

## Resthaven practices a minimal restrictive practice approach.

This brochure aims to assist residents, clients, and representatives to understand what restrictive practice is, and how Resthaven practices a minimal restrictive practice approach.

A restrictive practice-free approach will be used wherever possible.

If you request to use a device that may restrict free movement or has risks associated with its use (such as bedrails), we will ensure an informed risk discussion is documented.

### *What is a restrictive practice-free approach?*

A restrictive practice-free approach means no medications, devices or actions will interfere with a person's ability to make a decision or restrict their free movement.

Resthaven residents and clients are provided with restrictive practice-free options to ensure their safety.

Restrictive practice-free approaches may include providing alternatives and opportunity for safe distraction and guidance, such as:

- Individual and group social activities
- Safe walking areas
- Appropriate signage and visual reminders to aid orientation
- Alarm systems used to alert staff of a person's whereabouts.

### *Understanding a restrictive practice-free approach*

Resthaven Residential and Community Services staff ensure that resident and client needs, such as hunger and thirst, continence management, or unrelieved pain, are promptly attended to and managed.

Please feel comfortable to speak with the Coordinator, Care Coordinator, Clinical Nurse or Registered Nurse about any concerns or queries you have regarding the use of a restrictive practice.

### *For more information, contact:*

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Further information is available from  
The Aged Care Quality and Safety Commission:

[www.agedcarequality.gov.au](http://www.agedcarequality.gov.au)

##### **Reference:**

*Royal Commission Response Schedule 1 Amendments Aged Care Act 1997. Quality of Care principles 2014 (Amended 19 July 2021).*

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# Restrictive Practice

## Information for residents, clients, and representatives



**Resthaven**  
Incorporated

## What is a restrictive practice?

A restrictive practice is any medication, device, or action that interferes with a person's ability to make a decision, or which restricts their free movement.

**Resthaven's best practice approach promotes minimal use of restrictive practices, and only as a last resort after medical advice, informed consent and consultation with residents, clients, and representatives.**

**Restrictive practices will generally only be applied to promote the safety of residents and clients, and those around them, and to reduce the risk of injury, such as falls.**

### Examples of restrictive practices may include:

- A mattress that prevents movement from bed
- A 'seat belt' or chair that prevents a person from independently getting up and walking
- A chair that prevents free movement
- A coded key pad at an exit door to prevent a person from leaving a designated area
- Use of bed rails (*Resthaven does not support the use of bed rails\**)
- Medication used for the purposes of influencing a person's behaviour (other than medication prescribed for treatment of a diagnosed mental disorder, a physical illness, a physical condition, or as part of end of life care).

## Restrictive practice as a last resort

The decision to use a restrictive practice is never taken lightly, and is only used after exhausting all reasonable alternative options and strategies.

A comprehensive assessment is completed by clinical staff, and the restrictive practice implemented, as a measure of last resort.

Restrictive practice will only ever be considered when a person is at risk of harming themselves or others.

## If restrictive practice must be used as a last resort, we take the following measures, to protect a person's safety and dignity:

- Any restrictive practice used will be the least restrictive, and be used for the shortest length of time appropriate
- Staff will regularly monitor the restrictive practice while in use
- Mechanical restrictive practice devices, such as seat belts, will be regularly released, and activities of daily living and comfort measures will be maintained
- The person's needs and the restrictive practice used will be regularly reviewed and evaluated, in consultation with the resident, client, and/or representative.

## Steps taken before using restrictive practice

Before using any type of restrictive practice, we will undertake the following steps:

- The Registered Nurse (RN) completes a comprehensive assessment, and restrictive practice-free options are implemented into the person's care plan
- If these options do not successfully manage a changed behaviour, or if there is a significant risk, the RN consults with other relevant health professionals
- Consultation occurs with the resident/client/representative to gain their consent for use of restrictive practice\*\*.

**Resthaven does not support any restrictive practice action or device that does not have the consent of the resident/client/representative.**

*\*\*The only time that these steps will not occur is in an emergency, where it is necessary to act urgently to safeguard someone/others. Consultation may not be possible, but will occur as soon as possible.*

## Common misunderstandings about restrictive practice:

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**BELIEF:** Restrictive practice decreases falls and prevents injuries.

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**EVIDENCE:** Risk of injury or death through strangulation or asphyxia resulting from the use of restrictive practice is a real concern.

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**BELIEF:** Restrictive practice is for the good of the resident/client.

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**EVIDENCE:** Immobilisation through restrictive practice can result in chronic constipation, incontinence, pressure injury, loss of bone and muscle mass, walking difficulties, increased feelings of panic, fear, boredom and loss of dignity.

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**BELIEF:** Restrictive practice makes caregiving more efficient.

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**EVIDENCE:** Although they might be a short-term solution, they can create greater dependence, have a dehumanising effect, restrict creativity and individualised treatment.

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### \* Example: How can bed rails become a risk?

- Bed rails can increase the risk of a person falling from bed, as they may try to climb over the bed rail
- A serious injury/death may occur as a result of falling from a greater height
- Entrapment between the bed rail and the bed can be fatal.

*Resthaven does not support the use of bed rails.*