

Not only physical restraints (PR)



but

**Chemical
Architectural
Psychological**

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Definition or definitions

An international consensus statement defines physical restraint as “any device, material or equipment attached to or near a person’s body and **which cannot be controlled or easily removed by the person**, and which deliberately prevents or is deliberately intended to prevent a person’s free body movement to a position of choice and/or a person’s normal access to his/her body”

Bleijlevens, M.H.C.; Wagner, L.M.; Capezuti, E.A.; Hamers, J.P.H. The international physical restraint workgroup physical restraints: Consensus of a research definition using a modified delphi technique. J. Am. Geriatr. Soc. 2016, 64, 2307–2310.

Respect for bodily autonomy is a core tenet of international medical ethics

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No freedom? Why?

yellow highlight : very
questionable

Q1 Protecting an older person from falling out of bed?

Q2 Protecting an older person from falling out of chair?

Q3 Protecting an older person from unsafe ambulation?

Q4 Preventing an older person from wandering?

Q5 Preventing an older person from taking things from others?

Q6 Preventing an older person from getting into dangerous places or supplies?

Q7 Keeping a confused older person from bothering others?

Q8 Preventing an older person from pulling out catheter?

Thunborg C, Salzman-Erikson M, Olsson A. The Swedish translation of Perceptions of Restraint Use Questionnaire (PRUQ): A test-retest reliability study in two dementia nursing homes. BMC Geriatr. 2021 Oct 22;21(1):589.

No freedom? Why?

yellow highlight : very
questionable

Q9 Preventing an older person from pulling out a feeding tube?

Q10 Preventing an older person from pulling out an IV line?

Q11 Preventing an older person from breaking open sutures?

Q12 Preventing an older person from removing a dressing?

Q13 Providing quiet time or rest for an overactive older person?

Q14 Providing for safety when judgment is impaired?

Q15 Substituting for staff observation?

Q16 Protecting staff or other patients from physical abusiveness/combateness?

Q17 Managing agitation?

Thunborg C, Salzman-Erikson M, Olsson A. The Swedish translation of Perceptions of Restraint Use Questionnaire (PRUQ): A test-retest reliability study in two dementia nursing homes. BMC Geriatr. 2021 Oct 22;21(1):589.

What devices are mainly used?

The most commonly methods used are bilateral bed rails, limb or trunk belts, fixed tables on a chair or chairs which prevent patients getting up on their own, and containment sheets and pajamas.

*Evans, D.; FitzGerald, M. The experience of physical restraint: A systematic review of qualitative research. Contemp. Nurse **2002**, 13, 126–135.*

Falls from an armchair

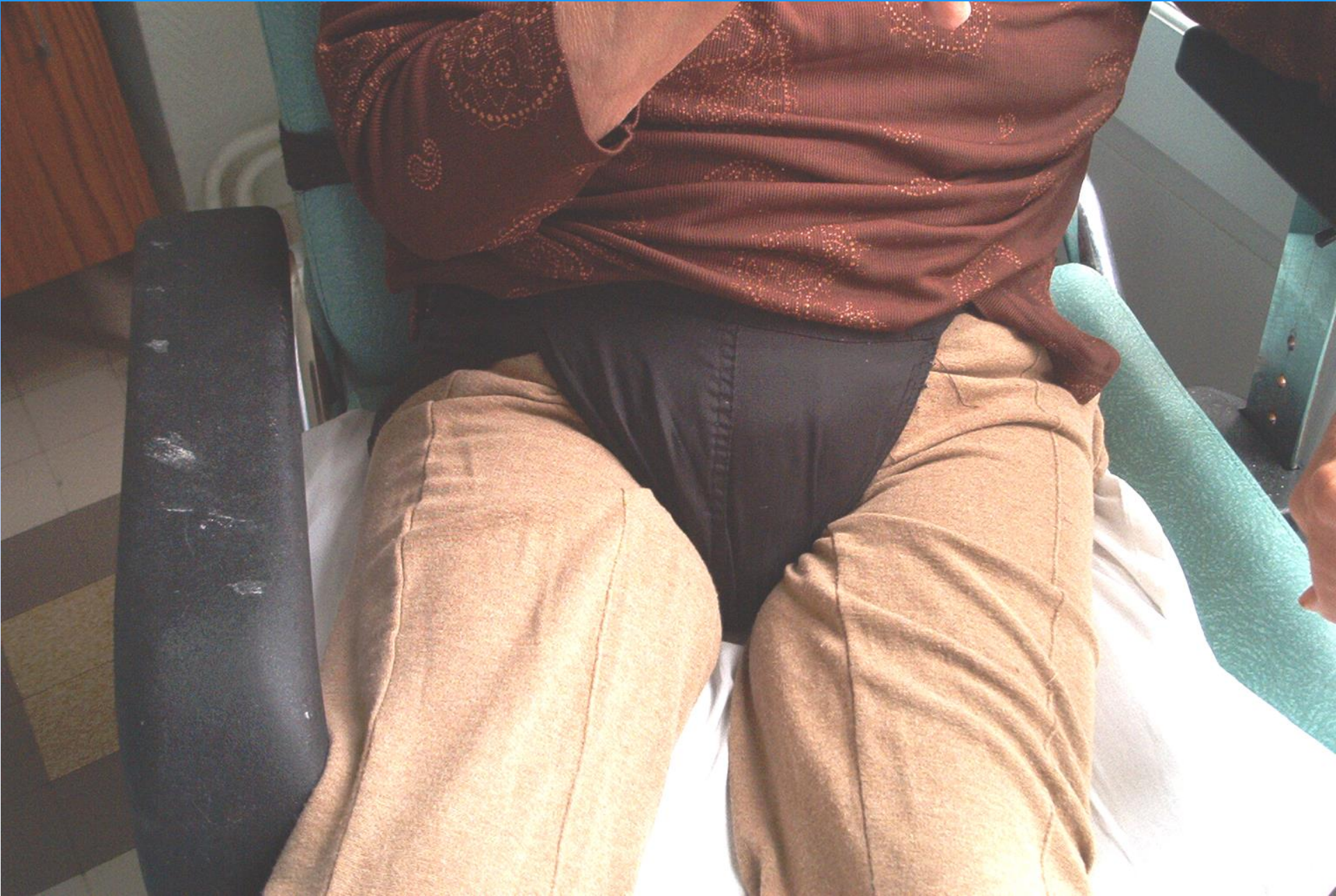
- slipping out from an armchair
- falling while getting up of an armchair





“she slipped down from her chair and the sheet caused strangulation. Fortunately somebody came rather early and saved her”

“End-of-study dissertation by a French nurse, October 2022”



French
guidelines

pelvic belt

« hidden »
physical
restraints





« hidden »
physical
restraints

« hidden »
physical
restraints





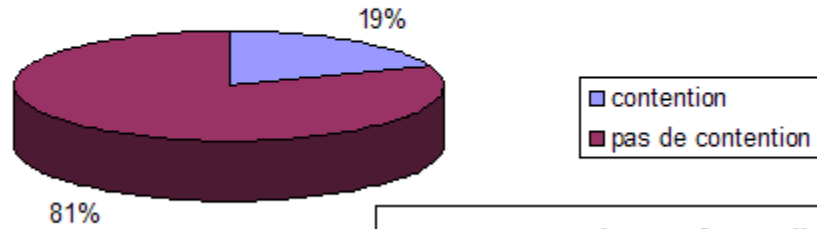
« hidden »
and
dangerous
physical
restraints:
toggling...



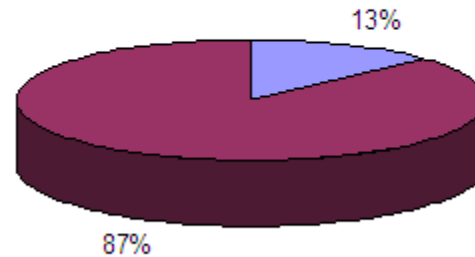
« hidden »
physical
restraints

PR on armchair LTCF Albi France from 2000 to 2008

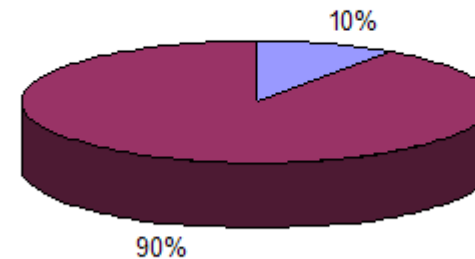
contention au fauteuil le 3 mars 2000



contention au fauteuil le 31 octobre 2005



contention au fauteuil le 12 juin 2008



Inform, explain,
train, prescribe



Ambialet on October 21, 2022



Click,
otherwise:

**WRONG
WAY**



Ambialet on October 21, 2022



30/08/2004



Ambialet on October 21, 2022



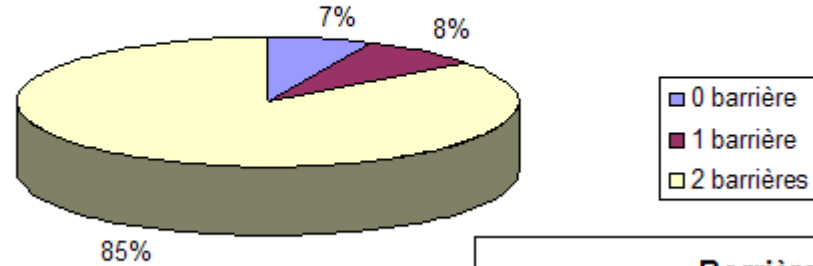
Allowing nursing care



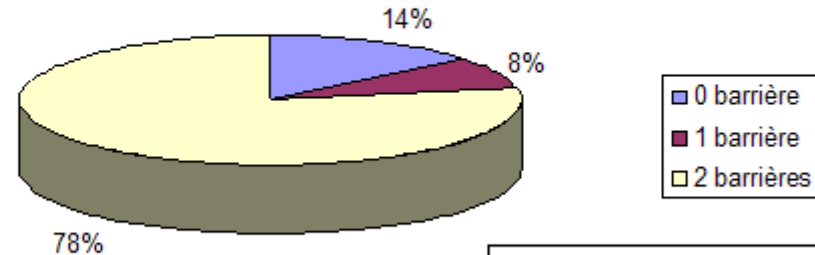
Ambialet on October 21, 2022

PR in bed LTCF Albi France : PR using bedrails from 2000 to 2008

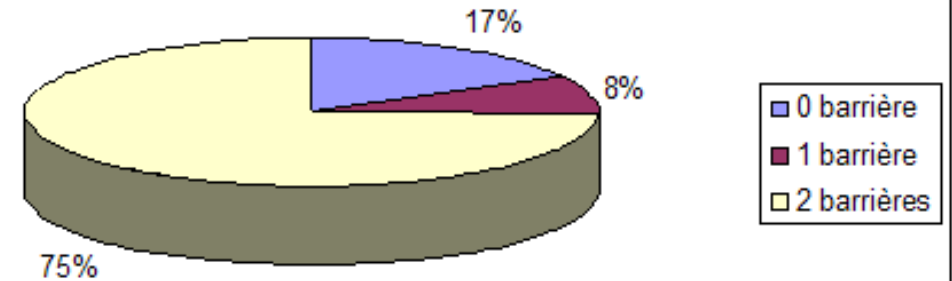
barrières de lit le 4 décembre 2000



Barrières de lit le 31 octobre 2005



Barrières de lit le 12 juin 2008



Inform, explain,
train, prescribe



Ambialet on October 21, 2022

Chemical restraints

Personal definition : “administration of drugs with the aim of reducing the free mobility of a person.”

Are mainly used :

- tranquilizers and sleeping pills,
- neuroleptics,
- antidepressants.

The line is blurred between sedation beneficial to the patient and the deliberate use of drugs to relieve the human environment, especially in the absence of staff observation and suitable architecture.

Robins LM, Lee DA, Bell JS, Srikanth V, Möhler R, Hill KD, Haines TP. Definition and Measurement of Physical and Chemical Restraint in Long-Term Care: A Systematic Review. Int J Environ Res Public Health. 2021 Mar 31;18(7):3639 : “Currently no consensus definition for chemical restraint exists”

Architectural restraints

Personal definition : Use of premises for the purpose of reducing the free mobility of persons.

- confinement of the resident in her/his room. Isolation of the resident in a closed room is still a common and hidden practice during the night among ambulant demented patients,
- the limitation to a sector, a corridor or a dining room is better accepted by the human environment of the patient,
- electronic restraints.

Psychological restraints (informal?)

Personal definition : « collective and repeated injunctions addressed to the person with a view to reducing her/his free mobility ».

Examples: "Don't get up, you'll fall!« , "Come back to your room!" »

"Stay seated!", " stay in bed ! »,

« It's wet, don't step on it! » , "If you step on it, I'll have to mop it again!"

"Walk slowly, you will fall!" »,

"Don't go outside, you will fall!"

“Watch out for the stairs!”, “You scare me!” And so on...

Øye C, Jacobsen FF. Informal use of restraint in nursing homes: A threat to human rights or necessary care to preserve residents' dignity? Health (London). 2020 Mar;24(2):187-202. : (1) diversion of residents' attention; (2) white lies; (3) persuasion and interpersonal pressure; (4) offers and finally (5) threats.

The end