

APPENDIX 1

Cardiff and Vale UHB

Suggested Restraint Care Plan

Restraint in the Care Management of patients aged 16 years and over with impaired mental capacity

Problem	Care Plan
Use of planned restraint to reduce harm	<p>Restraint may be used in the care and treatment of to prevent anticipated harm of.....</p> <p>Explain to the patient the harm that the restraint is designed to avoid</p> <p>Provide details of assessment and plan below:</p> <p>What type of restraint is it?</p> <p>Provide full details below:</p>
	<p>When is the restraint to be applied?</p> <p>Specify maximum length of continuous time the restraint can be applied:</p> <p>Specify the time periods the restraint should be removed:</p> <p>Explain how.....will be cared for during the periods of non-restraint:</p>
	Document any contra-indications and evaluate the patient response to and effectiveness of the use of the restraint
Set out the timescale for review	
Note date and time restraint prescribed:	Date and sign care plan.