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An article by Pariseau-Legault, Vallee-Ouimet, Goulet, & Jacob (2019) looked at the nurse's role in coercive practices against patients dealing with mental illness. Coercion, as referenced in this article, included things like restraints, seclusion, and involuntary hospitalization. The article looked at the nurse's role in protecting human rights in these situations as well as the effectiveness of coercion in improving outcomes for these patients. In this particular study, it was found that patients recover better when they receive positive therapeutic care and their human rights are respected. Yet, it says coercive tactics are still regularly used in mental health nursing. Interestingly, de-escalation and postvention are also both listed as "different approaches to coercion" (p.6).

I feel like human rights are always important, in every situation. In mental health situations where coercion is deemed necessary, it is essential to look at evidence to warrant its use. In the above mentioned article by Pariseau-Legault, Vallee-Ouimet, Goulet, & Jacob (2019), they were not found to be beneficial enough to justify the potential negative effects on the patient. Personally, I am not sure that I would include de-escalation or postvention in the list of coercive approaches. We discuss de-escalation regularly in mental health class, and it has always been presented as a safe, positive way to talk sensibly to an upset patient and maintain safety of staff and other clients.

I am concerned that seclusion and restraints may be used as an easy "go-to" for some staff members. While these should only be used in extreme cases, it is left up to the discretion of staff members and physicians. The law only states that they cannot be used as "punishment or for staff convenience" (NAMI, 2000). However, there is still a lot of gray area in this definition. If staff gets along well with one patient, they may be slower to implement these measures than they would for a less well-liked patient. There is no concrete statute, like a lab or diagnostic test in medical-surgical nursing, to validate the use of these methods.

#### References

National Alliance on Mental Illness (NAMI). (2000, September 28). *Congress passes landmark legislation*

*restricting restraints & seclusion.* <https://www.nami.org/Press-Media/Press-Releases/2000/Congress-Passes-Landmark-Legislation-Restricting>

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