

# RVH

RENFREW VICTORIA HOSPITAL



## LEAST RESTRAINT – LAST RESORT

*INFORMATION FOR PATIENTS AND FAMILIES*

# RECOVERING IN A LEAST RESTRAINT ENVIRONMENT

Your recovery is important to us. Our philosophy on the use of restraints encourages independence and improves your quality of life.

We believe that:

- It is important to have a safe environment for patients and staff.
- Getting stronger and more independent speeds your recovery.
- A restraint should only be used when all other ways to help you don't work.
- You and your family will be involved in your care and in decision making decisions about the use of a restraint.
- You can say NO to a restraint unless you are at serious risk of hurting yourself or someone else.
- You can decide how much risk you want to take.
- Using a restraint may increase risk.
- If a restraint is needed, it will only be used for as short a time as possible.



***To restrain means*** to place under control when necessary, to prevent serious bodily harm to the patient or to another person by minimal means or chemicals as is reasonable, having regard to the physical and mental condition of the patient.

## **ALTERNATIVES TO RESTRAINTS**

The team knows of many different ways to help you, without having to use a restraint. You and your family may be asked for suggestions as well.

Some examples of ways to avoid the use of a restraint:

- Having family at bedside
- Increase exercise or walking
- Music
- Using hip protectors
- Identifying pain or physical discomfort
- Keeping to a normal routine
- Reviewing medications
- Using “safe wandering” alarms
- Using reminders such as signs, staff reassurance, etc.

## **IF A RESTRAINT IS NECESSARY WE WILL:**

- Try to find out why a restraint is needed.
- Work with everyone on the health care team to try other ways to help
- Keep you informed
- Use the least restraint possible
- Keep a close watch
- Stop the restraint as soon as possible
- Continue to provide good nursing care.

## **QUESTIONS?**

Feel free to ask the health care team any questions or share your concerns.



*The Mental Health Act (1996) supersedes the preceding information.*



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