

## RESTRAINT MINIMISATION AND SAFE PRACTICE

### POLICY STATEMENT

It is Bay of Plenty District Health Board's (BOPDHB) aim that the use of restraint for patients / clients in all forms is minimised. If practiced, it is as a result of considered clinical assessment and professional judgment.

### PURPOSE

The intent of the policy is to maintain patient / client safety and wellbeing and, where possible to minimise the use of restraint in all its forms.

### EXCLUSIONS

There are no exclusions.

### REFERENCES

#### Legislation

- Mental Health (Compulsory Assessment and Treatment) Act 1992 and Amendment Act 1999
- Code of Health and Disability Services Consumer's Rights (1996)
- Crimes Act 1961
- [Health and Safety at Work Act 2015](#) and [Regulations 2016](#)
- The Crimes of Torture Act 1989 and Optional Protocol to the convention Against Torture (OPCAT)
- Health and Disability Services (Safety) Act 2001
- Human Rights Act 1993
- Criminal Procedures (Mentally Impaired Person) Act 2003
- Intellectual Disability (Compulsory Care and Rehabilitation) Act 2003
- Protection of Personal and Property Rights Act 1988 (PPPR Act)
- Care of Children Act 2004
- Privacy Act 1993
- Employee Relations Act 2000
- Treaty of Waitangi Act 1992.
- The New Zealand Bill of Rights Act 1990

#### Ministry of Health Guidelines

- Guidelines to the Mental Health Act (Compulsory Assessment & Treatment) Act 1992 (April 2000)
- Guidelines for Clinical Risk Assessment and Management in Mental Health Services (1988)

#### New Zealand Standards

- 8134.2:2008 Restraint Minimisation & Safe Practice Standards
- 8134.1:2008 Health and Disability Sector Standards
- 8134.3:2008 Infection Control Standards

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Professional Codes of Ethics

- Medical
- [NZ Nurses Organisation. Code of Ethics. 2010](#)

**ASSOCIATED DOCUMENTS**

- [Bay of Plenty District Health Board Restraint Minimisation & Safe Practice controlled documents](#)
- [Bay of Plenty District Health Board policy 0.0 Glossary of Terms / Definitions](#)
- [Bay of Plenty District Health Board policy 1.1.1 Informed Consent](#)
- [Bay of Plenty District Health Board policy 2.1.1 Risk Management](#)
- [Bay of Plenty District Health Board policy 2.1.2 protocol 2 Controlled Document Development Standards](#)
- [Bay of Plenty District Health Board policy 2.1.2 protocol 6 Controlled Document Review Standards](#)
- [Bay of Plenty District Health Board policy 2.1.3 Hazard Management](#)
- [Bay of Plenty District Health Board policy 2.1.4 Incident Management](#)
- [Bay of Plenty District Health Board policy 5.4.7 Threatening Behaviour, Bullying, Harassment and Violence in the Workplace - Management](#)
- [Bay of Plenty District Health Board policy 7.104.1 protocol 3 Care Delivery – Observing Patients](#)
- Bay of Plenty District Health Board Practice of Restraint Advisory Group (PRAG) Terms of Reference
- [Bay of Plenty District Health Board Incident Management Form](#)

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