Use of restraint in neurosciences setting

Exceptional healthcare, personally delivered
Use of Restraint in the Neurosciences Setting

**Why use restraint?**
The Neurosciences Directorate endeavours to use all alternatives before considering physical restraint. This may be beneficial when used appropriately and following careful consideration and assessment of an individual’s needs.

Physical restraint is used to prevent harm or injury to self or others and to prevent the removal of essential treatment such as breathing tubes, during the acute phase of illness or injury.

**What is physical restraint?**
Restraint is any method that might be employed to restrict a person’s movement.

**What types of restraints are used?**
The most commonly used methods of restraint in the Neurosciences wards are wrist restraints. These might be applied where a patient is restless or confused, for example. This might result in a patient attempting to pull out essential tubes that they might rely on to deliver medication or oxygen.

**For how long are restraints required?**
The length of time required varies from patient to patient. It depends upon an individual’s level of consciousness and their ability to understand their immediate surroundings or environment. The Directorate has a policy on the use of restraints and this will be strictly adhered to.
We will

- Use alternative measures whenever possible.
- Normally obtain consent/agreement of the patient and/or family/carer at the earliest convenient time before initiating such measures.
- Discontinue the use of restraint as soon as possible.
- Remove the restraints 2 hourly to allow normal range of movement when supervision is available and to check the skin for any soreness.

Should you wish to discuss this or any other matter further, please ask to speak to the Ward Manager or Sister, so that further advice or support can be offered.

References


NHS Constitution. Information on your rights and responsibilities. Available at [www.nhs.uk/aboutnhs/constitution](http://www.nhs.uk/aboutnhs/constitution)
If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

How to contact us:

See your appointment letter for the number to phone with any queries you may have

www.nbt.nhs.uk