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Mechanical Restraints In The Arena Of Mental Health Nursing

A big concern within the arena of mental health nursing is restraints. It is our job as nurses to ensure the safety of the client, other clients, and the staff. A great article I found upon my search is “Psychiatric Patients Experiences with Mechanical Restraints: An Interview Study,” providing readers with concerns that factor upon restraints. A significant concern of mine is a requirement for the proper education and teaching of using mechanical restraints. As stated in the article, restrained informants felt calm and safe from the mechanical restraint situation; resulting from feeling safe (Lanthén, Rask, & Sunnqvist, 2015). It can be somewhat therapeutic for clients to get their composure back and take a few deep breaths.

In my opinion, mechanical restrains underline both the ethical and legal categories, but more so legal. Unless the situation is an extreme emergency, it is required to have a physician’s order before the placement of any restrictive device. It is considered false imprisonment to place restraints without a complete and valid order. My thoughts about mechanical restraints are if the client is endangering themselves or others, it will be a necessity if they cannot follow commands as asked.

All in all, proper education and knowledge before placement of any restrictive device is crucial. It can be hard to have specific thoughts, feelings, or concerns about mechanical restraints until being in a situation where the concern may be brought about. The main concern of health care professionals is to keep everyone safe.

Resource

Lanthén, K., Rask, M., & Sunnqvist, C. (2015). Psychiatric Patients Experiences with Mechanical Restraints: An Interview Study. *Psychiatry Journal*, 2015, 1–8. doi: 10.1155/2015/748392