



Transcript: Mechanical Restraint

Name	Dialogue / Actions
Eric	<p>Hi again, I'm Eric. In this section I'd like to discuss the use of mechanical restraint, which is sometimes required in an authorised mental health service. Some of the key points you need to be aware of related to the use of mechanical restraint include the definition of mechanical restraint in the <i>Mental Health Act 2000</i>. The definition is "the restraint of a person by the use of a mechanical appliance, approved under section 162B, preventing the free movement of the person's body or a limb of the person". The Director of Mental Health has restricted the use of mechanical restraint to 'wrist cuffs to waist belt', which is a band fastened around the waist linking bands fastened around the wrists.</p> <p>If the authorised doctor believes an alternative mechanical appliance needs to be applied to prevent injury to a patient or someone else a discussion needs to occur with the Clinical Director. If the use of an alternative appliance is agreed to by the Clinical Director, the Director of Mental Health should be immediately contacted. The Director of Mental Health will determine whether the alternative mechanical appliance is approved, having regard to the individual circumstances of the case. Any such approval will only apply to that individual for the period specified by the Director of Mental Health.</p> <p>Any form of mechanical restraint approved by the Director of Mental Health may be authorised by a doctor for an involuntary patient in an authorised mental health service. However, mechanical restraint may only be used if the doctor 'is satisfied it is the most clinically appropriate way of preventing injury to the patient or someone else'. The doctor's authorisation is given by completing the authorisation of mechanical restraint and notification to Director of Mental Health form. All sections of the form must be completed and submitted as soon as possible after the mechanical restraint has been applied and a copy of the form must be placed in the patient's clinical file. The maximum period for a doctor's authorisation is 3 hours.</p> <p>The doctor or the senior registered nurse on duty may, with the help, and using the minimum force that is necessary and reasonable in the circumstances, apply the restraint as authorised to the patient. The senior registered nurse is then responsible for recording the required details in the patient's clinical file.</p>