

Restraint

Identifying and definitional attributes

Metadata item type: Glossary Item

METEOR identifier: 558140

Registration status:

- [Health](#), Standard 13/11/2014

Definition: The restriction of an individual's freedom of movement by physical or mechanical means.

Mechanical restraint:

The application of devices (including belts, harnesses, manacles, sheets and straps) on a person's body to restrict his or her movement. This is to prevent the person from harming himself/herself or endangering others or to ensure the provision of essential medical treatment. It does not include the use of furniture (including beds with cot sides and chairs with tables fitted on their arms) that restricts the person's capacity to get off the furniture except where the devices are used solely for the purpose of restraining a person's freedom of movement.

The use of a medical or surgical appliance for the proper treatment of physical disorder or injury is not considered mechanical restraint.

Physical restraint:

The application by health care staff of hands-on immobilisation or the physical restriction of a person to prevent the person from harming himself/herself or endangering others or to ensure the provision of essential medical treatment.

Context: Mental health care.

Collection and usage attributes

Comments: This glossary item details the definition of restraint developed by the specially constituted Restraint Working Group (RWG) of the Safety and Quality Partnership Standing Committee (SQPSC). It has been endorsed by the Mental Health, Drug and Alcohol Principal Committee and is currently with the Australian Health Ministers' Advisory Council for consideration. The scope of the definition may be subject to future updates as data supply and quality improves, and the RWG investigate options for defining chemical/pharmacological restraint with stakeholders.

Source and reference attributes

Submitting organisation: Australian Institute of Health and Welfare

Origin: National Documentation Outputs from the National Mental Health Seclusion and Restraint Project

Reference documents: Aggression, Seclusion and Restraint in Mental Health Facilities in NSW (PD2012_035)

Mental Health Act 2014 (Vic)

Mental Health Act 2000 (Qld)

Mental Health Act 2009 (SA)

Mental Health Act 1996 (WA)

Mental Health Act 2013 (Tas)

Mental Health and Related Services Act 2012 (NT)

Mental Health Treatment and Care Act 1994 (ACT)

Relational attributes

Metadata items which use this glossary item:

[Mental health restraint events cluster](#)

- [Health](#), Standard 13/11/2014

[Mental health seclusion and restraint NBEDS 2015-](#)

- [Health](#), Standard 13/11/2014

[Specialised mental health service—number of restraint events](#)

- [Health](#), Standard 13/11/2014

[Specialised mental health service—number of restraint events, total number N\[NNN\]](#)

- [Health](#), Standard 13/11/2014

[Specialised mental health service—type of restraint event](#)

- [Health](#), Standard 13/11/2014

[Specialised mental health service—type of restraint event, code N](#)

- [Health](#), Standard 13/11/2014