



LEAST RESTRAINT POLICY

- A **restraint** is a measure used to limit the activity or control of a person or a portion of their body.
- Restraints must only be used when there is imminent risk of **severe** physical harm to self, HPEI staff, visitors/others.
- Health PEI maintains a philosophy of **least restraint**, meaning a patient/client/resident is not restrained unless all other alternatives have been unsuccessful to assure safety. A restraint is only used after consultation with healthcare providers and family, when possible.

*Self-Directed Resource Guide:
Least Restraint available on the
[Staff Resource Centre](#)*

Types of restraints include:

- **Environmental** – any barrier or device that limits the mobility of an individual to a specific geographical area or location. Examples include seclusion/safe and secure rooms, secured units.
- **Physical/mechanical** – use of a technique, device or mechanism to prevent, restrict or subdue the free movement of a person or a portion of their body. Examples include manual hold, calming blanket, multiple-point ligatures.
- **Chemical/pharmacological** – use of medication to specifically control a person’s behaviour. Examples include benzodiazepines and antipsychotics.

KEEP IN MIND:

- Health PEI’s **Least Restraint Policy** provides guidance to healthcare providers on strategies to prevent restraint use and focus on assessment and de-escalation to minimize, where possible, any method of limiting patient/client/resident freedom.
- A comprehensive assessment and care plan of the patient/client/resident is required prior to the use of restraint. Any form of restraint will be used as a last resort and for the shortest time possible.
- Regular monitoring of a restrained patient/client/resident is essential, and the frequency of monitoring is outlined in the **Least Restraint Policy**.
- The patient/client/resident and/or the substitute decision maker must be informed of the reason for the restraint, the risks associated with the initiation of a least restraint, and the risks of not initiating least restraint.
- A restraint may be initiated in an **emergent situation** (where there is immediate, serious risk of harm to patient/client/resident or others) to maintain safety.