



MIDCENTRAL DISTRICT HEALTH BOARD

Te Pae Hauora o Ruahine o Tararua

MidCentral District
Health Board
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22 December 2017

Health Sector Workers Network

Email: fyi-request-6986-ca6c76d4@requests.fyi.org.nz

Dear Sir/Madam

Thank you for your email dated 11 December 2017.

In response to your Official Information Act request to provide policy documents relating to restraint practices at MidCentral DHB, we have attached the Restraint Minimisation and Safe Practice Policy MDHB: 112 and the Restraint Minimisation and Safe Practice Procedure MDHB: 4724.

You also requested we provide data on the use of physical restraint for both physical and mental health services between June 2016 and June 2017. Included in that data, you required the service to be identified, along with specifying the type of restraint and the start and finish times of each individual episode.

In summary it was identified a total of 52 restraints took place between June 2016 and June 2017. Fifteen restraints occurred for Mental Health Services and thirty seven restraints for the general side of the hospital.

The register indicates the type of physical restraint along with the start and duration time of the episode. We were unable to show finish time of restraint as our reporting shows only start and duration times.

Use of Physical Restraints - Mental Health Services

From June 2016 to June 2017

DATE	START TIME	DURATION	PHYSICAL RESTRAINT USED
2/06/2016	6.15am	10 mins	T Belt (belt that goes across lap whilst sitting in chair)
6/06/2016	9.15pm	85 mins	T belt
9/06/2016	4pm	40 mins	Leg restraints (cuffs around ankles)
18/06/2016	8.35pm	20 mins	T Belt
23/06/2016	1.15pm	30 mins	T Belt
23/06/2016	8.30pm	75 mins	T Belt
3/08/2016	6pm	80 mins	Leg restraints
15/08/2016	5.50pm	110 mins	Leg restraints
19/08/2016	2.50pm	55 mins	Leg restraints
27/08/2016	6.45pm	5 mins	Leg restraints
3/09/2016	11.30am	10 mins	Leg restraints
16/09/2016	7.30am	15 mins	Bed rails
3/11/2016	4.15am	205 mins	T Belt
6/11/2016	12.30am	10 mins	bed rails, blue non locking cuffs, green non locking cuffs
8/01/2017	11.55pm	8 hours	Bed rails

MENTAL HEALTH & ADDICTION SERVICE

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Use of Physical Restraints - General Hospital

From June 2016 to June 2017

DATE	START TIME	DURATION	PHYSICAL RESTRAINT USED
8/06/2016	1.40am	60 mins	bed rails, blue non locking cuffs (wrist), green straps (tie against bed rails)
26/06/2016	8pm	8 hours	mittens
3/07/2016	2.15am	2 hours	Bed rails, blue straps leg restraints
3/07/2016	1.30pm	1 hour	bed rails, green non locking cuffs (wrist), green straps
12/07/2016	6pm	2 hours	cubro chair (chair with belt and tray table)
14/09/2016	12pm	2 hours	T Belt
15/09/2016	12.15am	4 hours	blue straps, leg restraints
7/10/2016	5pm	8 hours	bed rails, blue non locking cuffs, mittens
8/10/2016	4am	2 hours	bed rails, blue non locking cuffs, mittens
17/10/2016	1am	2 hours	bed rails, blue straps, green straps
5/11/2016	11pm	1 hour	blue non locking cuffs green non locking cuffs
30/11/2016	5pm	1hour 38 mins	bed rails, blue straps leg restraints
20/12/2016	11am	2 hours	mittens
9/01/2017	3.12pm	2 hours	cubro chair
11/01/2017	11am	5 mins	cubro chair
11/02/2017	9pm	ongoing	bed rails, blue non locking cuffs, green straps
16/02/2017	9.55am	8 min	bed rails, blue non lockings cuffs
15/02/2017	3pm	ongoing	bed rails, blue non locking cuffs
19/02/2017	3pm	ongoing	bed rails, blue non lockings cuffs
18/02/2017	3pm	ongoing	bed rails, blue non lockings cuffs
19/02/2017	3.10pm	ongoing	bed rails, blue non lockings cuffs
23/02/2017	10.35am	3 hours	blue non locking cuffs
1/03/2017	5am	2.5 hours	bed rails, blue straps, green non locking cuffs
26/04/2017	2.35pm	24 hours	green non locking cuffs
26/04/2017	2.36pm	24 hours	green non locking cuffs
26/04/2017	11.30pm	ongoing	green non locking cuffs
27/04/2017	11am	ongoing	green non locking cuffs
27/04/2017	3pm	ongoing	green non locking cuffs, bed rails
27/04/2017	11pm	ongoing	green non locking cuffs
28/04/2017	11am	ongoing	green non locking cuffs
28/04/2017	6.30pm	ongoing	green non locking cuffs
28/04/2017	11pm	ongoing	green non locking cuffs
30/04/2017	1am	ongoing	green non locking cuffs
8/05/2017	12am	24 hours	bed rails, blue non locking cuffs
9/05/2017	12pm	full shift	mittens
13/06/2017	1.20pm	ongoing	bed rails, blue non lockings cuffs
16/06/2017	4pm	ongoing	mittens

Regards



Chris Nolan
Service Director
Mental Health & Addiction Service