

PMVA (PREVENTION AND MANAGEMENT OF VIOLENCE AND AGGRESSION) TRAINING















Lesson Plan — Trainer Guide

<p>DURATION</p> <p>4 Hours</p>	<p>GROUP SIZE</p> <p>Up to 12 Learners</p>	<p>LEVEL</p> <p>Awareness / Foundation</p>
<p>LEGISLATION</p> <p>Health and Safety at Work Act 19...</p>	<p>RESOURCES</p> <p>Handout, Quiz, Slides</p>	<p>ASSESSMENT</p> <p>Knowledge Check Quiz</p>

LEARNING OBJECTIVES

-  Understand the legal framework for managing violence and aggression in healthcare
-  Recognise early warning signs of escalating aggression
-  Apply verbal and non-verbal de-escalation techniques
-  Use approved breakaway techniques to safely disengage from physical contact
-  Understand the principles of therapeutic holding where legally permitted

SESSION PLAN

0:00–0:15	 Welcome	<p>Welcome & Introductions</p> <p>Trainer intro, housekeeping, fire exits, learning outcomes for PMVA (Prevention and Management of Violence and Aggression)</p>
0:15–0:30	 Icebreaker	<p>Warm-Up Activity</p> <p>Icebreaker to engage learners and introduce the topic of PMVA (Prevention and Management of Violence and Aggression)</p>
0:30–1:00	 Theory	<p>Key Legislation & Background</p> <p>Health and Safety at Work Act 1974 NHS Protect Standards — why it matters, employer duties, employee responsibilities</p>
1:00–1:30	 Theory	<p>Core Knowledge — Part 1</p> <p>Key facts, statistics, risk factors, and underpinning knowledge for PMVA (Prevention and Management of Violence and Aggression)</p>
1:30–1:45	 Break	<p>Morning Break</p> <p>15-minute comfort break — trainer to prepare practical equipment</p>
1:45–2:15	 Theory	<p>Core Knowledge — Part 2</p> <p>Deeper dive into PMVA (Prevention and Management of Violence and Aggression) — common hazards, control measures, best practice</p>
2:15–2:50	 Practical	<p>Demonstration & Supervised Practice</p> <p>Trainer demonstrates key techniques; learners practise in pairs with trainer feedback</p>
2:50–3:00	 Break	<p>Short Break</p> <p>10-minute break — distribute quiz papers</p>
3:00–3:20	 Assessment	<p>Knowledge Check Quiz</p> <p>Learners complete the quiz individually; trainer collects and marks</p>
3:20–3:40	 Activity	<p>Group Scenario Exercise</p> <p>Teams work through a realistic scenario applying PMVA (Prevention and Management of Violence and Aggression) knowledge</p>
3:40–3:55	 Review	<p>Quiz Review & Q&A</p> <p>Go through quiz answers; address any misconceptions; open Q&A session</p>
3:55–4:00	 Close	<p>Summary & Close</p> <p>Recap key learning points, issue certificates, signpost further resources</p>