

Restraint Minimisation and Safe Practice

Approved by the CDHB Restraint Approval and Monitoring Group January 2008

- ❓ *What is Restraint Minimisation and Safe Practice about*
- ❓ *What is Restraint*
- ❓ *What are the categories of restraint*
- ❓ *How do we avoid using restraint*
- ❓ *What is an enabler*
- ❓ *Can the same equipment be an enabler and a restraint*
- ❓ *When is using bedrails not restraint*
- ❓ *When are bedrails used as a restraint*
- ❓ *What are the main risks of using bedrails*
- ❓ *When is medication given in response to harmful behaviour*

What is Restraint Minimisation and Safe Practice about?



- There is a national *Restraint Minimisation and Safe Practice standard*
- Restraint minimisation is about reducing the use of all forms of Restraint
- Safe Practice is about ensuring that all restraint use is clinically justified and occurs in a safe and respectful manner under the direction of the most appropriate health professional

Key Messages:

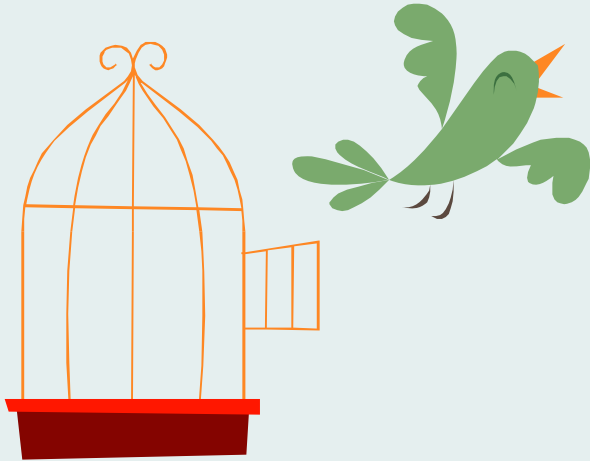


The CDHB is committed to **reducing** the use of all forms of restraint



All restraint use must be **clinically justified** and **safe**

What is Restraint?



Any intervention that limits a patient's/consumer's normal freedom of
MOVEMENT



Key Message:



Restraint is a **serious** intervention used to protect the patient/consumer, others or property from **harm**

What are the categories of restraint?



1. **Personal** ~ when someone intentionally uses their body to limit a patient's/consumer's movement

Example: Holding a patient/consumer



What are the categories of restraint?



- 2. Physical** ~ using equipment, devices or furniture to limit a patient's/consumer's movement.

Example: Using a belt for a patient/consumer in a chair or using a soft limb device to prevent a patient/consumer from interfering with essential equipment



What are the categories of restraint?



- 3. Environmental** ~ Intentionally restricting a patient's/consumer's normal access to their environment.

Example: using locking devices on doors or denying a patient/consumer their normal means of independent mobility (e.g. wheelchair)



How do we avoid using restraint?

- Respond to causes or triggers of behaviour e.g. pain, disorientation, fear, anxiety, nicotine withdrawal, infection, communication needs, thought disorders, delirium
- Use restraint free alternatives e.g. de-escalation, increased supervision and support, family/whanau or carer involvement, cultural support, diversion, re-orientation, environmental modifications, visual prompts
- Use restraint for the least amount of time possible
- Every episode of restraint is evaluated and this includes considering future options to avoid the use of restraint



Key Message:



Restraint is only used as a **last resort** for the least amount of **time** possible.

What is an Enabler?



- Equipment, devices or furniture voluntarily used by a patient/consumer that limits their normal freedom of movement with the intent of promoting independence, comfort and/or safety
- Enablers are not classed as a restraint (Technical Positioning and Planned Safe Holding are also not classed as restraint)

Can the same equipment be an enabler and a restraint?



The answer is YES

- A patient/consumer voluntarily using a foot strap in a wheelchair to keep their foot on the footplate is using an enabler.
- A patient/consumer having their foot strapped in a wheelchair to prevent them kicking others is being restrained.



Key Message:



Enablers are **voluntarily** used by a patient/consumer with the intent of promoting **independence**, **comfort** and/or **safety**.

When is using bedrails not restraint?

1. When used for patients/consumers who are:

- In transit e.g. being moved on the bed from one area to another
- Unconscious or semi-unconscious e.g. recovering from anaesthesia
- On a narrow trolley e.g. awaiting assessment in Emergency



When is using bedrails not restraint? Cont.



2. When used as an Enabler (voluntary used):

- To assist mobility about the bed (independence)
- To promote comfort e.g. to position pillows
- To prevent the patient/consumer falling from the bed (safety)



When are bedrails used as a restraint?

1. When a patient/consumer is not mentally competent and they are not mobile and they are at risk of falling from the bed.
2. When a patient/consumer is not mentally competent and they are mobile and they are constantly supervised.



Key Message:



Bedrails must not be used when a patient/consumer is **not mentally competent**, is **mobile** and **cannot** be **constantly supervised**.

What are the main risks of using bedrails?



- The patient/consumer being injured by climbing over the bedrails and falling or becoming trapped.
- The patient/consumer being unable to breathe by becoming trapped with their head between the bedrails and bed or mattress.



Key Message:



Bedrails have been the cause of severe injury and death.



When is medication given in response to harmful behaviour?



- Medication is given in response to harmful behaviour only when there is a valid therapeutic reason e.g. to alleviate anxiety, agitation or thought disorders.
- Medication is never to be given solely to ensure a patient/consumer is compliant or not capable of resistance ~ this is referred to as chemical restraint.



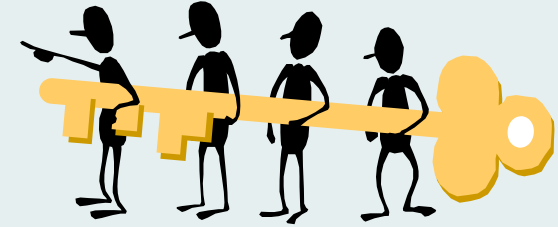
Key Message:



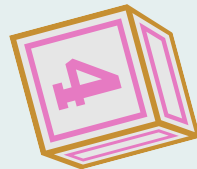
Chemical restraint, where medication is given **solely** to ensure a patient/consumer is **compliant** or not capable of resistance, is **not** to be used within the CDHB.



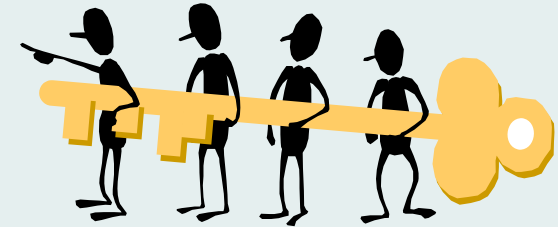
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1. The CDHB is committed to _____
the use of all forms of Restraint.

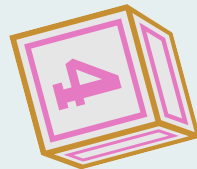


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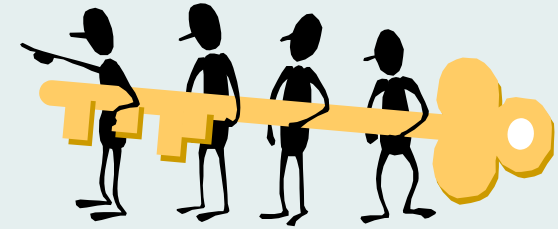


2. All restraint must be **clinically**

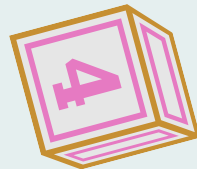
_____ and **safe** .



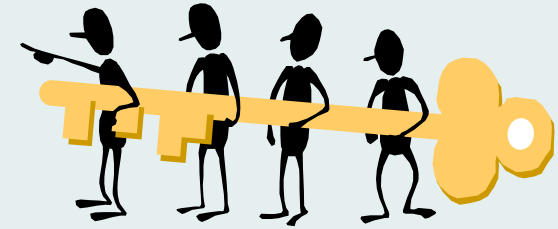
Can you fill the blanks?



3. Restraint is a **serious** intervention used to protect the patient/consumer, others or property from _____ .



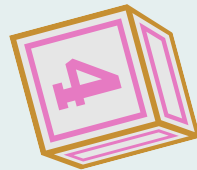
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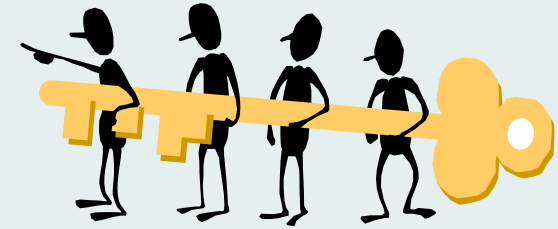
4. Restraint is only used as a

_____ for the least

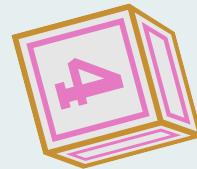
amount of **time** possible.



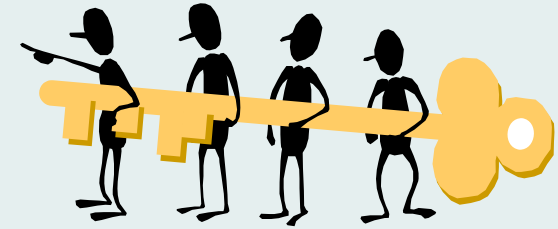
Can you fill the blanks?



5. Enablers are _____ used by a patient/consumer with the intent of promoting **independence**, **comfort** and/or **safety**.



Can you fill the blanks?

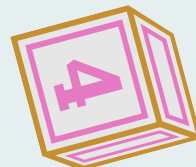


6. Bedrails must not be used when a

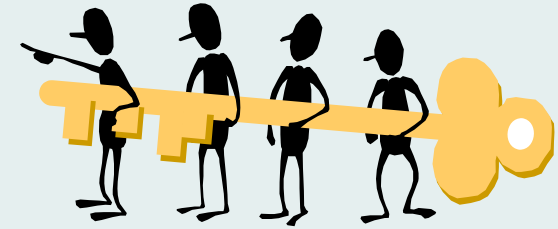
patient/consumer is **not mentally**

competent, is _____ and **cannot** be

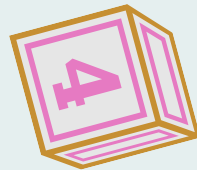
constantly supervised.



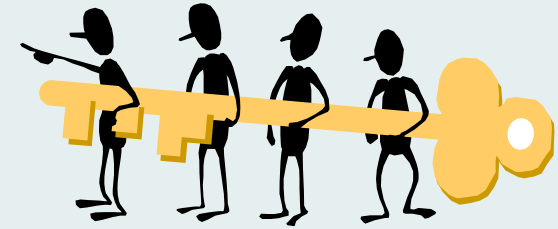
Can you fill the blanks?



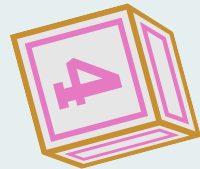
7. _____ have been the cause of severe injury and death .



Can you fill the blanks?



8. Chemical restraint, where medication is given _____ to ensure a patient/consumer is **compliant** or **not** capable of resistance is not to be used within the CDHB.



The End

***Thank you for completing this tutorial on Restraint
Minimisation and Safe Practice***