



Australian Government

Department of Health, Disability and Ageing

NATIONAL AGED CARE QUALITY
INDICATOR PROGRAM

Restrictive Practices



ENTER



Make it count

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

Take 60 seconds to understand how to measure and report on restrictive practices and help your aged care home enhance the quality of care and outcomes for your residents.





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Why measurement matters

Restrictive practices in aged care homes must only be used as a last resort to protect the resident or another person, and after considering the likely impact of the practice on the resident.

As a provider, the law requires you to record and measure the use of restrictive practices to understand how to effectively reduce the need for these practices and identify alternatives.



Impact of restrictive practices

The use of restrictive practices can cause physical and psychological harm and can have a significant impact on the quality of life of residents.

Click on the boxes to see the impact of restrictive practices on residents.



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Impact of restrictive practices on residents	 Mental health decline and depression	
		
		
		

Impact of restrictive practices

The use of restrictive practices can cause physical and psychological harm and can have a significant impact on the quality of life of residents.

Click on the boxes to see the impact of restrictive practices on residents.

Impact of restrictive practices on residents		 Incontinence
		
		
		

Impact of restrictive practices

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Impact of restrictive practices on residents		
 Pressure injury development		
		
		

Impact of restrictive practices

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Impact of restrictive practices on residents		
	 Increased social isolation	
		
		

Impact of restrictive practices

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Impact of restrictive practices on residents		
		 Falls
		
		

Impact of restrictive practices

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Click on the boxes to see the impact of restrictive practices on residents.

Impact of restrictive practices on residents		
 Confusion		

Impact of restrictive practices

The use of restrictive practices can cause physical and psychological harm and can have a significant impact on the quality of life of residents.

Click on the boxes to see the impact of restrictive practices on residents.

Impact of restrictive practices on residents		
	 Aggression	

Impact of restrictive practices

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Click on the boxes to see the impact of restrictive practices on residents.

Impact of restrictive practices on residents		
		
		 Nutritional deficiency
		

Impact of restrictive practices

The use of restrictive practices can cause physical and psychological harm and can have a significant impact on the quality of life of residents.

Click on the boxes to see the impact of restrictive practices on residents.

Impact of restrictive practices on residents		
		
		
 Infection		

Impact of restrictive practices

The use of restrictive practices can cause physical and psychological harm and can have a significant impact on the quality of life of residents.

Click on the boxes to see the impact of restrictive practices on residents.

Impact of restrictive practices on residents		
		
		
	 Decreased mobility	

Impact of restrictive practices

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Click on the boxes to see the impact of restrictive practices on residents.

Impact of restrictive practices on residents		
		
		
		 Death



What are restrictive practices under the QI Program?

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

Click on the boxes to learn more.

Mechanical
restraint

Physical
restraint

Environmental
restraint

Seclusion





What is included as restrictive practices under the QI Program?

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

Click on the boxes to learn more.

[CLOSE](#)

Mechanical restraint is a practice or intervention that is, or that involves, the use of a device to prevent, restrict, or subdue a resident's movement for the primary purpose of influencing the resident's behaviour, but does not include the use of a device for therapeutic or non-behavioural purposes in relation to the resident.





What is included as restrictive practices under the QI Program?

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

Click on the boxes to learn more.

[CLOSE](#)

Physical restraint is a practice or intervention that:

- is, or that involves, the use of physical force to prevent, restrict, or subdue movement of the resident's body, or part of the resident's body for the primary purpose of influencing the resident's behaviour; but
- does not include the use of a hands-on technique in a reflexive way to guide or redirect the resident away from potential harm or injury if it is consistent with what could reasonably be considered to be the exercise of care towards the resident.





What is included as restrictive practices under the QI Program?

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

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[CLOSE](#)

Environmental restraint is a practice or intervention that restricts, or that involves restricting, a resident's free access to all parts of the resident's environment, including items and activities in that environment for the primary purpose of influencing the resident's behaviour. This includes the use of a secure area.





What is included as restrictive practices under the QI Program?

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

Click on the boxes to learn more.

[CLOSE](#)

Seclusion is a practice or intervention that is, or that involves, the solitary confinement of a resident in a room or physical space at any hour of the day or night where:

- voluntary exit is prevented or not facilitated; or
- it is implied that voluntary exit is not permitted;

for the primary purpose of influencing a resident's behaviour.





How to collect data for restrictive practices

The following data is collected and reported on for the restrictive practices quality indicator.

Click on the boxes to learn more.





How to collect data for restrictive practices

The following data is collected and reported on for the restrictive practices quality indicator.

Click on the boxes to learn more.

The collection date
for the quarter.





How to collect data for restrictive practices

The following data is collected and reported on for the restrictive practices quality indicator.

Click on the boxes to learn more.

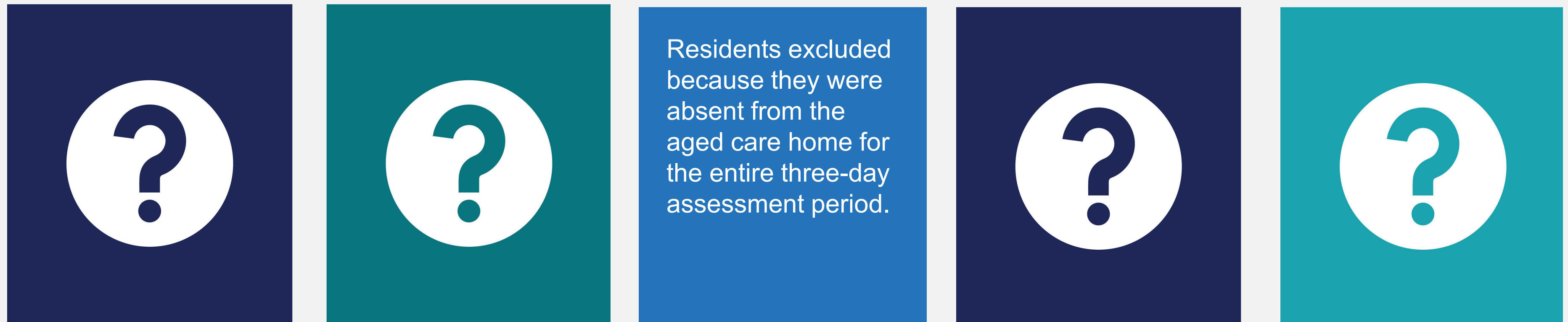




How to collect data for restrictive practices

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Quality improvement

Awareness of risk factors and some simple steps can support in reducing the use of restrictive practices.

The checklist on the right will help assess residents who are at risk of being subject to the use of restrictive practices 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 – Part B**.



Ask QIRI

The Quality Indicator Reporting Instructor (QIRI) answers your questions about restrictive practices.

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





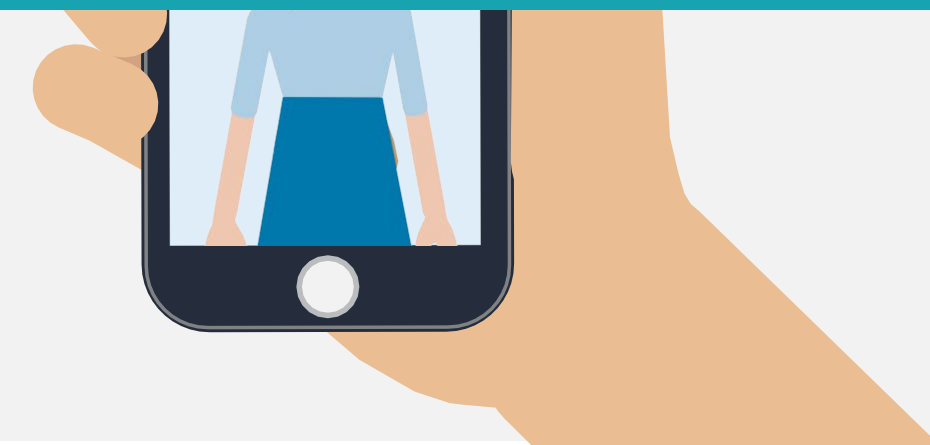
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[CLOSE](#)

The use of equipment to restrain a resident is considered a mechanical restraint under the QI Program and should be recorded. A mechanical restraint may be used to influence a resident's behaviour, such as to restrict their movement, but does not include the use of a device for therapeutic or non-behavioural purposes in relation to the resident.





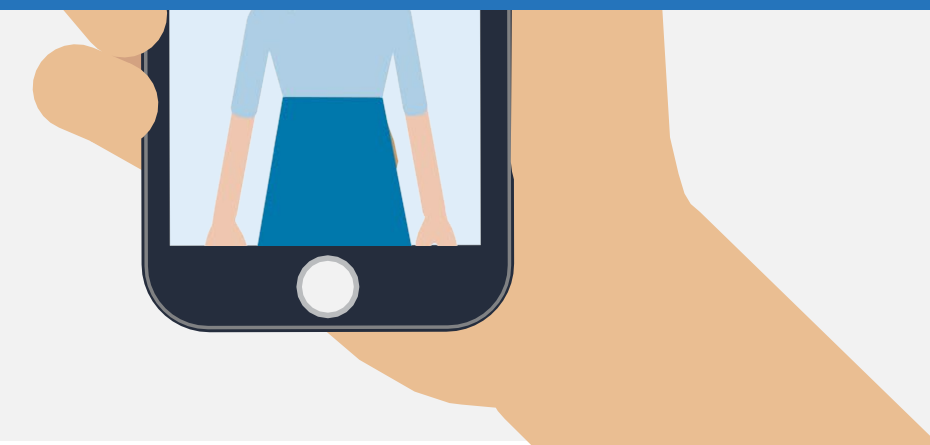
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[CLOSE](#)

If residents within the dementia unit are not able to freely access all parts of your service, then it is considered a secure area and an environmental restraint. Environmental restraint is a practice or intervention that restricts, or that involves restricting, a resident's free access to all parts of the resident's environment (including items and activities) for the primary purpose of influencing the resident's behaviour.



Quality indicator challenge



Congratulations!

**You have completed
Module Three –
Restrictive Practices**

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

Take the quick quiz!

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

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