

Essential Assessment

Restrictive Practices and Restraints

Name:

Date:

Please return your completed assessment to your coordinator. Thank you.

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 is not 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

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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. taking some time to check for an unmet need
 - B. isolating 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

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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, except when the use of the restrictive practice is in an emergency.
 - 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

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