

Restraint as a Last Resort worksheet			
How would you describe your restraint use?	<input type="checkbox"/> We are leaders in using restraint as a last resort <input type="checkbox"/> Generally Appropriate <input type="checkbox"/> Inappropriate <input type="checkbox"/> Probably inappropriate but necessary <input type="checkbox"/> Excessive		
What changes may be required in your practice settings?	<input type="checkbox"/> Involve patients and families in consent discussions <input type="checkbox"/> Use fewer restraints <input type="checkbox"/> Change thinking about restraint – from safety device to high risk intervention <input type="checkbox"/> Learn more about alternatives to restraint <input type="checkbox"/> Obtain orders for restraint <input type="checkbox"/> Identify how and when to stop or decrease restraint <input type="checkbox"/> Other		
What restraints are used in your practice setting?	<input type="checkbox"/> Physical <input type="checkbox"/> Mechanical <input type="checkbox"/> Pharmacologic <input type="checkbox"/> Environmental	Describe:	New ideas:
Common reasons for restraint	<input type="checkbox"/> Protect from falls <input type="checkbox"/> Maintain therapeutic devices <input type="checkbox"/> Protect others from combativeness <input type="checkbox"/> Prevent wandering	<input type="checkbox"/> Prevent from bothering other patients <input type="checkbox"/> Encourage rest <input type="checkbox"/> Aggression <input type="checkbox"/> Behaviours:	
Strengths assessment	<p>What training is provided to staff in your practice area, to prevent escalation of behaviours, or to de-escalate situations that may occur?</p> <p>What are you already doing well, to help patients feel safe?</p>		
Alternatives to restraint	<p>What ideas could work in your practice area?</p>		

<p>Identify your potential Quality Improvement team</p>	<p>Consider various shifts and professions</p> <ul style="list-style-type: none"> <input type="checkbox"/> Manager <input type="checkbox"/> Educator <input type="checkbox"/> RNs <input type="checkbox"/> LPNs <input type="checkbox"/> Allied Health 	<ul style="list-style-type: none"> <input type="checkbox"/> Family or patient advocate <input type="checkbox"/> HCAs <input type="checkbox"/> Pharmacist <input type="checkbox"/> Physician <input type="checkbox"/> Other
<p>Current restraint use</p>	<p>How will you collect this information? (Huddle at the beginning/end of each shift? Consider a snapshot of a 24 hour period; What type(s) of restraints will you focus on?)</p>	
<p>Awareness:</p>	<p>E.g. next staff meeting share baseline restraint use with staff, and discuss current practices impacted by the policy Post resources from the websites on your Quality Board</p>	
<p>Create desire for change</p>	<p>E.g. Try a small quality improvement test with one or two patients</p>	
<p>Knowledge</p>	<p>What do staff need to know/understand to shift practices?</p> <p>What resources may be helpful?</p>	
<p>Ability</p>	<p>What new (or enhanced) skills and processes will be required?</p> <p>What are your next steps?</p>	
<p>Reinforcement</p>	<p>Share your unit/department's progress with restraint reduction on a Quality Board</p> <p>Integrate the following content/resources into orientation of new staff members:</p>	