

Case Study 03

AUDREY

Audrey is a disabled woman who has mental ill health. She has periods where she talks constantly, and is very unsettled during the night. She has a team of five PAs providing 24 hour support.

One PA has worked three nights in a row. Unfortunately she has been unable to sleep during the day due to roadworks. This means she is exhausted when she comes to work for her next shift.

She decides to give Audrey two extra pills tonight so they can both get a good night's sleep.

Discuss

Is this restraint?

What type of restraint is it?

Is it appropriate?

As the PA what would you do?

LET'S TALK ABOUT
Restraints