



Research on mistreatment of older adults in Quebec:

summaries of scientific articles



Between Theory and Practice: An Approach to the Use of Physical Restraints.

REFERENCE

Lajeunesse, Y. (2000). Between Theory and Practice: An Approach to the Use of Physical Restraints. *La Revue de Gériatrie*, 25(9), 655-662.

TEXT TYPE

Format: Scientific article

Content: Development of an approach

DISCUSSED THEMES

Definition, extent of the use of physical restraints, consequences, laws, procedures, organization of services, training, ethics.

GOAL OR RESEARCH QUESTION

This article presents an approach developed in order to establish the conditions of legitimacy for the use of physical restraints in geriatric settings.

PROBLEM

Physical restraints in geriatric settings and, more specifically, in long-term care facilities, have been the object of much opposition in recent years. It has been shown that these practices can amount to a form of abuse and that they are not always effective or safe. Based on the principle of self-determination of the individual, the use of physical restraints should be based on an approach that clearly establishes the conditions of legitimacy of this practice.

METHODOLOGY

No Methodology section is presented in this article.

RESULTS

The approach proposed in this paper requires, first and foremost, the identification of the problem. Problems related to mobility impairments with risk of falls and to disruptive behavior can lead to the use of restraint or to isolation. Once this is done, an overall assessment based on the specific facts is carried out in order to guide decision-making. The resulting recommendations are diverse and it is important to begin by examining alternatives to restraints as a first step. Then, if the existing conditions lead to the use of restraints, the type of restraint and the application rules must be determined. Some parameters must be monitored to ensure patient safety. It is also necessary to add documentation regarding consent and the medical prescription to the patient record. In addition, a form is used to record all the information relating to the use of physical restraint in one location. Lastly, the use of physical restraint should be monitored on a short-term or long-term basis.

DISCUSSION

The discussion is integrated to the Results section presented above.

CONCLUSION

In conclusion, restricting the freedom of an individual also forces him to renounce his otherness and his humanity. It is therefore necessary to question the use of restraints, in particular with regard to the limits that are imposed to the patient because of his situation. The approach presented in this article is proposed in an effort to regulate this practice.

AVENUES FOR PRACTICE AND RESEARCH

In light of this approach, the author suggests the training of all practitioners, in particular about the consequences of the use of physical restraints, the legal and ethical dimensions of this practice as well as possible alternatives.

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