

PMVA (PREVENTION AND MANAGEMENT OF VIOLENCE AND AGGRESSION) TRAINING



Knowledge Check Quiz

Name: _____ Date: _____ Score: ____ / 8

↗ CIRCLE THE CORRECT ANSWER FOR EACH QUESTION

? Q1. What does PMVA stand for?

- A. Prevention and Management of Violence and Aggression
- B. Physical Management of Violent Attacks
- C. Prevention of Mental Violence and Aggression
- D. Physical and Mental Violence Assessment

? Q2. What is the first priority when managing an aggressive situation?

- A. Physical restraint
- B. De-escalation and preventing the situation from escalating further
- C. Calling security
- D. Documenting the incident

? Q3. What safe distance should be maintained from an agitated person?

- A. 0.5 metres
- B. 1 metre
- C. At least 1.5 metres
- D. 3 metres

? Q4. What is a 'breakaway technique'?

- A. A method of physically restraining a patient
- B. An approved method of safely disengaging from a grab or hold with minimal force
- C. A way of escaping from a building
- D. A type of alarm system

? Q5. What should you do after a violent incident?

- A. Return to work immediately
- B. Complete an incident report, attend a debrief and access support if needed
- C. Discuss it with colleagues informally
- D. Ignore it if no physical injury occurred

? Q6. What is the purpose of a post-incident debrief?

- A. To discipline the person who was assaulted
- B. To review what happened, provide emotional support and identify preventive measures
- C. To complete insurance paperwork
- D. To decide whether to press charges

? Q7. What body language should you adopt when de-escalating?

- A. Arms crossed, direct eye contact, upright posture
- B. Open, non-threatening, relaxed, side-on stance at a safe distance
- C. Hands on hips, leaning forward
- D. Pointing finger, raised voice

? Q8. What is 'therapeutic holding'?

- A. A type of massage therapy
- B. A restrictive physical intervention used as a last resort to prevent harm, subject to strict legal and ethical constraints
- C. A comfort technique for distressed patients
- D. A type of restraint used in all situations

Answer Key (Trainer Use Only): Q1:A Q2:B Q3:C Q4:B
Q5:B Q6:B Q7:B Q8:B