

## **Clinician perspectives: How to work in 'less restrictive way'**

What does working in a 'less restrictive way' mean to you?

Working in a less restrictive way to me as a clinician means that I have to always be cognisant of consent. That's the consent of the young person that I am working with, and the consent of their family. They may not always have a family, so I have to work out with that young person who I need to speak to about consent. So it's always - that always has to be my first point of call is to find out if I've got the consent of that young person.

What do you actually do when you work in a 'less restrictive way'?

One of the things that I had to consider was whether he had capacity. That was a really difficult question for the treating team. At times we were really unsure whether he had capacity, however we had to rely on his parents, that were there following him all the way through his treatment. His mum and dad would come regularly and they supported him every inch of the way, and when the young man was not able to follow through because of the anorexia was so strong, his mum and dad were able to support him. And that why it's so important to have family, have guardians, have people - have the education of those people so that they can be fully involved so that we can have the best treatment outcomes for the young people that we care for.

How do you work in a 'less restrictive way' with Aboriginal and Torres Strait Islander children and young people?

As the service I work for is, um, is a North Queensland service so we quite often get young people from rural and remote areas, and it's even more um, important for them to have their family and culture involved in their care. I think more often than not it's the young person's extended cultural family that's involved, than the traditional mother and father, um, of the young person, um, particularly with cultural adoption. We also try to involve an Aboriginal and Torres Strait Islander health worker in all of our interactions with young people.