



«Respect for the patient and

human dignity are at the core of these guidelines.»

What are the key principles for ensuring safety when applying a restraint procedure?

The restraint measure must:

- Be applied in a context of **imminent risk** in order to prevent patients from inflicting injuries on themselves or others;
- Be applied as a **last resort** after attempting to implement all possible alternatives;
- Be applied for a short period of time, in the **least restrictive** manner possible, to reduce discomfort;
- Be applied while **respecting** the **dignity** and **safety** of the patient;
- Be governed by established procedures, including **monitoring** and response to basic physiological needs;
- Be rigorously monitored by the board of directors.

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values:

- Compassion;
- Collaboration;
- Commitment;
- Confidence;
- Consistency.

EMPLOYING EXCEPTIONAL RESTRAINT PROCEDURES

What you need to know



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What is a restraint procedure?

Any mechanical or human means (immobilization), any confinement measure (isolation) or any chemical substance administered for the purpose of limiting a patient's freedom of movement or their capacity to act, particularly in circumstances of agitation, risk of falling or behaviour problems.

What procedures should be in place before using restraint procedures?

Several alternative procedures should be proposed by healthcare professionals, with the collaboration of loved ones, in order to avoid applying restraint procedures. Here are some examples:

- Developing a customized individual approach;
- Monitoring;
- Revising medication;
- Assisting patients to manage their emotions;
- Participating in activities / creating diversion;
- Controlling stimuli / arranging the environment;
- Meeting basic needs.

How is the decision made to implement a restraint procedure on a patient?

- Interdisciplinary meetings are held to respect key principles;
- Each situation is customized for the patient;
- The decision is made by involving the patient and loved ones.

Nevertheless, in an emergency situation, restraint procedures can be applied rapidly. However, relatives or legal representatives must be notified as soon as possible.

Do patients or their legal representatives have to agree to put in place a restraint procedure?

Yes, except in emergency situations. Patients or their legal representatives may accept or refuse a restraint procedure after being fully informed of all the risks connected with acceptance or refusal. If you have any questions, please discuss them with the healthcare professionals.

What are the impacts of applying a restraint procedure on a patient?

Restraint procedures are sometimes necessary, but often provide a false sense of security. They can cause adverse effects and serious injuries that have repercussions for both patients and loved ones. Here are some examples:

Patients	Loved ones
• Loss of autonomy • Diminished muscle strength • Depression, delirium • Restlessness, fear, anxiety, aggressiveness and anger	• Feelings of guilt • Negative image of the loved one • Feeling of helplessness • Feeling of discomfort to the point of estrangement

Is it important to monitor patients and re-evaluate restraint procedures?

Yes, constant or regular monitoring and reassessment must be carried out, taking into account the reasons for the application of the procedure.

Are there laws and regulations that govern the use of restraint procedures?

Yes, among others:

- The Act Respecting Health Services and Social Services;
- The Civil Code;
- The Canadian Charter of Rights and Freedoms.

Are all means of restricting freedom of movement or ability to act considered restraint procedures?

No, some devices can be applied as positioning procedures and are not considered restraint procedures.

Wheelchairs

A safety catch or belt used for positioning a patient who lacks muscle capacity is not a restraint procedure, since the desired objective is to maintain autonomy.