



Comprehensive Care

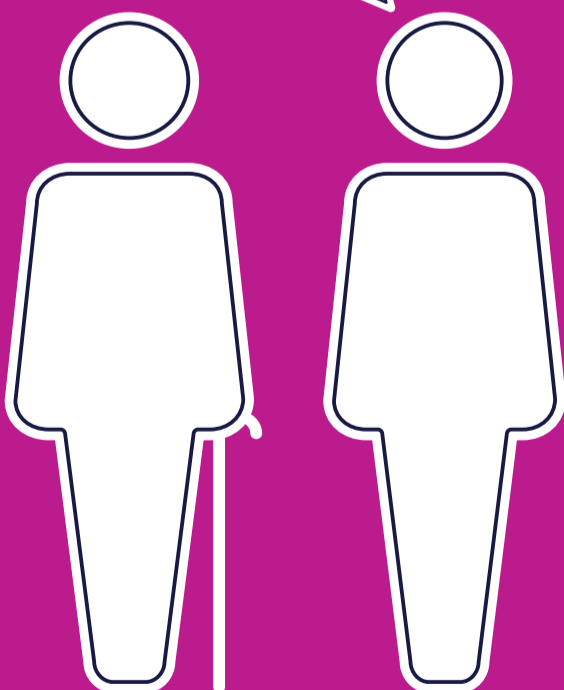
Think about the link

Minimising restrictive practices

About restrictive practices

- Whenever possible restrictive practices should be avoided
- Mechanical restraints are only to be used when all other alternatives have been exhausted
- If necessary, the least restrictive practices possible must be used
- Think about the link - the use of restraints can impact falls risk, cognitive impairment, pressure injuries, mood, occupational violence and nutrition

"Please complete the 'About Me' form with my mother"



How can I provide Comprehensive Care to minimise restrictive practices?

- Complete the 'About Me' form in collaboration with your patients, carers and their families
 - Ensure appropriate preventative strategies are in place and discuss in collaboration with your patients, carers and their families
 - If restraints are necessary to maintain your duty of care, complete the 'Mechanical Restraint Initial Order and Restraint Form'
 - Contact the Clinical Liaison Psychiatry Nurse if your patients admission is governed by the Mental Health Act 2014, as a different process for orders and ongoing documentation is required
- If restraints are necessary, document the type of restraint used:
 - Type 1 mechanical restraints:
 - padded limb restraints to secure wrists, ankles and/or biceps
 - seatbelts
 - Type 2 mechanical restraints:
 - bed with both rails raised
 - any device prohibiting free movement, excluding rails on trolleys during transport
 - mittens - where these allow free movement of the arms, but restrict use of fingers and hands
 - Conduct regular reviews of your patients
 - Minimise and/or remove restraints when it is safe to do so

Where can I learn more about minimising restrictive practices?

- Refer to the Mechanical Restraint, Assessment and Application Guideline