 9 Average duration of physical restraint events occurring in specialised acute mental health inpatient units, October 2018 to December 2023



\* 'All events' includes all seclusion or physical restraint events occurring in specialised acute mental health inpatient units, excluding episodes in the JHFMHN.  
 † MHICU = Mental Health Intensive Care Unit  
 Note: Results for Northern Beaches Hospital are included in aggregated data for hospitals without a MHICU and NSW totals back to October to December 2020. From October to December 2023, results for Campbelltown Hospital are included in aggregated data for hospitals with a MHICU. For more information, including which hospitals are included each quarter, please refer to the [technical supplement](#).  
 ♦ WHO declared the COVID-19 pandemic on 12 March 2020 and first restrictions were introduced in NSW on 16 March 2020.

## About the Bureau of Health Information

The Bureau of Health Information (BHI) is a board-governed organisation that provides independent information about the performance of the NSW healthcare system.

BHI was established in 2009 and supports the accountability of the healthcare system by providing regular and detailed information to the community, government and healthcare professionals. This in turn supports quality improvement by highlighting how well the healthcare system is functioning and where there are opportunities to improve.

BHI manages the NSW Patient Survey Program, gathering information from patients about their experiences and outcomes of care in public hospitals and other healthcare facilities.

BHI publishes a range of reports and information products, including interactive tools, that provide objective, accurate and meaningful information about how the health system is performing.

BHI's work relies on the efforts of a wide range of healthcare, data and policy experts. All of our assessment efforts leverage the work of hospital coders, analysts, technicians and healthcare providers who gather, codify and supply data. Our public reporting of performance information is enabled and enhanced by the infrastructure, expertise and stewardship provided by colleagues from NSW Health and its pillar organisations.

**[bhi.nsw.gov.au](http://bhi.nsw.gov.au)**