**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