



SCHIZOPHRENIA Factsheet

September 2020

What is physical restraint?

The management of acutely disturbed patients poses a challenge for mental health services. Some patients may be suicidal while others may pose a danger to staff or other patients. The challenge is to maintain the safety of all patients and staff, while providing a therapeutic environment. Management techniques for dealing with patients who become excessively agitated, aggressive, or violent may include the use of physical restraint, seclusion or containment.

What is the evidence for physical restraint?

Moderate to low quality evidence suggests prevalence rates of restraint vary across countries, from 3.8% of patient admissions in Finland to 20% in Japan. Slovenia had a prevalence rate of 5%, Switzerland 6.6%, Germany 7% to 10.4%, United States 8% to 13.6%, Australia 9.4% to 12.5%, and Norway, Israel and Poland all had rates between 14.1% and 15.7%. Factors associated with the use of restraint are male sex, young adult age, foreign ethnicity, schizophrenia diagnosis, involuntary admission, aggression or trying to abscond, and the presence of male staff. Review authors conclude that staff require training on the use of alternatives to physical restraint in order to reduce any risks associated with restraint.

For further information see the technical table



NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate/schizophrenia.