

# Restraints



Black Diamond Road  
Cannifton, Ontario  
2022

## MDS LABORATORY SERVICES

MDS Laboratories (A Division of MDS INC.) is the largest provider of diagnostic services in Canada with over 290 licensed laboratories and specimen collection centres in Canada and the U.S.A.. We currently employ over 3,500 highly -skilled people.

In 1997 MDS provided laboratory information and services for:

- more than 7 million patients, over 200,000 in their homes
- more than 20,000 physicians
- more than 500 long term care facilities and hospitals

We are proud to offer a personalized approach in the delivery of laboratory services to Long Term Care facilities. Our network of local laboratories enables us to offer a quality driven, responsive service to residents. We know the service we provide relates directly to the residents health and well being.

Dear Resident,

Welcome to E.J. McQuigge Lodge.

Our Diagnostic Services are provided by the  
Belleville office of MDS Laboratory Services...

Some of our services include:

- Phlebotomy and electrocardiograms within the Long Term Care facility -tailored to meet the residents needs
- STAT services are available to deliver prompt care to the resident - other regular testing is reported within 24 hours.
- Uniformed couriers collect specimens and deliver reports to your doctors and Home.
- Long Term Care Reference Manuals- provide important information about specimen s and laboratory services - we will also assist in the accreditation process for your Home.
- Infection Control Manuals - comprehensive manuals, guidelines, resources and assistance to ensure the best care for the resident
- Extensive In-Service education -available to Long Term Care facilities
- Topics in Lab Medicine -periodic newsletters to keep the facility informed of important and contemporary issues

We are determined to constantly improve these services, because, like you, we are dedicated to efficient, quality care.

For more information you can find us on the internet at: <http://www.mdsintl.com>

### **Focusing on Quality of Life**

E.J McQuigge Lodge promotes the values of Accountability, Compassion, Teamwork, and being Resident-focused. Residents have the right to be treated with dignity, respect and freedom of movement. Our philosophy of least restraint in resident care demonstrates this commitment to residents and families.

Studies show that the use of physical restraints, such as full bed rails, lap belts and wheelchair tables, can pose risk. Evidence shows that ongoing use of restraints is not beneficial to residents and is often harmful. The psychological consequences of restraint use often include depression, fear, demoralization and regression.

The Ministry of Health and Long-Term Care has developed standards for the use of certain restraints in homes: physical restraints, medications used to prevent the imminent risk of harming self or others, monitoring devices and personal assistance service devices (PASD).

Some PASDs restrict resident movement, yet help the resident to participate in activities of daily living. Examples are a wheelchair table to play cards or for use at mealtimes. Since the resident is unable to release the device, it is a PASD with restraining effects.

It is challenging to balance the resident's right to freedom of movement and quality of life with safety and use of restraints. When considering restraint use, the care team considers assessments and evaluations with regards to initial application and ongoing use of restraints.

### **Residents and Families Input**

We believe in the least use of restraint and provide care in that manner. As a result, we always use assessment and alternatives to avoid the use of restraints. You can help by sharing information with the team such as the resident's usual response to stress. Strategies and interventions can be built into the care plan. These strategies often succeed in improving quality of life and avoiding the restrictions on freedom of movement associated with restraints.

### **Possible Alternatives to Restraints**

- Medication assessment to determine possible contributing factors
- Environmental Assessment
- Toileting Routine
- Exercise
- Appropriate Seating
- Clothing and appropriate footwear
- Sensory Stimulation
- Medical/Psychogeriatric Assessments
- Sensory Stimulation
- Gentle calming approach and staff support