

DATE:
TIME/SHIFT:
LOCATION:

Restraint Audit

M: Mechanical	Devices used to limit movement or access to body e.g. limb restraint, locking tray table, reclining chair, full side rails
Ph: Pharmacologic	Medications used to control behaviours, actions and/or restrict movement, not to treat med/psych condition E.g. antipsychotics: haloperidol, risperidone, quetiapine, olanzapine, aripiprazole; benzodiazepines, antidepressants
P: Physical	Holding a person to restrict movement or move them to another location e.g. by Protective Services or Care Staff
E: Environmental	Barriers or devices that confine a person to a specific area e.g. locked unit/door, half door, barricaded door.
Care/Safety Plan	Incorporates patient and family input re: preferences, strategies for care, personal routines, meaningful activities

Room	Care/Safety Plan ✓	Restraint Type(s)	Notes
Total			

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