**Question Bank**

**MULTIPLE CHOICE**

1. A restrictive practice:
   1. Controls a person’s behaviour
   2. Restricts a person’s free movement
   3. Reduces a person’s ability to make decisions
   4. **All of the other answers**
2. The term restrictive practice includes:
   1. Physical restraint
   2. Chemical restraint
   3. Verbal threats
   4. **All of the other answers**
3. Documentation should include:
   1. Your opinion about why the resident is behaving in a particular way
   2. **All assessments and alternatives to restrictive practices**
   3. The opinions of the team after a ‘huddle about the resident
   4. All of the other answers
4. When a person is yelling out, the **first** thing that should be done is:
   1. Isolate them in a separate room to stop them disturbing others
   2. **Take some time to check for an unmet need**
   3. Contact the RN for sedation before it gets louder
5. A person may be walking around the facility because:
   1. They are looking for their home
   2. They are looking for a toilet
   3. They are hungry
   4. **All of the other answers**

**TRUE/FALSE**

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

**FILL THE GAP**

1. The use of physically restrictive devices could ………. a person’s morbidity or mortality risk.  
   **increase**  
   decrease  
   reduce
2. Using bedrails is ……. classified as a restraint, even if the bed is already fitted with them.  
   **always**  
   not  
   sometimes
3. Restrictive practices can only be used when consent from the …………. is obtained.  
   **aged care consumer or the restrictive practices substitute decision-maker**  
   registered nurse  
   facility manager
4. Prior to a restrictive practice being implemented, ………………….. review should be conducted.  
   **a thorough physical assessment and medication**a police consultation  
   one incident of behaviour
5. Creating an environment where residents are able to move freely through indoor and outdoor spaces can ………... the need for restrictive practices.  
   **reduce**  
   increase  
   create