

RESTRICT

Reflective Practice Tool

This tool is designed to help healthcare professionals reflect on the use of restrictive practices, consider alternatives, and prompt discussion points for professional debrief sessions. This approach supports person-centred care, learning, and recovery.

When considering restrictive practices, I ask myself these questions before I **RESTRICT**:

R

RIGHTS

How are the rights of the person being protected?

E

EMPATHY

How would this make me feel if it were happening to me or my family?

S

SAFETY

Is this safe for the person, other people, or me?

T

TRAUMA

Will this trigger or cause trauma for the person, others around, or me?

R

RELATIONSHIP

Will this change the relationship the person has with me or others?
Will they become frightened of me or others in the service?

I

INTEREST

In whose interest is this restrictive practice?

C

COMPASSION

Is it still possible to show compassion and preserve dignity while using this restrictive practice?

T

TRY

Have I tried all other options, plans or techniques, remembering that restrictive practices are always a last resort?

Safety and Quality Unit
Clinical System Support & Improvement
SA Health
11 Hindmarsh Square
ADELAIDE SA 5000
sahealth.sa.gov.au

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