The College of Nurses of Ontario presents the *Restraints* practice standard: An Overview.
Ministry of Health and Long-Term Care’s *Patient Restraints Minimization Act, 2001*:

- sets out when to use restraints;
- emphasizes the minimal use of restraints; and
- the College’s *Restraints* practice standard is consistent with the Act.

Click here to access the *Patient Restraints Minimization Act*

Click here to access the College’s *Restraints practice standard*

The Ministry of Health and Long-Term Care passed the *Patient Restraints Minimization Act* in 2001. The Act sets out when to use restraints on clients and emphasizes the minimal use of restraints. The College’s *Restraints* practice standard is consistent with the Act and encourages documentation, nurse education, policy development, client consent and regularly reviewing the need for a restraint.

In this chapter, you’ll learn the types of restraints, and compare restraint myths and facts. To read the Act or the College’s *Restraints* practice standard, click on the links.
Types of restraints:

- **Chemical**
- **Physical**
- **Environmental**

Restraints can be chemical, physical or environmental measures used to control the physical or behavioural activities of a client or part of the client’s body. An example of a chemical restraint is a psychoactive medication. A physical restraint could be a fixed table or bed rail. A locked unit is an example of an environmental restraint.
Myths about restraints:
- protect clients from harm;
- control abusive or disruptive behaviours; and
- reduce negative outcomes.

Facts about restraints:
- increase falls and skin tears;
- increase agitation and disruptive behaviour;
- increase incontinence and muscle atrophy; and
- decrease dignity.

There are a number of common myths about the use of restraints. Some nurses and other health care providers believe that the use of restraints can protect clients from injuries and falls; control abusive or disruptive behaviours; and reduce negative outcomes. In fact, research has shown that the use of restraints can increase the incidence of falls and skin tears, increase agitation and disruptive behaviour, and increase incontinence and muscle atrophy. The use of restraints can also decrease the dignity of the client.
Test your knowledge of the types of restraints. Click on the correct answers in the following quizzes.
Types of restraints include:

- a) Chemical
- b) Environmental
- d) Physical
- c) Psychological
A bedside table can be a restraint.

a) True

b) False
Myths about restraints include:

- a) Increase client safety
- b) Reduce skin tears
- c) Control abusive behaviours
- d) Reduce negative outcomes
### Match the restraint with its type.

<table>
<thead>
<tr>
<th>Restraint</th>
<th>Type of restraint</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bedside table</td>
<td>Chemical</td>
</tr>
<tr>
<td>Ativan</td>
<td>Environmental</td>
</tr>
<tr>
<td>Secure unit</td>
<td>Physical</td>
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</tbody>
</table>
You have now completed Chapter 2. To work through another chapter in this module, close this presentation and return to the Learning Centre.

To ask a College Practice Consultant a question, click on the “Contact” button in the top right-hand corner of your screen.