

5.5 CEUs

Decision making and restraint use in residential care settings for older people

This programme outlines the requirements of national policy, national standards and professional requirements for the use of restraint in residential care settings for older people. It will explore the decision making process for consideration of the use of restraint as a therapeutic intervention for individual residents. The programme advocates assessment and care planning for each individual resident for each specific situation where an intervention may remove or limit a resident's freedom. The monitoring and evaluation of restraint will also be highlighted as well as alternatives to restraint. On completion of the programme, participants will be familiar with the best-practice evidence in relation to restraint use.

Programme content

- Legislative and policy background
- Intention and effect - decision making
- Person-centred assessment
- Alternatives to restraint
- Consent, enabler vs. restraint
- Care planning and restraint use
- Monitoring and evaluation of restraint use
- Decision making - scenarios from participants.

Learning outcomes

- Use a systematic approach in assessing the needs of residents when restraint is being considered
- Differentiate between an enabler and restraint
- Examine the alternatives to restraint and rationales for use
- Be aware of best-practice evidence.

Sample reading list

Bellman, S. (2016) Residential aged care: physical restraint, [Evidence Summary], retrieved from Joanna Briggs Institute EBP Database, available at: www.nurse2nurse.ie.

Department of Health (2011) Towards a restraint free environment in nursing homes: a policy document, Dublin: Department of Health.

Hofmann, H. and Hahn, S. (2014) 'Characteristics of nursing home residents and physical restraint: a systematic literature review', *Journal of Clinical Nursing*, 23(21/22), pp.3012-3024.