 Department of Health Government of Nunavut		<b>NURSING POLICY, PROCEDURE AND PROTOCOLS</b>	
		<b>Community Health Nursing</b>	
<b>TITLE:</b>		<b>SECTION:</b>	<b>POLICY NUMBER:</b>
<b>Restraints</b>		Nursing Practice	07-021-00
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<b>APPLIES TO:</b>			
Community Health Nurses			

#### POLICY:

**Any physical or chemical restraint will be used as a last resort and for the shortest time possible. Alternatives to restraints should be considered prior to restraint use. A physician must be consulted prior to the use of restraints.**

#### PRINCIPLES:

A policy of least restraint is threefold:

- Alternatives will be explored before a restraint is used.
- In the event that alternatives have not been successful in eliminating/reducing risk factors, the least restrictive type of restraint will be used.
- The restraint will be applied for the shortest period of time.

#### DEFINITION:

**Restraint** refers to any mechanical, chemical, environmental or physical measures used to limit the activity or control the behaviour of a person or a portion of their body. (AARN Position Statement [Mar 2003])

**Physical/Mechanical Restraints** are the use of a device or an appliance that restricts or limits freedom of movement. (I.e. vest restraints, lap belts, pelvic restraints, mittens, and geriatric chairs with locked trays.)

**Environmental Restraint** involves the use of the environment, including seclusion to or in a time out room, to involuntarily confine a person and to restrict freedom of movement.

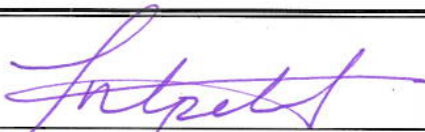

**Chemical Restraint** includes:

- a) The use of a psychopharmacologic drug not required to treat medical symptoms, for any purpose of discipline or convenience.
- b) A pharmacological intervention intended to control, inhibit or restrict a person's behaviour.
- c) The therapeutic use of any pharmacological interventions with the purpose of providing treatment for mental health or associated behaviour is not considered a restraint.

**RELATED POLICIES, GUIDELINES AND LEGISLATION:**

Alberta Association of Registered Nurses (2003). *Position Statement: The use of restraints in client care settings.*

Perry and Potter, 6<sup>th</sup> edition (2006), p.85-93

Approved by:		11 FEB 2011	Effective Date:  April 1, 2011
Chief Nursing Officer		Date	
	February 11, 2011	Date	
Deputy Minister of Health and Social Services			

