



Southern District Health Board
Dunedin Hospital
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Chief Executive Officer
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12 September 2017

Health Sector Workers Network

Email: fyi-request-6420-7b8c6fe7@requests.fyi.org.nz

Dear Health Sector Workers Network

Re: Official Information Act Request

I refer to your Official Information Act request received by email on 16 August 2017 in which you specifically requested the following:

1. Can you please provide all policy documents relating to restraint practices at Southern District Health Board?

Please see the attached PDFs titled:

75879 Restraint Minimisation and Safe Practice flowchart

71397 Restraint Minimisation and Safe Practice procedure

68818 Restraint Minimisation and Safe Practice policy

2. Are there instances in the last year (June 2016 to June 2017) of the use of mechanical restraints? (i.e. strapping arms to bed)

Yes. Please refer to our answer in question 3 where we have provided data for the fiscal year 01 July 2016 to 30 June 2017.

3. Can you please provide this data for both physical and mental health services and identify the service associated with this data?

Your example of "strapping arms to bed" is categorised as a physical restraint. Our report on all physical restraints for the fiscal year 01 July 2016 to 30 June 2017 identifies a total of 69 physical restraints, of which 11 were related to mental health services and 58 for all other Southern DHB wards/areas.

The 69 physical restraints included:

- Wrist restraint (this is the most common form of restraint; e.g. used in CCU to prevent removal of essential tubing. A heavier/stronger wrist restraint is used when there is significant resistance/violence etc.)
- Straps e.g. wheelchair leg straps
- Bed rails

- Bandaging hands/mittens (both types prevent finger dexterity and grip; mainly used on children to keep IV insitu and skin intact. Also used to prevent patients from scratching staff.)

You have the right to seek an investigation and review of our decision by the Ombudsman. The Ombudsman's Office can be contacted on 0800 802 602 or on-line at <http://www.ombudsman.parliament.nz/>.

Yours sincerely

A handwritten signature in blue ink, appearing to read 'Chris Fleming', written over a faint, illegible background.

Chris Fleming
Chief Executive Officer