



12/10/22

Tena koe Dr Crawshaw

Thank you for the opportunity to provide feedback regarding: **Draft Guidelines for reducing and eliminating seclusion and restraint under the mental health (Compulsory Assessment and Treatment) Act 1992. 2022.**

The college are happy with the direction of the guidelines and support the focus on least restrictive practices and moving to eventual minimisation of restrictive practices and elimination of seclusion, remembering that the mere admission to a mental health inpatient unit is a form of restrictive practice.

Te Ao Māramatanga feedback:

Sedative medication:

- The guideline speaks to medication in the context of chemical restraint to manage behaviour. It is important that like in the treatment of physical health conditions sedative and antipsychotic medications are used to alleviate symptoms and have an appropriate place in the management of distress and intrusive symptomology.

Seclusion must be in a designated room:

- In having this definition then there are periods of restriction that currently occur within services where people are in bedrooms or suites of rooms alone. This may be indicated to support a person to deescalate and is less restrictive than placing a person in an identified room. By not moving a person they will have access to personal items – less restriction and will not experience further trauma by being restrained to move them to another area. Being alone in a space meets Nga Paerewa definition of seclusion but does not meet the MHA guidelines criteria for seclusion only occurring in a designated space. There is currently a lack of transparency around these practices.



The seclusion documentation must include what must occur for seclusion to end:

- This should include that whaiora are kept informed of what changes must be observed for seclusion to end.

Suitably qualified clinician doing reviews:

- The definition includes Registered Nurses. We would like to see this definition include: The registered nurse must have mental health training and experience (as has been defined for the completion of the Section 8Bs) – The registered nurse must have an undergraduate or post graduate program in mental health nursing: Te Ao Māramatanga: College of mental health nursing standards of practice and be at least proficient on PDRP.

Ngā Mihi

Te Ao Māramatanga: New Zealand College of Mental Health Nurses



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