



## Restraint Minimisation Self Directed Learning Package

### Instructions

Read through your organisations restraint minimisation and safe practice policy and its associated documents

- Answer the following questions about that policy and associated documents.
- This is an open book test and you are required to achieve 100% to pass.
- Complete the evaluation at the end of the document
- Return **this entire package** to (Name or designation).

### Please complete:

*Name*

*Date*

1. What are the 3 categories of restraint as defined by the policy?
  - 1.
  - 2.
  - 3.
2. What factors must you considered before using any restraint?
3. What assessment must be carried out before you can use restraint?



## Answer sheet

### Restraint Minimisation and Safe Practice Self-directed Learning Questionnaire Answer Sheet

- Staff must obtain 100% to pass the Restraint Minimisation and Safe Practice Self-directed Questionnaire.

#### 1. What are the 3 categories of restraint as defined by the policy?

There are 3 categories of restraint this policy deals with:

##### **Environmental Restraint:**

The manipulating of an environment to prevent the client from harming themselves or others. This can range from a contained environment to planned interventions that reduce the level of social contacts and/or environmental stimulation or prevent injury to the client who is elderly and/or disabled e.g. pushing a bed against a wall, fallout prevention chairs, cot-sides.

In the case of Mental Health clients this can include seclusion.

##### **Personal Restraint:**

Service providers physically holding a client to prevent the client from harming themselves or others.

##### **Physical Restraint:**

The use of equipment e.g. straps, to prevent the client from harming themselves or others.

#### 2. What factors must be considered prior to restraint use?

- Restraint must always be used in a manner that maximises the safety of the client and others. It must involve the use of the minimum level of force necessary to achieve and maintain safe control.
- De-escalation techniques must be considered before the use of restraint.
- Use of restraint must be considered as the option of last resort. Alternative interventions or strategies must be considered.
- The following factors must be considered prior to the use of restraint:
  - the client's physical and psychological health
  - awareness of the client's gender i.e. it is desirable to have any form of restraint carried out by a staff member of the same gender
  - awareness of the client's culture and cultural values
  - the degree of risk to the individual, others and the environment.
- If the behaviour is threatening and presents a high level of danger to staff or public safety then Security / Emergency response team / Police intervention / shall be considered and accessed as appropriate.

### 3. What other patient assessments must be carried out prior to use of restraint?

The assessments required depend on the type of restraint being used. The assessments required are outlined in the specific procedure: These may include one or more of the following:

- Fall Assessment
- Manual handling
- Cultural assessment
- Mini Mental
- Occupational Therapy assessment
- Physiotherapist assessment
- Medical assessment

### 4. What should the plan of care/risk/ include for the client?

All use of Restraint whether personal, physical or environmental shall be documented in the clients plan and shall include:

- Reason for restraint
- The time and duration of the restraint
- The type of restraint used, including documentation of restraint equipment if used
- Risks associated with the use of restraint and strategies to minimise these
- Client's response to restraint
- Names of all staff, client and others involved
- Notification of family/whanau/significant others
- All client assessments, treatment provided and outcomes relating to use of restraint.

### 5. Describe the monitoring required for the patient who is restrained

- Any client subject to restraint must be under a continual process of observation and regular assessment in accordance with the procedures approved by Restraint Approval Committee. (for example only)
  - Seclusion must be monitored every 10 minutes (Mental Health)
  - Physical Restraints must be monitored every 30 minutes
  - Environmental restraints or enablers must be observed 2 hourly
- Observations might include:
  - Client's colour, breathing, posture
  - Degree of restriction caused by restraint equipment, noting circulation to restrained limbs
  - Client's comfort level and signs of distress or physical injury related to the restraint
  - Client's personal needs, including toileting and fluids

**NB:** the above observations shall be in addition to any other monitoring requirements in response to other health conditions.

- Actions must be taken to address adverse physical changes arising from use of restraint.

- All use of restraint must be monitored as per the requirements of each procedure
- Re-evaluation and documentation of the continuing need for restraint use shall occur at each monitoring time.
- If there is any clinical or psychological deterioration noted, the client must be reassessed by a registered health professional.

**6. What is the documentation required when restraint is used?**

All use of restraint whether personal, physical or environmental shall be documented on the Restraint Use Form.

- Each organisation will probably have a unique form for reporting
- Sometimes a reportable event form may be used.
- Some organisations may require documentation for use of enablers
- Diaries

**7. What is Right One of the Health and Disability Patient Code of Rights?**

The right to be treated with respect.

**8. How would you ensure you comply with this right if a patient requires restraint?**

The replies to this answer could include:

- The client's privacy is maintained when using restraint
- That the client and their family if appropriate are consulted about the use of restraint.
- The reasons for the use of restraint are explained to the client and their family (if appropriate)
- Cultural and spiritual needs are considered when using restraint
- No unnecessary harm occurs while using restraint
- All alternatives to the use of restraint are considered before restraint is used
- Restraint is monitored and continually evaluated