

Radar method Regeer® met Controle & Fysieke beheersing (CFB)

a method for analysis of safety risks and selection of relevant interventions for aggression and violenceError! Bookmark not defined.

Summary**Error! Bookmark not defined.**

Several definitions of aggression and violence are currently used in daily practice. The risk factors which are the basis of aggression and violence are also approached differently. There is no research in which one factor was found to be able to predict violent behavior, not even the factor having a history of violent behavior. Many authors and researchers doubt the sense and use of all these factors for predicting aggressive violent behavior. In order to end this confusion, Leo Regeer started in 1993 with the development of a concrete definition framework to be used by caregivers in daily practice. The basis for this was formed in the training's: Supervision and Physical Management (SPhM)) which were provided by LEO Management Aggression Prevention since 1991. These training's provide skills for acting in situations of violence. Since the start, these training's have also provided an intensive exchange between trainers and participants concerning subjects such as the professional attitude, definition of terms, interventions, prevention and aftercare.

For the development of the framework for the definition of terms a distinction was made between emotion and behavior. Then a list was made with nursing diagnoses and their defining characteristics. This list was validated according to present rules. An extensive list with a large number of diagnosis labels is not very effective in daily practice. That is why the RADAR classification was developed in 1996. RADAR means **R**egistration, **A**ggression, **D**iagnosis, **A**nalysis, **R**isks. Assertively and Aggression areas were distinguished inductively and divided into four levels.

A cluster of interventions accompanies each level. The RADAR method may serve as the basis for answering questions concerning what to do when confronted with aggression and violence.

Outline of the RADAR method

The objectives of RADAR method are:

1. To serve as a consistent framework for the definition of aggression and violence.
2. To select the most relevant interventions, related to a consistent diagnostic aggression area.
3. To create an internationally consistent registration of (aggressive) violent incidents to develop a general safety policy in institutes and companies.
4. To establish the need for expertise development, determined by nurses

and other professionals, in the areas of aggression/ violence, auto mutilation, suicidal behavior and sexual intimidation.

5. To achieve prevention of aggression and violence through education of all those concerned.

Violent behavior always corresponds more or less with the defining characteristics in the RADAR classification. This process of aggression is always and everywhere the same. Two types of risk factors play a role: intrapersonal and general. The way in which aggressive behavior is expressed depends also on intrapersonal risk factors. General risk factors have hardly any influence on the process of aggressive behavior.

The risk factors may provide clues for a safety policy which limits the *chances* for aggression and violence. Early detection of the defining characteristics from the RADAR classification offers a better chance for prevention of the development of the aggression process than determining general risk factors.

In order to act methodically when confronted with aggression or violence it is necessary that insight in the process of acting is achieved. The RADAR method provides this insight. First, the definitions of a (serious) incident, intervention(s) and the desired outcome are to be stated. These are the basis for determining when certain behavior as classified in the RADAR method is to be regarded as an incident and which intervention is needed. Two types of interventions may be distinguished: interventions directed at the management of the safe situation and interventions aimed at the process of aggression.

Open communication must take place between workers and clients concerning the label for the diagnosis, the expected outcome and the interventions. The Supervision and Physical Management(SPhM) method provides you with the appropriate skills. The combination of RADAR method integrated with SPhM may provide a systematic approach for prevention and violence in risky situations. The so-called Concrete Radar Policy(CRP) ten-step-plan may serve as an example for the normalization of a practical approach to aggression and violence.

The fact that anyone can be the victim of aggression and violence must always be taken into account. It does not just concern workers but clients just as well. They must also be involved in the process of establishing a safety policy. This will create a sense of commitment and the prevention of violence and aggression will benefit from that.