**Chemical Restraint Identification**

**Definition of Chemical Restraint:** Use of medication or chemical substance for the primary reason of influencing a person’s behaviour, not related to the treatment or to enable the treatment of a diagnosed mental disorder, a physical illness, a physical condition or end of life care.

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| **Type** | **Examples** |
| **Antipsychotics** e.g. Risperidone Quetiapine, Olanzapine, Haloperidol, Chlorpromazine | **Restraint**   * When used to alter a person’s mood or behaviour (e.g. Risperidone to calm a person living with dementia who is distressed or exit seeking)   **Not a restraint**   * When used for the treatment of a diagnosed mental disorder (e.g. Risperidone treatment of Schizophrenia) |
| **Benzodiazepines** (sedatives) e.g. Alprazolam, Clonazepam, Diazepam, Midazolam, Oxazepam, Temazepam. | **Restraint**   * When used to reduce wandering (unsafe walking), vocally disruptive, aggressive or agitated behaviour (e.g. Diazepam given at night to reduce calling out or unwanted walking into other residents’ rooms)   **Not a restraint**   * When used for the treatment of a physical condition (e.g. Diazepam prescribed for alcohol withdrawal) |
| **Anti-depressants** e.g. Amitriptyline, Citalopram, Doxepin, Paroxetine, Sertraline | **Restraint**   * When used to alter a person’s mood or behaviour (e.g. low mood or anxiety where there is no mental health diagnosis)   **Not a restraint**   * When used for the treatment of a diagnosed mental disorder (e.g. Citalopram prescribed for treatment of depression) |
| **Anticonvulsants**  e.g. Carbamazepine, Phenytoin, Sodium Valproate | **Restraint**   * When used to alter a person’s behaviour (e.g. aggression)   **Not a restraint**   * When used for the treatment of a neurological condition (e.g. Epilepsy) |
| **Anti-androgen** (reduces sexual arousal)  e.g. Cyproterone | **Restraint**   * When used to reduce sexually inappropriate behaviour (e.g. Cyproterone prescribed to reduce the likelihood of sexual touching of others) |

**Environmental Restraint Identification**

**Definition of Environmental Restraint:** A practice or intervention used for the primary reason of influencing a person’s behaviour, that restricts, or that involves restricting, free access to all parts of the person’s environment (including items and activities).

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| **Type** | **Examples** |
| **Locked door** | **Restraint**   * External door is locked to prevent person leaving home or facility without supervision (e.g. person with dementia at risk of getting lost or road safety accident) * Person needs to ask staff in order to exit when door is locked   **Not a restraint**   * Person is able to exit and enter locked doors using key or code (including their own room) * The locked door has no impact on the person’s existing ability to enter or exit (e.g. bed bound) * Locked door to restricted areas (e.g. nurses' station, commercial kitchen, medication room etc.) |
| **Locked fridge or pantry in**  **communal area** | **Restraint**   * Person cannot access fridge or pantry without staff assistance/permission **Not a restraint** * Person is able to access fridge or pantry using key or code |
| **Mobility aids** | **Restraint**   * Mobility aids are removed from reach to stop person from moving independently |
| **Call bell** | **Restraint**   * Call bell is removed to stop person from using it |

**Mechanical Restraint Identification**

**Definition of Mechanical Restraint:** A practice or intervention used for the primary reason of influencing a person’s behaviour, that is, or that involves, the use of a device to prevent, restrict or subdue a person’s movement not including the use of a device for therapeutic or non-behavioural purposes.

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| **Equipment** | **Examples** |
| **Bed rails or bed against wall** | **Restraint**   * Person is dependent on assistance to get out of bed when rails are in place   **Not a restraint**   * When one rail or 1/2 a rail is up, and person is still able to get out of bed independently without needing to climb over rail |
| **Low beds** | **Restraint**   * Low bed is used to reduce harm from falls, resulting in person’s dependence on assistance to get out of bed * Low bed is used to stop person from getting up unassisted **Not a restraint** * Person’s ability to get out of bed is the same as when bed is at a normal height |
| **Concave mattresses** | **Restraint**   * Person’s ability to get out of bed or roll out of bed independently is restricted by the mattress |
| **Tied sheets** | **Restraint**   * Person is unable to untie the sheets and is restrained in the bed or chair (e.g. to prevent falls or stop wandering behaviour) |
| **Rolled blankets, pillows or mattress bumpers** | **Restraint**   * Person is unable to remove items to enable them to get out of bed independently   **Not a restraint**   * Pressure area positioning for a person whose physical condition limits independence not equipment |
| **Soft wrist/ leg restraints** | **Restraint**   * Person is unable to independently remove |
| **Equipment** | **Examples** |
| **Lap belts / seat belts** | **Restraint**   * Person is unable to independently remove belt   e.g. Lap belt used to stop a person’s walking (wandering) behaviour or to keep them away from others  e.g. Car seat belt which has additional attachment to stop person from unbuckling seatbelt independently) |
| **Safety and posey vests** | **Restraint**   * Person is unable to remove vest independently (e.g. the use of the vest is to stop them from getting up)   **Not a restraint**   * Posture support (e.g. vest is used to maintain upright position of the person while eating or in wheelchair) |
| **Reclining comfort chairs, deep chairs, beanbags** | **Restraint**   * Person is unable to get out of the chair independently or safely, the chair is used to stopping them   **Not a restraint**   * Person is not able to walk and they are not trying to get out of the chair |
| **Tabletops** | **Restraint**   * Person is unable to move or move away from the tabletop independently, the tabletop is used to stop them   **Not a restraint**   * Tabletop in front of a person to hold plate, drink or activity. Only for the time needed to complete eating or activity * Person is able to communicate when they wish it removed and it is removed |
| **Arm or leg splints** | **Restraint**   * Applied to prevent or restrict the movement of arms or legs, not related to occupational therapy or a medical injury (e.g. arm splint to prevent hitting self or others) |
| **Clothes** | **Restraint**   * Person’s free movement is limited and clothes cannot be removed independently (e.g. mittens to stop scratching or onesies to prevent removal of clothes in public to maintain dignity) |

**Physical Restraint Identification**

**Definition of Physical Restraint:** Is or involves the use of physical force to prevent, restrict or subdue movement of a person’s body, or part of a person’s body, for the primary purpose of influencing their behaviour.

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| **Action** | **Examples** |
| **Holding person’s wrists, hands or legs** | **Restraint**   * Personal care: Applying force to stop a person from pushing away staff members hands when providing personal care * Eating or drinking: Applying force to hold a person’s hand to stop them from pushing food or fluid away   **Not a restraint**   * Road Safety: Person consents verbally or by action to their hand being held to crossroads * Hand over hand technique: Staff member uses their hands to guide person’s hands when supporting independence and person is not refusing * Positioning: Holding a person’s limbs to position their legs in a wheelchair |

**Seclusion Identification**

**Definition of Seclusion:** is a practice or intervention used for the primary reason of influencing a person’s behaviour that is, or that involves, the solitary confinement of a person in a room or a physical space at any hour of the day or night where:

1. Voluntary exit is prevented or not facilitated; or
2. It is implied that voluntary exit is not permitted

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| **Action** | **Examples** |
| **Left alone in a room where voluntary exit is prevented or not facilitated** | **Restrictive Practice**   * Person is left alone in a common area or put in their room for the primary reason of stopping their behaviour affecting others and are unable to voluntary exit or believe they cannot exit or refused assistance from staff to exit   **Not a restrictive practice**   * Person chooses to be alone in a room with the door locked to prevent entry from others * Person is in their own private room or space for sleeping or rest purposes |