

About Restraints

Acute Care

Sometimes we need to use restraints on patients so we can give the care they need. This handout explains what restraints are and when we use them.

What is a restraint?

A restraint is a method we use to limit a patient's movement.

When is a restraint used?

Sometimes illness, injury, medications, or being away from home can cause your behaviour to change. This behaviour change can make it hard for you to get the care you need.

We might use restraints when the behaviour change:

- prevents us from giving you the medical care you need
- threatens your safety or safety of others

Family members or friends know you best. Together with us, we decide which restraints and other options are best to make sure you are safe and can get the care you need.

Our hospitals follow a '**least restraint policy**'. This means we only use a restraint when other ways to help you have not worked. If a restraint is needed, we work towards removing it as soon as possible.

If I need a restraint, what can I expect?

We only use a restraint for as long as needed.

We check you regularly to make sure you are safe.

When your condition improves, we remove the restraint.

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What types of restraints are used?

We can use many things as restraints. There are four general types of restraints.

Type	How it is used
Physical restraint	Worn to limit movement of your body or a part of your body
Medication restraint	Given to calm your dangerous or agitated behaviour
Environmental restraint	Changes in the environment to limit you from moving from one place to another
Monitoring device	Used to monitor your movement and alert us when you have moved from where you are supposed to be

What are other options to using restraints?

Sometimes, there are other options to using restraints. When there are other options, we try them first.

We ask family and friends to help us understand your needs and choose the best options for you.

Some other options might include:

- sitting with you
- walking with you to help get rid of extra energy
- playing your favourite music
- helping you to use the toilet regularly

We ask that your family or friends speak to us first before trying any of these options on their own. This is for your safety and the safety of others.

It's good to ask questions

The use of restraints can be upsetting and stressful for you and your family.

If you have any questions or concerns about restraints, please talk to us.