

## **Restraints**

As a mental health nurse practitioner, there are many topics that have legal and ethical implications. The topic that I chose tends to be a controversial topic in most states. As a nurse, it is something that I make sure we review the organization's policies in depth. In the state of California, it is vital that that we use the least invasive intervention first to help our patient. The main reason that we use restraints is for safety. Whether it be for the patient or the staff, safety is the main priority.

### **Ethical considerations for Adults**

Ethically, we want adults to be able to make an educated decision by providing them options based on evidence based practice. It is important that adults know their rights and that we provide them the right to make their own decisions. When working with adults we need to look at the principles of bioethics. The patient has autonomy or freedom to the a less traumatic alternative. (Carlo, 2013) Only in cases where the patient is an immediate threat to themselves or others should the most restrictive form be chosen. The client has beneficence or the right to be treated. Each case should be assessed on an individual basis (Carlo, 2013) Justice is an ethical principle to assess. You have to make sure the measure is proportionate to the level of danger the client is in (Carlo, 2013)

### **Ethical considerations for children/adolescents**

This article by Neilson, Bray, Carter and Kiernan discusses restraints being used on adolescents in an in-patient psychiatric unit. (2020)They discuss that the providers should aim to