

### Journal Three

Discuss a legal or ethical issue that is going on in the arena of Mental Health nursing.

Restraining clients with physical restraints is a major ethical and legal topic discussed in mental health nursing.

- 1) Identify a nursing journal article related to the issue and 2) Reference the article in APA format

I found an article based on China's mental health services about the issue of the ethical dilemma of physical restraints. According to the article in China they use physical restraints more than any other country. This article collects data and researches ethical evidence about the issue with physical restraint use.

Reference:

Ye, J., Xiao, A., Yu, L., Wei, H., Wang, C., & Luo, T. (2017). Physical restraints: An Ethical Dilemma in Mental Health Services in China. *International Journal of Nursing Sciences*, 5(1), 68–71. <https://doi.org/10.1016/j.ijnss.2017.12.001>

- 2) State your thoughts, feelings, and concerns about the issue

It makes feel sad for mental health clients that have to be physically restrained. It seems that when clients with severe mental illness don't follow their medication regimen properly and stop taking prescribed medications is when problems in behavior arise. I understand the use of them in specific situations when clients are putting themselves or others in physical danger. However, I believe that if a client does not pose immediate danger to themselves or others, restraints should not be used. It concerns me that other countries may have different policies and may use restraints in other situations. Regulation and proper education is needed on the topic in order for everyone to remain ethical in the health care field.