

Restraint Minimisation & Safe Practice Flowchart (District)

Decision to restrain patient or use enabler based on patient's behaviour

- ♣ Prevent serious harm to self and/or to others
- ♣ Facilitate treatment delivery (duty of care)
- ♣ Behaviour compromises therapeutic environment (e.g. damage to property)

ASSESS patient and document in clinical record and Restraint Care Plan MIDAS MR1090 V3

- ♣ ASSESS (A = airway, breathing, circulation; S = social & cultural; S = psychological; E = environmental; S = situation; S = safety)
- ♣ Communication as required to other multidisciplinary team members using ISBAR (I= introduce yourself; S = situation; B = background; A = assessment; R = recommendation).
- ♣ Documentation in the patient's clinical record recording the health professionals involved in the assessment and the less restrictive interventions such as de-escalation or alternative interventions used (e.g. 1:1 time, changing the environment, family (whanau), cultural advisors etc.) and the outcome.

YES NO

Less restrictive interventions/alternative methods tried and

STOP
♣ Document in clinical record

ASSESS patient and document in clinical file (as above)

Will the equipment limit the patient's normal freedom

YES NO

Is it appropriate & safe to use restraint?

STOP
♣ SEEK ASSISTANCE
♣ Call security for any physical threats. (Southland Code Black)

NO YES

Is the equipment used voluntarily to promote independence?

♣ Initiate the Restraint Care Plan Form(s) & document in patient's clinical record
♣ Complete notification on Safety 1st Restraint Register

STOP
♣ Document actions in clinical record

NO YES

Is restraint still required?

♣ Monitor and review restraint each duty
♣ Document in the Restraint Care Plan Form & patient clinical record

End the restraint
Document in the patient's clinical record
Complete the Restraint Care Plan Form (RCP)

: To end the restraint complete the evaluation section in the RCP, including time/date restraint ceased and copy this section and leave for your clinical manager to update Safety 1st