

## Restrictive Interventions in Victorian Emergency Departments: What is Really Going on?

**Sheriden Dobson**

The Royal Melbourne Hospital, Australia

**Background:** Detailed understanding of Australasian Emergency Department (ED) restraint practices is lacking.

**Objectives:** To describe restrictive interventions that occur in Victorian EDs'.

**Methods:** A multicentre retrospective study involving five EDs' collated data on all patients who attended in 2016 including the rate of security calls for threats to self, patients or staff, and any restrictive interventions used. From each site, 100 patients who had a restrictive intervention were randomly identified and data extracted from the medical record.

**Results:** In 2016, 327 454 patients presented to the five EDs'; 3 871 had at least one security code (1.5%). Within the population that had a security code, 942 had at least one restrictive intervention (22.7%). Details were extracted on 494 patients. The majority (62.8%) were restrained under a Duty of Care and not the Mental Health Act. Physical restraint was used for 165 (33.4%) patients, 296 were mechanically restrained (59.9%, median restraint time 180 minutes IQR: 75-360), and 388 chemically restrained (78.5%).

Approximately half the patients were discharged home or to an ED observation ward, only 81 (16.4%) were admitted to a mental health facility.

**Conclusion:** Restrictive interventions in the ED are largely occurring under a Duty of Care and only a minority of patients will be admitted to a mental health ward. Care for patients managed under legislation that covers assessment and treatment of mental illness has a strong clinical governance framework, however this will not be the case for the majority of patients who experience restraint in Victorian EDs'.

### Biography:

Sheriden Dobson is a Clinical Nurse Specialist at the Royal Melbourne Hospital specialising in Emergency. She is enthusiastic and passionate about emergency medicine, trauma care, emergency preparedness and research. Within the 7 years of nursing experience she has completed a graduate certificate in Emergency, and is currently completing her Masters of Advance Nursing Practice with the career ambition of becoming a Nurse Practitioner. Last year she was provided an opportunity to take on the role as a project officer for a research project, headed by the DHHS which is the topic of the Minor Thesis she is currently completing as well as the project being presented to ICEN?