

Restraint, Alternatives Check List The Village Residence

Date_____

Nurse Signature_____

USE ALTERNATIVE TO RESTRAINT

ALTERNATIVE SUCCESSFUL

Alternatives to the use of restraint

ENVIRONMENTAL

- improved lighting
- lights that are easy to use
- non-slip flooring
- carpeting in high use areas
- ensure a clear pathway
- easy access to safe outdoor areas
- activity areas at the end of each corridor
- lowered bed height to suit individual needs
- remove wheels from beds
- appropriate mobility aids close at hand (railings on the wall, trapeze to enhance mobility in bed)
- appropriate signage and visual reminders to aid orientation (eg use pictures)
- seating to meet the needs of individual residents
- appropriate alarm systems to highlight to staff of risky situations such as a resident who has wandered into a dangerous area
- a quiet area
- reduce environmental noise
- safe areas for residents to wander such as circular corridors with activity stations
- protected out door areas
- transfer rails
- provide familiar objects from the resident's home e.g. photo albums, furniture etc
- 'Snoozelen' room

ACTIVITIES AND PROGRAMS

Develop programs to meet needs of individual residents such as:

- rehabilitation and/or exercise
- regular ambulation
- continence program
- physical, occupational and recreational therapies
- exercise program
- night-time activities
- individual and group social activities
- appropriate outlets for industrious people (e.g. gardening, folding linen)
- facilitate safe wandering behaviour
- offer a change of seating arrangements at regular intervals with their consent, for residents who are not independently mobile
- falls prevention program
- activities box containing, for example laundry to fold, stuffed animals, purses and wallets

ALTERATIONS TO NURSING CARE

- increased supervision and observation
- regular evaluation and monitoring of conditions that may alter behaviour e.g. noise level
- increased staffing level
- individualised routines e.g. toileting, naps
- structured routine
- know the residents as individuals
- check 'at risk' residents regularly
- appropriate footwear
- body padding (hip protectors)
- better communication strategies

PHYSIOLOGICAL STRATEGIES

- comprehensive physical check-up
- comprehensive medication review
- treat infections
- pain management
- physical alternatives to sedation e.g. warm milk, soothing music

PSYCHOSOCIAL PROGRAMS AND THERAPIES

- companionship
- active listening
- visitors
- staff/resident interaction
- familiar staff
- therapeutic touch
- massage
- relaxation programs
- reality orientation
- sensory aids
- sensory stimulation
- decreased sensory stimulation

YES

MONITOR CLOSELY

EVALUATE STRATEGIES
EMPLOYED

DOCUMENT