



Australian Government

Department of Health and Aged Care

NATIONAL AGED CARE MANDATORY  
QUALITY INDICATOR PROGRAM

# Physical restraint



# Make it count

**Continuous improvement is about seeking and applying opportunities to enhance the quality of care and outcomes for care recipients.**

Take 60 seconds to understand how to measure and report on physical restraint and help your service enhance the quality of care and outcomes for your care recipients.



Click the arrow  
to continue



# Contents

**Click on a box** to view that section or move through all the sections using the next and previous buttons at the bottom of the page.

# Why measurement matters

**A restraint free environment is the recommended standard of care.**

Physical restraint in aged care services must only be used as a last resort and only when necessary to protect the care recipient or another person.

As a provider, the law requires you to record and measure the use of physical restraints to understand how to effectively reduce the need for physical restraint, and identify alternatives to physical restraint.






# Impact of physical restraint

**The use of physical restraint can cause physical and psychological harm and can have a significant impact on the quality of life of care recipients.**

**Click on the boxes** to see the impact of physical restraint on care recipients.



# What is included as physical restraint under the QI Program?

The **QI Program physical restraint quality indicator** measures and reports data relating to all restrictive practice, excluding chemical restraint.

**Click on the boxes** to learn more.



# How to collect data for physical restraint

The following data is collected and reported on for the physical restraint quality indicator.

**Click on the boxes** to learn more.

# Quality improvement

**Awareness of risk factors and some simple steps can support in reducing the use of physical restraint.**

The checklist on the right will help assess care recipients who are at risk of physical restraint and provide potential support and management strategies.

STEP  
1

Assess environmental factors

STEP  
2

Assess psychosocial factors

STEP  
3

Assess care approach factors

STEP  
4

Assess physiological factors

For detailed information on potential prevention and management strategies, and quality improvement activities, please refer to the **QI Program Manual 3.0 – Part B**.



# Ask QIRI

**The Quality Indicator Reporting Instructor (QIRI) answers your questions about physical restraint.**

**Click on a speech bubble** to learn a top tip from QIRI.



# Quality indicator challenge



**Congratulations!**

**You have completed  
Module Three –  
Physical restraint**

Test your knowledge in the box on the right then move onto the next module.

## Take the quick quiz!

What restrictive practices are considered physical restraint for the purposes of the QI Program? (Select all that apply)

- ☐ Mechanical restraint
- ☐ Physical restraint
- ☐ Chemical restraint
- ☐ Environmental restraint
- ☐ Seclusion