

Review of the Restraints Principles

Participant information sheet

Thank you for your interest in taking part in this project. This information will provide you with more information about the project, so that you can decide if you would like to be involved. Please take the time to read this information carefully, and feel free to contact the project team if there's anything you would like to know more about.

We encourage you to keep this information somewhere safe so that you can refer back to it later.

Background

On 1 July 2019, the Australian Government introduced new laws that aim to minimise inappropriate use of restraint in residential aged care. The new laws are referred to as the 'Restraints Principles'.

The Restraints Principles require residential aged care providers to satisfy a number of conditions before using physical or chemical restraint, including assessment by an approved health practitioner (for physical restraint) or assessment by a medical practitioner or nurse practitioner who has prescribed the medication (for chemical restraint).

The aged care home must also have the informed consent of the consumer or their representative before using physical restraint, unless restraint is necessary in an emergency.

Medical practitioners are required to comply with relevant state and territory laws, including medicines and poisons legislation which governs the prescribing, dispensing and administration of scheduled medicines.

A decision to use restraint should be a strategy of last resort and any use of restraint must also be regularly monitored. The restraint must be

used for the minimum time necessary, and the need for the restraint must be reviewed.

In response to two formal Parliamentary inquiries, a further amendment to the legislation—the Quality of Care Amendment (Reviewing Restraints Principles) Principles—was introduced on 29 November 2019. This amendment:

- Clarified that restraint must only be used as a last resort
- Referred to state and territory legislation regarding prescribers' responsibilities around informed consent
- Required a 12-month review of the effectiveness of the Restraints Principles in minimising the use of inappropriate restraint.

The Restraints Principles are contained in Part 4A of the *Quality of Care Principles 2014*. The *Quality of Care Principles 2014* can be accessed by clicking [here](#).

What is 'restraint'?

Restraint is any practice, device, or action that interferes with someone's ability to make a decision or which restricts their free movement. Restraint can include using medication to change a person's behaviour (chemical restraint) or using devices or equipment that restrict free movement (physical restraint). Some examples of equipment that could be used as restraint include bed rails, lap belts, restraining chairs, table overlays, hand mitts and vests. Physical restraint also includes locking a person in a room or building.

For more information on what restraint means, please refer to the examples developed by the Aged Care Quality and Safety Commission, which you can access [here](#).

About this project

The Restraints Principles legislation requires that the Restraints Principles themselves are reviewed to make sure they are helping to minimise the use of inappropriate restraint.

This survey is part of the Review that is being conducted by Australian Healthcare Associates (AHA) on behalf of the Department of Health.

We would like to hear from a range of people who work in residential aged care facilities. This includes management, and people who work directly with residents such as nurses, allied health staff and personal care workers. More than one person from each residential aged care facility or provider can respond.

While we would like to hear from as many people as possible, it's important to note that completing this survey is voluntary.

Confidentiality and data storage

Only the project team at AHA will have access to the information you provide to this project. Survey data will be stored in secure, Australian-based servers held by the Qualtrics Survey Platform. When the survey closes we will securely transfer this data to a password-protected server at AHA. All project data will remain at AHA for five years after we submit our final report, and then destroyed.

We will do everything we can to make sure your privacy is protected at all times. The final report will present information in a way that ensures no one can be identified. We ask that you also try to protect your own and other people's privacy by avoiding identifying yourself, other people, or organisations in your answers to survey or interview questions. If any of your responses to the questions contains personal information of a third party, you must ensure that you have obtained the consent of that

person to have their personal information disclosed to AHA for the purposes of this survey. Please be aware that any information that you submit may be subject to the Freedom of Information Act 1992. The Freedom of Information Act makes documents available for public access but will not reveal personal information. Agencies authorised by law may also inspect the records related to the project, but your identity will not be revealed.

Funding

The project is being funded by the Australian Government Department of Health.

Project results

The findings of this project will be submitted to the Australian Government Department of Health in December 2020. A copy of the report will be published on the internet and tabled in Parliament.

Advice and information

If you have any further questions regarding this project, please do not hesitate to contact the project team at AHA:

Phone: 1300 788 667 (9am to 5pm AEST)

Email: restraintreview@ahaconsulting.com.au

If you have concerns about the quality of aged care, you can contact the Aged Care Quality and Safety Commission online <https://www.agedcarequality.gov.au/making-complaint/lodge-complaint> or by calling 1800 951 822, or through My Aged Care online (<https://www.myagedcare.gov.au/contact-us/complaints>).

Definitions of key terms

alternative strategies	Strategies used instead of restraint or that reduce the need for restraint. Examples might include exercise, pain management, comfort or reassurance, relaxation programs.
care and services plan	The plan required by the Aged Care Quality Standards that documents the assessed care needs of the aged care resident, the care and services to be delivered in accordance with the resident's needs, goals and preferences, and the outcomes of regular reviews of the resident's care needs and preferences.
chemical restraint	The use of medication to influence someone's behaviour, unless the medication is needed for the treatment of, or to enable the treatment of, a diagnosed mental or physical health condition.
informed consent	Permission to use restraint, provided voluntarily and after the benefits and risks have been fully explained.
physical restraint	Any restraint other than: a) chemical restraint or b) the use of medication prescribed for the treatment of, or to enable treatment of, a diagnosed mental disorder, a physical illness or a physical condition. Examples of physical restraint include the use of equipment (e.g. putting up bed rails) or physical force (e.g. holding someone down), or removal of mobility aids (e.g. taking away a wheelchair), to restrict movement or change behaviour.
prescriber	Medical doctor or nurse practitioner
representative	Someone the aged care resident has nominated to be involved in decisions about their care. Or, someone legally appointed to be involved in decisions about the resident's care.
resident	Any person living in residential aged care, regardless of their length of stay
restraint	Any practice, device or action that interferes with a consumer's ability to make a decision or restricts a consumer's free movement
Restraints Principles	Amendments to <i>Part 4A of the Quality of Care Principles 2014</i> , made in July and November of 2019. The Restraints Principles specify that restraint must only be used as a last resort, and set out the conditions under which restraint can be used.