Minimising restrictive practices in health care

Restraint Minimisation - Decision making flowchart

Screen and observe
Identify behaviour. Risk of harm to patient/staff/other

Comprehensive assessment of patient and environment

Consider triggers, review care plan and trial alternative strategies to de-escalate

Monitor and document outcomes

Successful

Unsuccessful

Consult with key stakeholders on proposed management options, and consent

Develop care plan/management plan. Consider legal and ethical issues. Document approval and legal authority or consent

Least restrictive, most appropriate restraint method applied by trained staff

Observations and any special precautions

Medical review

Monitor behaviour

Is the restraint still required? (Seek medical approval prior to removal)

No

Remove restraint

Yes

Develop management plan without restraint

Continue to monitor patient. Debrief patient, develop personal prevention plan if appropriate

Attend all ADL’s

Check and release

Risk continues or increases

Prevention

Plan

Apply and Care

Remove and Recover

Flowchart adapted from “Minimising restraint use in adults toolkit”, NSW Agency for Clinical Innovation, 2013.