



Restraint: Resident and Relative Information

You have been given this information because you, or your relative, have been assessed as requiring bedrails / fallout chair / lap belt/ sitting safe. This is seen as a form of restraint as we are restricting movement, and there is a degree of risk involved, both physical and mental.

Physical risks associated with restraint use

Residents at risk of injury from restraint.
Residents at risk from others whilst being restrained.

Risks related to mental well-being

- Anxiety
- Isolation
- Resistance to restraint

To minimise these risks, staff have been educated on the use of restraint, and all residents are monitored on an ongoing basis.

Bedrails

These are attached to you or your relative's bed. They are similar to cot sides, usually a smooth steel frame, and if required, some form of padding on the inside of the frame.

Fallout chairs

These chairs are designed for the "safety and comfort" of residents. They enable them to sit comfortably and safely and prevent falls.

Lapbelt

A belt similar to that worn on aeroplanes attached to a chair i.e. lazy boy chair, wheelchair.

Sitting safe

A canvas seat which is placed in a chair with a belt threaded through specially constructed loops. This prevents the resident sliding forwards and/or undoing the belt.

Restraint can be:

Personal – such as being physically held

Physical – such as the use of furniture or equipment

Environmental – where the resident is put in an environment that reduces their level of social contact and/or environmental stimulation

Assessment

Where there is an indicated need for restraint, a comprehensive assessment of the resident will take place with family/whanau/advocate involvement where possible. All alternatives to restraint are considered with restraint being the last option. The assessment will include the circumstances that indicate restraint use, the potential effects on the resident and their family/whanau, the risk associated with the application of restraint and the management and evaluation of those risks.

Approval Group

All restraint use must be approved by our approval group which ensures that all risks associated with the restraint use are identified and managed accordingly.

Training

All staff involved in the safe use of restraints must complete initial and ongoing training at least yearly and be deemed competent in the appropriate and safe use of restraint strategies.

Monitoring and Review

All residents are monitored on an ongoing basis throughout the use of restraints. In the case of bed rails residents are sighted on an hourly basis. Care is taken to ensure that all ongoing care and treatment needs are met.

Review of Restraint policy's and procedures is the Quality Teams' responsibility.

Associated Policy

Restraint Minimisation and Safe Practice Policy