

Appendix J: Example: Alternative Approaches List



The Ottawa Hospital | L'Hôpital d'Ottawa

The Ottawa Hospital
Least Restraint Last Resort Policy
ADM VIII 540_

Table with examples/suggested alternatives and patient behaviours

Presenting Behaviours	Examples of Suggested Alternatives
<p>1. Falls</p>	<ul style="list-style-type: none"> • Medication review • Toileting regularly • Quad exercise: mobility/ ambulation • Routine positioning (Q2H) • Increased participation in ADL • Pain relief/comfort measures • Normal schedule/individual routine • Assess for hunger, pain, heat, cold • Glasses, hearing aids, walking aids easily available • Increase social interactions • Redirect with simple commands • Call bell demonstration • Involve family in planning care • Diversional activities: pets, music, puzzles, crafts, cards, snacks • Scheduling daily naps • Alarm devices- bed/chair/ door • Clutter free rooms • Mattress on floor/lower bed • Non-slip strips on floor • Night light • Helmet • Acceptance of risk

All requests to use or adapt the Alternative Approaches to Restraint Use must be directed to the Ottawa Hospital, Department of Nursing Professional Practice.

Presenting Behaviours	Examples of Suggested Alternatives
<p>2. Cognitive Impairment- e.g. dementia</p>	<ul style="list-style-type: none"> • Toileting regularly • Normal schedule/individual routine • Assess for hunger, pain, heat, cold • Label environment i.e. bathroom door • Increase social interactions • Redirect with simple commands • Gentle touch • Assessing past coping strategies • Involve family in planning care • Diversional activities: pets, music, puzzles, crafts, cards, snacks • Reminiscence • Scheduling daily naps • Pacing permitted • Alarm devices- bed/chair/door • Clutter free rooms • Night light • Glasses, hearing aids, walking aids easily available
<p>3. Acute Confusion- delirium</p>	<ul style="list-style-type: none"> • Medication review • Work-Up for underlying cause- see Pre-Printed Orders • Pain relief/comfort measures • Glasses, hearing aids, walking aids easily available • Toileting regularly-start q2h • Normal schedule/individual routine • Assess for hunger, pain, heat, cold • Label environment i.e. bathroom door • Increase/decrease social interactions • Redirect with simple commands • Gentle touch • Assessing past coping strategies • Involve family in planning care • Scheduling daily naps • Alarm devices- bed/chair/door • Clutter free rooms • Night light

Presenting Behaviours	Examples of Suggested Alternatives
<p>4. Agitation</p>	<ul style="list-style-type: none"> • Mobility/ambulation/exercise routine • Routine positioning (Q2H) • Medication review • Pain relief/comfort measures • Toileting regularly • Normal schedule/individual routine • Assess for hunger, pain, heat, cold • Increase social interactions • Redirect with simple commands • Relaxation techniques (tapes, dark environment) • Gentle touch • Assessing past coping strategies • Involve family in planning care • Diversional activities: pets, music, puzzles, crafts, cards, snacks • Scheduling daily naps • Pacing permitted
<p>5. Wandering</p>	<ul style="list-style-type: none"> • Assess for hunger, pain, heat, cold • Buddy system among staff/consistency • Label environment i.e. bathroom door • Increase social interactions • Redirect with simple commands • Assessing past coping strategies • Involve family in planning care • Diversional activities: pets, music, puzzles, crafts, cards, snacks • Tape (stop) line on floor • Alarm devices- bed/chair/door • Clutter free rooms • Night light • Room close to nursing station • Glasses, hearing aids, walking aids easily available
<p>6. Sliding</p>	<ul style="list-style-type: none"> • Consults to OT/PT • Routine positioning (Q2H) • Pain relief/comfort measures • Call bell demonstration • Wedge cushions/tilt wheelchairs (consult OT/ PT) • Non slip cushion (consult OT)

Presenting Behaviours	Examples of Suggested Alternatives
7. Aggression	<ul style="list-style-type: none"> • Medication review • Pain relief/comfort measures • Assessing past coping strategies • Normal schedule/individual routine • Assess for hunger, pain, heat, cold • Increase/decrease social interactions • Relaxation techniques (tapes, quiet/dark room) • Involve family in planning care • Pacing permitted • Soothing music
8. Pulling out invasives/ tubes	<ul style="list-style-type: none"> • Pain relief/comfort measures • Increase social interactions • Redirect with simple commands • Call bell demonstration • Stimulation/meaningful distraction • Explain procedures/treatments • Gentle touch • Involve family in planning care • Camouflage tubing on IV • Abdominal binder over PEG • Change IV to intermittent asap • Arm splint (prevent elbow bending)
9. Unsteadiness	<ul style="list-style-type: none"> • Mobility/ambulation/exercise • Medication review • Increase social interactions • Call bell demonstration • Scheduling daily naps • Clutter free rooms • Mattress on floor/lower bed • Non-slip strips on floor • Night light • Acceptance of injuries • Glasses, hearing aids, walking aids easily available

All requests to reproduce must be directed to The Ottawa Hospital Alternative to Restraints Decision Tree" must be directed to the Ottawa Hospital, Department of Nursing Professional Practice for permission".