

Coordinator Resources

Restrictive Practices and Restraints

This pack contains resources for the Altura Learning Coordinator to utilise in order to further embed the learning of the participants completing the course.

Contained in this pack are the following:

- A **learning game** – This is an opportunity to have a bit of fun with the participants! It can be used as an ice breaker or as a way to engage participants after watching the videos.
- **Case scenarios** are fictional stories that support learners to apply what they have learned to a practical scenario. You can present these to a group of staff for discussion or use it as a self-directed exercise. Ask the staff to relate these case scenarios back to your organisation's policy and procedures.
- **Essential Assessment Answers** are contained in this pack to allow you to mark the Essential Assessment with ease.

Other Learning Resources:

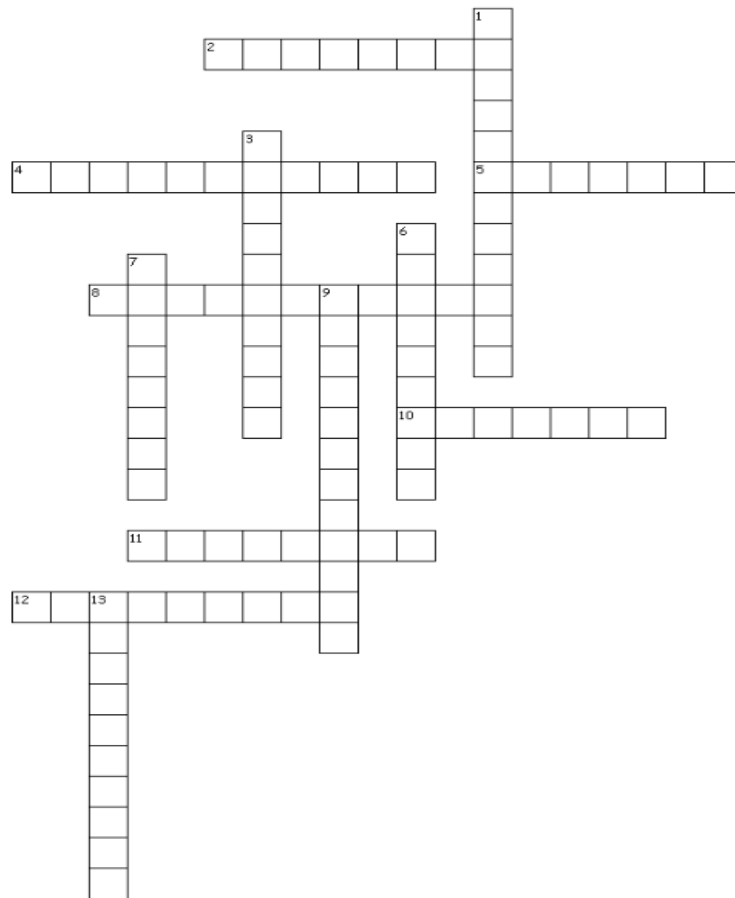
Altura Learning has three assessments available to test learner's knowledge or to apply what they have learned to the workplace. You will be able to download these assessments in a PDF version or they may be assessed online depending on how you access Altura Learning.

- **Course Outline and Essential Assessment** – This document is designed for learners who can watch the videos, but do not have access to the information included in the online course. It should be provided to each learner prior to commencing the course, as it guides them through the course content and essential assessment questions. The essential assessment demonstrates that the learner has understood the course content.
- **Extension Assessment** – This assessment asks the learner to reflect on the subject discussed in the video. This requires short answers, which must be marked by the Coordinator.
- **Evidence Assessment** – There may be a variety of these assessments offered, depending on the subject matter of the course, but they are all designed for the learner to demonstrate that they have the skills to implement the care or services in the workplace.

In addition to these assessments, Altura Learning supports each course with the following resources:

- **Quick Reference Guide** – This contains key information from the course. It can be used for a toolbox talk, placed in a folder for further reading, or displayed on a staff noticeboard.
- **Course Information Sheet** – This sheet provides information about the learning outcomes, key definitions, the Subject Matter Expert, and further resources. It is recommended that staff view this prior to commencing the course.
- **Certificate** – A certificate is issued for each course. This must be completed by the Coordinator. The hours of active learning can be recorded on the certificate for learners who are required to maintain a record of continuing professional development.
- **Poster** – A poster is available for each course.
- **Infographic** – This document supports the concept of microlearning and aims to help staff in retaining key information from the course. It can be used a poster or attached to a staff email to refresh key messages. It could also be used as a screen saver or attached to staff pay slips.

Training Game – Crossword Puzzle



Across

2. A concave mattress is an example of this type of restraint.
4. To create areas where residents are able to safely move around, both indoors and outdoors, is to effectively manage the resident's
5. Very few behaviours can be expected to respond to medications without the person being heavily
8. At an international and local level, this is in place to protect the human rights of all people, equally.
10. This can be gained by exploring the life story of the resident.
11. Threatening behaviour is an example of restrictive practice.
12. A that respects residents and their rights will enjoy a more positive culture.

Down

1. Restraints and restrictive practices are an way of thinking.
3. To that behaviours are an expression of unmet needs is an important way to begin to support a resident.
6. Behaviours such as aggression and may increase as the person responds to being restrained.
7. This is essential when removing restrictive practices and restraints in the workplace.
9. Any to restrictive practices must be documented in the care plan.
13. These remove the rights of residents and make the work of the care staff more difficult.

agitation alternatives aversive environment insight legislation oldfashioned physical restraints sedated teamwork understand workplace

Case Scenario

A case scenario is available in video format for you to utilise in a group setting or as a self directed exercise.

If your staff access our training via Bridge, an additional course has been built for the scenario and a short answer question has been included if you would like your staff to utilise it as a self directed exercise.

If you access our content via our Portal, the case scenario video has been included with the course video and you can include the relevant points below in your LMS.

Scenario

Arthur Watts is 82 years old with a diagnosis of fronto-temporal lobe dementia. He's been at Sunshine Care for the past 18 months. He was recently moved to the locked Dementia specific unit because he absconded from the facility several times. Over the past two months, several staff noticed Arthur's gait changed to a shuffle and he had several falls. The physiotherapist provided him with a rollator frame, but due to his cognitive decline he usually forgets to take it with him. Because there are the needs of the other residents to consider, our staff can't observe him continually. Staff have reported concerns because he often tries to get up unaided, so they're worried he will fall when he tries to stand.

Points for discussion:

- How much do we know about Arthur?
 - What did he do for a job?
 - Where did he grow up?
 - What were his hobbies?

These answers may provide some insight as to why Arthur wants to get up, thereby offering potential interventions. For example, if Arthur used to be a gardener he may want to get outside because he thinks he still needs to work in the garden.

- Is there a pattern to the times/places when Arthur tries to get up?
 - Is he hungry?
 - Does he need the toilet?
 - Is he bored?
 - Are there any other cues that might help?

- Does Arthur have any unmet physical needs?
 - Is Arthur constipated, especially with reduced mobility?
 - What is causing his reduced mobility?
 - Does he have a urine infection?
 - Does his medication have side effects?
 - Is he in pain?
- Have any falls prevention strategies been implemented?
 - What shoes does he wear?
 - Does he need prompting for regular toileting?

Part A

Select tick if the statement is TRUE or FALSE.

1. Chemical restraints may include medications, such as antidepressants or anti-anxiety medication.
True ☒ False ☐
2. Encouraging someone to eat their vegetables by taking away their dessert, is acceptable, as it helps the person to eat healthy food.
True ☐ False ☒
3. Support strategies are aimed at reducing the underlying causes of behaviour.
True ☒ False ☐
4. Seclusion isn't considered a restrictive practice, as it can help calm a person down.
True ☐ False ☒
5. The rostering of familiar staff can reduce the need for restrictive practices.
True ☒ False ☐

Part B

Select the **MOST CORRECT** answer from the options below each question.

1. A restrictive practice:
 - A. controls a person's behaviour ☐
 - B. restricts a person's free movement ☐
 - C. reduces a person's ability to make decisions ☐
 - D. all of the other answers ☒

2. When a person is yelling out, the first thing that should be done is:
 - A. take some time to check for an unmet need ☒
 - B. isolate them in a separate room to stop them disturbing others ☐
 - C. contact the RN for sedation, before it escalates ☐

3. The term "restrictive practice" includes:
 - A. physical restraint ☐
 - B. chemical restraint ☐
 - C. verbal threats ☐
 - D. all of the other answers ☒

4. Documentation should include:
 - A. your opinion about why the resident is behaving in a particular way ☐
 - B. all assessments and alternatives to restrictive practices ☒
 - C. the opinions of the team after a 'huddle' about the resident ☐
 - D. all of the other answers ☐

5. A person may be walking around the facility because:
 - A. they are looking for their home ☐
 - B. they are looking for a toilet ☐
 - C. they are hungry ☐
 - D. all of the other answers ☒

Part C

Select the **MOST CORRECT** word or phrase to complete the sentence.

1. The use of physically restrictive devices could a person's morbidity or mortality risk.
 - A. reduce ☐
 - B. increase ☒
 - C. decrease ☐

2. Using bed rails is classified as a restraint, even if the bed is already fitted with them.
 - A. sometimes ☐
 - B. not ☐
 - C. always ☒

3. Restrictive practices can only be used when consent from the is obtained.
 - A. aged care consumer or the restrictive practices substitute decision-maker ☒
 - B. registered nurse ☐
 - C. facility manager ☐

4. Prior to a restrictive practice being implemented, should be documented.
 - A. one incident of behaviour ☐
 - B. a thorough physical assessment and medical review ☒
 - C. a police consultation ☐

5. Creating an environment where residents are able to move freely through indoor and outdoor spaces can the need for restrictive practices.
 - A. create ☐
 - B. increase ☐
 - C. reduce ☒

DISCLAIMER:

Except where otherwise stated, scenarios depicted in this course are fictional and any resemblance to any person or event is purely coincidental. The information in this course has been prepared as general information only. It is not intended to provide legal, industrial or other specialist advice and should not be relied upon as such. All advice and information are professionally sourced and provided in good faith and, while all care has been taken, no legal liability or responsibility is accepted for any possible error. For direction concerning your particular circumstances, independent advice should be sought. Copyright 2020. The contents of these Learning Resources remain the property of Altura Learning. They are for the exclusive use of current members of Altura Learning; their use, distribution, and storage are subject to the terms and conditions laid out in Membership Agreements. Altura Learning and Engage, Inform, Inspire are registered trademarks of Altura Learning.