Appendix N: Example: Alternative to Restraints Decision Tree

Describe Behaviour

Explore etiology of behaviour
Implement care strategies/alternatives

Strategies Effective?

Review Criteria for Least Restraint *
• Prevent serious bodily harm to self or others
• Enhance freedom or quality of life

Yes
• Collaborate with team/SDM**
• Discuss preferred coping strategies
• Assess needs e.g. Pain, nutrition, etc.
• Continue/Initiate alternatives (see list)
• Document & monitor

No
• Attempt de-escalating strategies
• ‘Code White’ as required (Emergent)
• Continue/implement alternatives
• Consider chemical, environmental and/or physical least restraints. Collaborate with team when possible.
• Obtain consent from patient/SDM** immediately or within 12 hours. MHA*** excludes formed patients
• Implement Pre-Printed Order (MD/RN).
• Initiate restraint.
• Educate: offer handout for teaching
• Document & monitor as per policy

Reassess need for least restraint

Yes
• Code white as required
• Consult SDM**
• Trial new alternatives
• Re-evaluate least restraint
• Re-order restraint as per policy
• Document & monitor

No
• D/C restraint
• Consult SDM**
• Document & monitor

* Patient Restraints Minimization Act 2001
** SDM = Substitute Decision Make
*** Mental Health Act

All requests to use or adapt the Alternative to Restraints Decision Tree must be directed to the Ottawa Hospital, Department of Nursing Professional Practice.