

RESTRAINT – AN AIDE MEMOIRE

Following a recent Restrictive Intervention Panel Review, it has become evident that there remains some confusion surrounding the different types of restraint and actions required. With regards to managing patient **behaviours** which result in the need for restrictive interventions, then there should always follow retrospective and clear documentation of actions taken. This also includes an entry within DATIX which will ensure learning and continuous safety improvements with an ultimate aim of reducing the need. For further guidance please refer to Policy 15005 *Reducing the Need for Restrictive Interventions* – please view this as an “at a glance” visual prompt.

The Four Types of Restraint:

| Type of Restraint Used | Defined As | Retrospective Action Required |
|-----------------------------|---|---|
| Physical Restraint | The definition of “physical restraint” refers to <i>‘any direct physical contact where the intervener’s intention is to prevent, restrict, or subdue movement of the body, or part of the body of another person’</i> . An example of this can be seen where - one or more members of staff are physically holding the person – using support holds to keep them still, moving the person, or by blocking their movement to stop them from leaving. | Clear documentation of all actions taken within patient notes, MCA & Datix raised |
| Mechanical restraint | The definition of “mechanical restraint” refers to <i>‘the use of a device to prevent, restrict or subdue movement of a person’s body, or part of the body, for the primary purpose of behavioural control’</i> . Mechanical restraint involves the use of equipment. Examples include the use specially designed hand mittens; everyday equipment, such as using a heavy table or specifically designed belts to stop the person getting out of their chair; or using bedrails/bed tilts to prevent a person from getting out of bed. | Clear documentation of all actions taken within patient notes, MCA & Datix raised |
| Chemical restraint | The definition of “chemical restraint” refers to <i>‘The use of medication which is prescribed, and administered for the purpose of controlling or subduing disturbed/violent behaviour, where it is not prescribed for the treatment of a formally identified physical or mental illness’</i> . Chemical restraint is a short term management plan which involves using medication to restrain. An example of this is sedation and rapid tranquilisation. This should not be a regularly prescribed medication – rather it includes medication to be used as required (PRN) or in treatment for delirium. This will include PRN medication which is administered either orally or I.M (intramuscular injection). | Clear documentation of all actions taken within patient notes, MCA & Datix raised |
| Seclusion | The definition of “seclusion” refers to <i>‘The supervised confinement and isolation of a person, away from other users of services, in an area from which the person is prevented from leaving.’</i> ‘Its sole aim is the containment of severely disturbed behaviour which is likely to cause harm to others.’ Seclusion is a restrictive intervention which use is uncommon within the acute hospital setting, and seldom used only in exceptional circumstances ie Prisoners, or patients sectioned under the mental health act and where the patient is legally detained, they will be supported in the hospital setting by other agencies/Police/Prison Officers/MH staff. | A copy to be requested of Section 17 Leave of Absence (MHA) Or Release on Temporary Licence (ROTL) from correctional facilities & Datix raised |