

## **LEAST RESTRAINTS - INTEGRATING POLICY INTO PRACTICE**

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Government guidelines instruct long term care facilities to adhere to best practice guidelines for least restraint use. Integrating these policies into practices on a daily basis with current staffing ratios and limited rehabilitation staff produces many challenges. Strategies in making good clinical decisions to create a safe and restraint reduced environment will be discussed, outlining prevention programs and communication with staff and families.

#### **Definition of restraints**

Restraint use is only mandated if the client is in imminent danger of injuring self or others. Identification of factors prompting the use of restraints will be outlined along with ideas for assessment and quality improvement guidelines.

#### **Ministry Guidelines**

##### **Prevention**

- preventing falls
- assessing clients risk for falls
- a falls assessment that is fast and user friendly

#### **Realities of restraint use in Long Term Care**

The realities of restraint use in a long term care setting:

- staff to client ratio
- family dynamics and their role in consent to treatment issues
- individual case studies outlining the importance of client centered practice

#### **Communication/Education**

- guidelines for communicating with nursing staff
- restorative staff and families
- tried and tested documentation strategies

#### **Resources**

A brief review of seat belts, lap trays and non restraining resources

#### **Conclusion**

OT role in long term care!

- we are an invaluable profession in long term care.
- marketing ideas and leadership/consultant roles in long term care

#### **Speaker Bio**

Charmaine Zankowicz has extensive experience in the long term care sector. She currently consults at Gibson Long Term Care facility, Elm Grove Living Centre and White Eagle Nursing Home. As the Occupational Therapy Consultant, she implements, evaluates and monitors restorative care programs for the frail elderly, provides falls risk assessments and performs all seating and mobility assessments/intervention.