

**Mental Health Act 2014  
Section 115**

**MHA 141  
Approval for urgent physical restraint**

--	--	--	--	--	--	--	--	--	--

Mental Health Statewide UR Number

Local Patient Identifier																	
--------------------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

FAMILY NAME																
-------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

GIVEN NAMES																
-------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

DATE OF BIRTH									SEX								
---------------	--	--	--	--	--	--	--	--	-----	--	--	--	--	--	--	--	--

Place patient identification label above

**Instructions to complete this form**

- The use of urgent physical restraint on a person receiving mental health services in a designated mental health service may be authorised by a registered nurse.
- The registered nurse may only approve urgent physical restraint if:
  - it is necessary as a matter of urgency to prevent imminent and serious harm to the person or another person; and
  - an authorised psychiatrist or delegate, a registered medical practitioner or the senior registered nurse on duty is not immediately available to authorise the use of bodily restraint on the person.
- The use of urgent physical restraint must be for the minimum time necessary to:
  - prevent imminent and serious harm to the person or to another person
  - seek the authorisation of an authorised psychiatrist or delegate, a registered medical practitioner or the senior registered nurse on duty for the use of bodily restraint on the person.
- This form must be completed by the registered nurse who approved the use of urgent physical restraint.
- This form must be completed as soon as practicable after the use of urgent physical restraint has ended.
- Please cross  relevant check boxes in each part.

GIVEN NAMES

FAMILY NAME (BLOCK LETTERS) of patient

- a compulsory patient                       a security patient                       a forensic patient
- a person receiving treatment in a designated mental health service on a voluntary basis (see note 4 over page)

a patient of:

designated mental health service

- I am a registered nurse.
- The following urgent physical restraint was used on the person:
  - upright                       side                       supine                       prone
- Physical restraint of the abovenamed person was necessary as a matter of urgency:
  - to prevent imminent and serious harm to the person
  - to prevent imminent and serious harm to another person.
- All reasonable and less restrictive options were tried or considered and found to be unsuitable.

5. The use of urgent physical restraint commenced on: 

--	--	--	--	--	--	--	--

 at: 

--	--	--	--

date time 24 hour

6. The use of urgent physical restraint ended on: 

--	--	--	--	--	--	--	--

 at: 

--	--	--	--

date time 24 hour

- At the end of the use of urgent physical restraint:
  - seclusion of the person was authorised under section 111 of the **Mental Health Act 2014**
  - bodily restraint of the person was authorised under section 114 of the **Mental Health Act 2014**
  - no further restrictive interventions were necessary.

Signature: \_\_\_\_\_ Date: 

--	--	--	--	--	--	--	--

signature of nurse who approved urgent physical restraint

Given Names: \_\_\_\_\_ Family Name: \_\_\_\_\_



MHA 141

ROLLS FILING SYSTEMS 1300 600 192

Approval for urgent physical restraint

## Next steps

### 1. Release from urgent physical restraint

- The registered nurse who approved the urgent physical restraint must:
  - release the person from the urgent physical restraint as soon as its use is no longer necessary; or
  - seek the authorisation of an authorised psychiatrist or delegate, a registered medical practitioner or the senior registered nurse on duty for the continuation of bodily restraint as soon as practicable. The authorised psychiatrist or delegate, registered medical practitioner or senior registered nurse on duty will then complete a **MHA 140 – Authority for use of restrictive interventions** form.

### 2. Meeting the person's needs

- The registered nurse who approved the urgent physical restraint must ensure that the person's needs are met and the person's dignity is protected by the provision of appropriate facilities and supplies.

### 3. Monitoring

- A person on whom a bodily restraint (including urgent physical restraint) is used must be under continuous observation by a registered nurse or registered medical practitioner.
- A registered nurse or registered medical practitioner must clinically review the use of a bodily restraint (including urgent physical restraint) on a person as often as is appropriate, having regard to the person's condition, but not less frequently than every 15 minutes.
- An authorised psychiatrist or delegate must examine a person on whom a bodily restraint (including urgent physical restraint) is used as frequently as the authorised psychiatrist is satisfied is appropriate in the circumstances to do so, but not less frequently than every 4 hours.
- If it is not practicable for an authorised psychiatrist or delegate to conduct an examination at the frequency that the authorised psychiatrist or delegate is satisfied is appropriate, the person must be examined by a registered medical practitioner when so directed by the authorised psychiatrist, but not less frequently than every 4 hours.
- A **MHA 142 – Restrictive interventions observations** form must be completed and attached to this form if the urgent physical restraint is used for more than a brief period and clinical reviews/examinations are required.

### 4. Use of a restrictive intervention on a person receiving treatment in a designated mental health service on a voluntary basis

- An authorised psychiatrist or delegate, a registered medical practitioner or the senior registered nurse on duty should review the person as soon as practicable to determine whether an Assessment Order should be made under section 30 of the **Mental Health Act 2014**.

### 5. Notification

- An authorised psychiatrist or delegate must take reasonable steps to ensure that, as soon as practicable after commencement of the use of bodily restraint (including urgent physical restraint) on a person, the following persons (as applicable) are notified of its use, the type of bodily restraint and the reason for using it:
  - the nominated person
  - a parent if the person is under the age of 16 years
  - a carer, if the use of urgent physical restraint will directly affect the carer and the care relationship
  - a guardian
  - or delegate if the person is the subject of a custody to the Secretary order or a guardianship to the Secretary order (eg. Manager, Child Protection).

### 6. Definition

- 'Physical restraint' is a form of 'bodily restraint'.
- 'Bodily restraint' is the use of physical or mechanical restraint that prevents a person having free movement of his or her limbs, but does not include the use of furniture (including beds with cot sides and chairs with tables fitted on their arms) that restricts the person's ability to get off the furniture.