

Educational resource



Mechanical restraint: procedure for use in Adult inpatient settings

Sites where Learning package applies	All sites where acute, sub-acute and residential care is provided to adults.
Description	Educational resource: Mechanical restraint: procedure for use in Adult inpatient settings
Target audience	All clinicians who provide care to adults
Learning Outcomes, On completion of this package you will be better able to:	<ul style="list-style-type: none"> • Define mechanical restraint • Identify the physical implications of mechanical restraint • Identify legal issues associated with use of restraint in adult inpatient settings • Describe the care required for a person who is mechanically restrained

[Hyperlink to Package](#)

Keywords	Adults, mechanical restraint,
Document registration number	TBA
Replaces existing document?	No

Related Legislation, Australian Standard, NSW Ministry of Health Policy Directive or Guideline, National Safety and Quality Health Service Standard (NSQHSS) and/or other, HNE Health Document, Professional Guideline, Code of Practice or Ethics:

- NSQHS Standard 1 Governance for Safety and Quality in Health Service Organisations
- NSQHS Standard 10 Preventing Falls and Harm from Falls
- [Prevention, Recognition and Management of Delirium in the Older Person HNELHD CG 13_04](#)
- [Aggression, Seclusion & Restraint in Mental Health Facilities in NSW PD2012_035](#)
- [Aggression, Seclusion & Restraint in Mental Health Facilities -Guideline Focused Upon Older People \(GL2012_005\)](#)
- [Aged Care - Working with People with Challenging Behaviours in Residential Aged Care Facilities \(GL2006_014\)](#)
- NSW Health Assessment and Management of People with Behavioural and Psychological Symptoms of Dementia (BPSD) (2013)

Is this package recorded in HETI?

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Date Due:

Purpose: This package is designed to support the HNE LHD Guideline and Procedure Mechanical Restrain in Adult Patients HNELHD G and P 14_10. The package should be completed after reading the related guideline.

Date for Learning Package Review:
2019

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Introduction

This package has been designed to support the [HNE LHD Guideline and Procedure Mechanical Restrain in Adult Patients HNELHD G and P 14_10.](#)

Disclaimer

This learning package has been prepared by health professionals employed in Hunter New England Local Health District. While all care has been taken to ensure that the information is accurate at the time of development, the authors recommend that all information is thoroughly checked before use if utilised by another unit, context or organisation.

Aim

The package will increase clinician awareness of the procedure for the use of restraint in adult inpatient settings, including issues of consent and documentation, as well as the types of restraints that are approved for use in HNE LHD.

Learning Outcomes or Learning Objectives

Following completion of the package, clinicians will:

- *Identify the HNELHD Guideline and Procedure relating to the use of mechanical restraint*
- *Describe the procedure for use of mechanical restraint – including legal issues*
- *Recognise the types of restraint able to be used*
- *Describe the consequences of miss-use of mechanical restraint*

Pre-requisites

Prior to, or after, completion of the package, clinicians should have read the related HNE LHD Guideline and Procedure Mechanical Restrain in Adult Patients.

How to use this resource or Instructions for participants

Access the package via the link on page one.

Some possible items might include:

- The [package](#) is expected to take 30 minutes to complete
- Completion of this package (encompassing reading the related G & P plus completion of module) is equivalent to one Continuing Professional Development (CPD) hour which is a requirement for National Registration. Evidence of CPD can be generated using the *Reflection on learning page* at the end of the package.

- This package can be used as an introduction for nurses wishing to further their knowledge and skills in this area.
- Throughout the module, you will be asked to complete questions that will reinforce key points or learnings.
- There is a suggested reference list and it is by no means complete. Please read widely to facilitate your learning. You can access the readings online (journal articles) through CIAP. The online readings are not provided within this document due to copyright law restrictions. If you have any difficulty locating the readings please seek assistance from your hospital / health facility library.
- This resource has been written from a Hunter New England Area Local Health District perspective so it is not specific to any one health facility.

Recommended Readings

Any essential or suggested readings or resources can be identified in this section. Include any internet links and or web pages for reference in this section.

[HNE LHD Guideline and Procedure Mechanical Restrain in Adult Patients HNELHD G and P 14_10.](#)

Reflection tool

At the completion of the Learning Package we have added a reflection form that will assist staff in reflecting on the package and how it meets their professional development needs.

Evaluation

We have also added a Learning Package Evaluation form for completion by staff member who completed the package.

References:

Chuang, Y-H. & Huang, H-T. (2005) Nurses' feelings and thoughts about using physical restraint on hospitalised older patients. *Journal of Clinical Nursing*, p486 – 494.

Evans, D., Wood, J. & Lambert, L. (2003) Patient injury and physical restraint devices: a systemic review. *Journal of Advanced Nursing*, 41(3), p 274 – 282

Gallinagh, R., Nevin, R., McAleese, L. & Campbell, L. (2001) Perceptions of older people who have experienced physical restraint. *British Journal of Nursing*. 10(13), p 852 – 859

NSW Health Guideline Aged Care – working with people with challenging behaviours (GL2006_014)

Reflective learning

By completing this table, your participation in this learning activity ***Mechanical Restraint in Adult Patients*** and the outcome achieved will form the evidence of CPD. You are able to record one hour of CPD in your personal education diary / record.

Payroll	Name
Outline the key learning you obtained from completion of the package	
How was the learning useful for your practice?	
How will the learning influence your practice? What will you change in your practice?	
Is there any further education you need to undertake as a result of completing the package?	

If you would like to have the completion of this learning module recorded in your personal learning history in HETI, please return this completed form to Kim Riley. (kim.riley@hnehealth.nsw.gov.au or fax: 65402180).

Learning Package Feedback Form

Please circle your response to the following questions:

1. The aims and objectives of the learning package were clear and appropriate Yes No

2. As a result of completing this package, I have a better understanding of the use, of mechanical restraint in adult inpatient settings. Yes No

3. The activities helped to reinforce key learnings? Yes No

4. The package was easy to follow? Yes No

5. Some suggestions I would like to make to improve the package are:

6. Further comments I would like to make are:

Please send this feedback form to:

Fax: 65402180 - attention Kim Riley

Email: kim.riley@hnehealth.nsw.gov.au