

PMVA Trainer — Knowledge Check Quiz

15 Multiple Choice Questions | Free Trainer Resource | trainerresources.com

Instructions: Circle or tick the correct answer for each question. This quiz covers key knowledge areas for the **PMVA Trainer** course. Pass mark: 12/15 (80%). Answers are provided on the final page.

Q1. What does PMVA stand for?

- A) Prevention and Management of Violence and Aggression
- B) Physical Management of Violent Aggression
- C) Prevention, Management, Violence and Assault
- D) Physical and Mental Violence Assessment

Q2. What is the primary aim of PMVA training?

- A) To teach restraint techniques
- B) To prevent violence and aggression through de-escalation and early intervention
- C) To protect staff only
- D) To manage incidents after they occur

Q3. What is the legal basis for physical intervention?

- A) Common law right to self-defence and defence of others
- B) There is no legal basis
- C) Only the Mental Health Act
- D) Only the Criminal Justice Act

Q4. What is the minimum force principle?

- A) Use as much force as needed
- B) Use only the minimum force necessary and proportionate to the risk
- C) Avoid all physical contact
- D) Use force only as a last resort after all other options

Q5. What is a breakaway technique?

- A) A physical restraint
- B) A technique to safely disengage from a grip or hold without harming the aggressor
- C) An escape route
- D) A communication technique

Q6. What is the role of de-escalation in PMVA?

- A) It is not relevant
- B) The primary intervention — use communication to reduce aggression before physical intervention
- C) Only used after physical intervention fails
- D) Only relevant for trained staff

Q7. What is the Mental Health Act relevance to PMVA?

- A) Not relevant
- B) Provides legal framework for detention and treatment — relevant to restraint in mental health settings
- C) Only relevant to hospitals
- D) Only relevant to police

Q8. What is post-incident support?

- A) A punishment
- B) Support for all involved — staff and patients — after a violent incident
- C) Only for injured staff
- D) An insurance claim

Q9. What is the purpose of a risk assessment in PMVA?

- A) To justify restraint
- B) To identify triggers, risk factors and appropriate interventions to prevent violence
- C) A legal requirement only
- D) To protect the organisation

Q10. What is a restrictive intervention?

- A) Any physical contact
- B) Any intervention that restricts a person's movement or freedom — must be justified, proportionate and last resort
- C) A communication technique
- D) A medication

Q11. What is the Restraint Reduction Network?

- A) A government department
- B) An organisation promoting reduction in the use of restraint through training and culture change
- C) A police unit
- D) A healthcare regulator

Q12. What documentation is required after a physical intervention?

- A) No documentation needed
- B) Incident report, body map, witness statements, debrief record — within 24 hours
- C) Only if someone is injured
- D) Only the incident report

Q13. What is prone restraint?

- A) A safe restraint position
- B) Restraint in a face-down position — associated with risk of death, should be avoided
- C) A standing restraint
- D) A seated restraint

Q14. What is the NICE guidance on violence and aggression?

- A) Not relevant to PMVA
- B) NG10: recommends least restrictive interventions, de-escalation, and reduction of restraint
- C) Only relevant to NHS
- D) Only about medication

Q15. What is a personal safety plan?

- A) A plan for staff safety only
- B) An individual plan identifying a person's triggers, early warning signs and preferred de-escalation strategies
- C) A risk assessment

D) An emergency evacuation plan

Answer Key

Q1: A Q2: B Q3: A Q4: B Q5: B Q6: B Q7: B Q8: B Q9: B Q10: B Q11: B Q12: B Q13: B Q14: B Q15: B

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