

What you need to know about...

RESTRAINTS

What is a restraint?

Some situations can be dangerous for you or the people around you. Professionals must sometimes apply a restraint in exceptional circumstances to ensure everyone's safety.

A restraint is a tool used by health professionals to prevent dangerous behaviour and to protect you and your loved ones. One goal of a restraint is to prevent injuries and falls.



There are 3 types of restraints

1 Physical restraint

The person's movements are restricted using equipment (e.g. wheelchair belt) or physical force (e.g. holding the person down).

2 Isolation

The person is kept somewhere for a specific period of time and cannot leave of their own accord.

3 Chemical restraint

Medication is administered to calm the person down and limit their movements for a period of time.

How restraints are applied

- All restraints are applied under close supervision.
- A restraint is **always** an exceptional measure.
- It is applied with respect your dignity and safety.
- It is never used to punish.
- A restraint is only applied in the case of an imminent serious risk.
- It is only applied for as long as necessary. Staff then regularly evaluate its necessity.
- You, or the person representing you, must consent to the restraint, except in emergencies. You are free to refuse or withdraw your consent at any time.



IMPORTANT

Restraints are exceptional measures. They are used when there is no other way to prevent you from hurting yourself or someone else.

Roles and responsibilities of health and social services professionals

- Health professionals will always try to prevent the use of restraints.
- They will look for other solutions with your help and the help of your family.
- They will get to know you (e.g. possible risks, activities that calm you down, things that irritate you).
- They always try to consider your point of view and that of your loved ones.
- They adapt their care to the situation and to your needs.

Roles and responsibilities of the user and family

You and your loved ones are essential partners in your care. To help your health professionals, you must:

- Express your needs and concerns.
- Participate in meetings with health care professionals to find solutions to prevent the use of restraints.
- Be open to the suggested solutions.
- Trust that the decisions made jointly with your health care professionals are in your best interest and that of your loved ones.

LEARN MORE

You can consult the restraint application protocol (in French only) at www.ciusss-centresudmtl.gouv.qc.ca (section: Accueil / À propos / Documentation et rapports / Clinique)

Centre intégré
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Do you have questions or are you dissatisfied with your care?

If you have any questions or concerns or if you are dissatisfied with the application of a restraint, talk to your health care staff member or someone on their team. They will take the time to listen to you.

Your staff member's name:

Phone :

If a satisfactory solution cannot be found, please contact the following resources:

USERS' COMMITTEE

For the phone number and address of your committee, consult the website of the CIUSSS du Centre-Sud-de-l'Île-de-Montréal (section: Nous joindre / Comités des usagers).

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