

# Best Evidence Summaries of Topics in Mental Healthcare

**BEST** *in* **MH** *clinical question-answering service*

## Question

“In older adults in residential settings, how effective are control and restraint techniques, compared to antipsychotic medication, in managing and reducing aggressive behaviour?”

## Clarification of question using *PICO* structure

*Patients:* Older adults in residential settings  
*Intervention:* Control and restraint techniques  
*Comparator:* Antipsychotic medication  
*Outcome:* Managing and reducing aggressive behaviour

## **Clinical and research implications**

No high quality, relevant evidence was identified.

## **What does the evidence say?**

### ***Number of included studies/reviews (number of participants)***

N/A

### ***Main Findings***

N/A

### ***Authors Conclusions***

N/A

### ***Reliability of conclusions/Strength of evidence***

N/A

## **What do guidelines say?**

NICE guidelines for Service User Experience in Adult Mental Health (2011, CG136) make the following recommendations for the use of control and restraint techniques in adult mental health settings, but make no comparison to the use of antipsychotic medication for managing aggressive behaviour:

“Control and restraint, and compulsory treatment including rapid tranquillisation, should be used as a last resort, only after all means of negotiation and persuasion have been tried, and only by healthcare professionals trained and competent to do this. Document the reasons for such actions. When a service user is subject to control and restraint, or receives compulsory treatment including rapid tranquillisation under the Mental Health Act (1983; amended 1995 and 2007):

- recognise that they may consider it a violation of their rights
- use minimum force
- try to involve healthcare professionals whom the service user trusts
- make sure the service user is physically safe
- explain reasons for the episode of compulsory treatment to the service user and involved family members or carers
- offer to discuss episodes of compulsory treatment with the service user at the time of discharge and do so in a calm and simple manner
- ensure training in restraint involves service users.

After any episode of control and restraint, or compulsory treatment including rapid tranquillisation:

- explain the reasons for such action to the service user and offer them the opportunity to document their experience of it in their care record, and any disagreement with healthcare professionals
- ensure that other service users on the ward who are distressed by these events are offered support and time to discuss their experience.” (pp.28)

**Date question received:** 20/05/2014

**Date searches conducted:** 05/06/2014

**Date answer completed:** 24/06/2014

## **References**

### ***Guidelines***

National Institute for Health and Care Excellence (2011). Service user experience in adult mental health: Improving the experience of care for people using adult NHS mental health services. CG136. Manchester: National Institute for Health and Care Excellence.

## Search Details

Source	Search Strategy	Number of hits	Relevant evidence identified
<b><i>SRs and Guidelines</i></b>			
NICE	control and restraint older adults	110	1
DARE	((old OR older) adj2 (adult* Or people OR person* OR male OR female)) IN DARE 604 Delete 2 (elderly OR geriatric OR aged OR pension* OR retire*) IN DARE 6007 Delete 3 MeSH DESCRIPTOR Frail Elderly EXPLODE ALL TREES 74 Delete 4 MeSH DESCRIPTOR Aged EXPLODE ALL TREES 8233 Delete 5 MeSH DESCRIPTOR Geriatric Psychiatry EXPLODE ALL TREES 7 Delete 6 MeSH DESCRIPTOR Geriatrics EXPLODE ALL TREES 40 Delete 7 MeSH DESCRIPTOR Health Services for the Aged EXPLODE ALL TREES 145 Delete 8 MeSH DESCRIPTOR Geriatric Nursing EXPLODE ALL TREES 28 Delete 9 #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 11551 Delete 10 (restrai* OR seclu* OR coercion OR coercive* OR immobili* OR isolation) IN DARE 516 Delete 11 MeSH DESCRIPTOR Restraint, Physical EXPLODE ALL TREES 32 Delete 12 #10 OR #11 523 Delete 13 #9 AND #12	124	0
<b><i>Primary studies</i></b>			
CENTRAL	#1 restraint:ti,ab,kw 699 #2 old or older or elderly or aged or geriatric 375568 #3 dementiadementia 10701 #4 "residential care" or "residential home""residential care" or "residential home" 493 #5 "nursing home" or "care home""nursing home" or "care home" 2146 #6 MeSH descriptor: [Homes for the Aged] 485 #7 MeSH descriptor: [Nursing Homes] 1018 #8 antipsychotics or neuroleptics 2526	10	0

	#9 MeSH descriptor: exp: [Antipsychotic Agents] 3780 #10{or #2-#7}379979 #11{or #8-#9}5136 #12{and #1, #10-#11}13 (10 in CENTRAL)		
PsycINFO	<ol style="list-style-type: none"> <li>1. PsycINFO; PHYSICAL RESTRAINT/; 1783 results.</li> <li>2. PsycINFO; (restraint OR restraining).ti,ab; 7926 results.</li> <li>3. PsycINFO; 1 OR 2; 8358 results.</li> <li>4. PsycINFO; ELDER CARE/; 3180 results.</li> <li>5. PsycINFO; elder*.ti,ab; 51264 results.</li> <li>6. PsycINFO; aged.ti,ab; 208034 results.</li> <li>7. PsycINFO; old*.ti,ab; 296431 results.</li> <li>8. PsycINFO; GERIATRIC PATIENTS/; 10815 results.</li> <li>9. PsycINFO; geriatric*.ti,ab; 11545 results.</li> <li>10. PsycINFO; dementia.ti,ab; 42488 results.</li> <li>11. PsycINFO; 4 OR 5 OR 6 OR 7 OR 8 OR 9 OR 10; 519270 results.</li> <li>12. PsycINFO; RESIDENTIAL CARE INSTITUTIONS/; 8531 results.</li> <li>13. PsycINFO; residential.ti,ab; 18993 results.</li> <li>14. PsycINFO; Care-Home.ti,ab; 523 results.</li> <li>15. PsycINFO; Nursing-Home.ti,ab; 6711 results.</li> <li>16. PsycINFO; NURSING HOMES/; 6661 results.</li> <li>17. PsycINFO; Geriatric-Care.ti,ab; 346 results.</li> <li>18. PsycINFO; institution*.ti,ab; 80542 results.</li> <li>19. PsycINFO; hospital*.ti,ab; 111483 results.</li> <li>20. PsycINFO; 12 OR 13 OR 14 OR 15 OR 16 OR 17 OR 18 OR 19; 209288 results.</li> <li>21. PsycINFO; exp NEUROLEPTIC DRUGS/; 25207 results.</li> <li>22. PsycINFO; DRUG THERAPY/; 106931 results.</li> <li>23. PsycINFO; antipsychotic*.ti,ab; 20724 results.</li> <li>24. PsycINFO; neuroleptic*.ti,ab; 11903 results.</li> <li>25. PsycINFO; 21 OR 22 OR 23 OR 24; 121635 results.</li> </ol>	48	0

	<p>26. PsycINFO; 3 AND 11; 1243 results.</p> <p>27. PsycINFO; 3 AND 11 AND 20; 282 results.</p> <p>28. PsycINFO; 3 AND 11 AND 20 AND 25; 48 results.</p>		
Embase	<p>29. EMBASE; (Restraint OR restraining).ti,ab; 18593 results.</p> <p>30. EMBASE; elder*.ti,ab; 230521 results.</p> <p>31. EMBASE; aged.ti,ab; 438094 results.</p> <p>32. EMBASE; old*.ti,ab; 1204560 results.</p> <p>33. EMBASE; geriatric*.ti,ab; 46798 results.</p> <p>34. EMBASE; dementia.ti,ab; 87079 results.</p> <p>35. EMBASE; GERIATRICS/; 31636 results.</p> <p>36. EMBASE; ELDERLY CARE/; 34417 results.</p> <p>37. EMBASE; AGED/; 2119292 results.</p> <p>38. EMBASE; FRAIL ELDERLY/; 5490 results.</p> <p>39. EMBASE; DEMENTIA/; 75656 results.</p> <p>40. EMBASE; 30 OR 31 OR 32 OR 33 OR 34 OR 35 OR 36 OR 37 OR 38 OR 39; 3407607 results.</p> <p>41. EMBASE; residential.ti,ab; 23193 results.</p> <p>42. EMBASE; Care-Home.ti,ab; 1297 results.</p> <p>43. EMBASE; Nursing-Home.ti,ab; 18853 results.</p> <p>44. EMBASE; Geriatric-Care.ti,ab; 1504 results.</p> <p>45. EMBASE; institution*.ti,ab; 232131 results.</p> <p>46. EMBASE; hospital*.ti,ab; 1089431 results.</p> <p>47. EMBASE; RESIDENTIAL CARE/; 9254 results.</p> <p>48. EMBASE; NURSING HOME/; 38494 results.</p> <p>49. EMBASE; NURSING HOME PATIENT/; 2858 results.</p> <p>50. EMBASE; HOME FOR THE AGED/; 8308 results.</p> <p>51. EMBASE; 41 OR 42 OR 43 OR 44 OR 45 OR 46 OR 47 OR 48 OR 49 OR 50; 1331965 results.</p> <p>52. EMBASE; antipsychotic*.ti,ab; 37464 results.</p> <p>53. EMBASE; neuroleptic*.ti,ab; 21174 results.</p> <p>54. EMBASE; exp NEUROLEPTIC DRUG/; 199721 results.</p>	73	0

	<p>55. EMBASE; exp ATYPICAL ANTIPSYCHOTIC AGENT/; 71476 results.</p> <p>56. EMBASE; 52 OR 53 OR 54 OR 55; 208897 results.</p> <p>57. EMBASE; 29 AND 40; 2568 results.</p> <p>58. EMBASE; 29 AND 40 AND 51; 671 results.</p> <p>59. EMBASE; 29 AND 40 AND 51; 671 results.</p> <p>60. EMBASE; 29 AND 40 AND 51 AND 56; 73 results.</p>		
Cinahl	<p>61. CINAHL; restrain*.ti,ab; 4180 results.</p> <p>62. CINAHL; elder*.ti,ab; 46107 results.</p> <p>63. CINAHL; aged.ti,ab; 55348 results.</p> <p>64. CINAHL; old*.ti,ab; 123828 results.</p> <p>65. CINAHL; geriatric*.ti,ab; 10701 results.</p> <p>66. CINAHL; dementia.ti,ab; 19764 results.</p> <p>67. CINAHL; exp AGED/; 332829 results.</p> <p>68. CINAHL; 62 OR 63 OR 64 OR 65 OR 66 OR 67; 440843 results.</p> <p>69. CINAHL; residential.ti,ab; 6308 results.</p> <p>70. CINAHL; Care-Home.ti,ab; 1296 results.</p> <p>71. CINAHL; Nursing-Home.ti,ab; 9143 results.</p> <p>72. CINAHL; Geriatric-Care.ti,ab; 545 results.</p> <p>73. CINAHL; institution*.ti,ab; 30630 results.</p> <p>74. CINAHL; hospital*.ti,ab; 163033 results.</p> <p>75. CINAHL; RESIDENTIAL CARE/; 3835 results.</p> <p>76. CINAHL; NURSING HOMES/; 14692 results.</p> <p>77. CINAHL; LONG TERM CARE/; 16233 results.</p> <p>78. CINAHL; 69 OR 70 OR 71 OR 72 OR 73 OR 74 OR 75 OR 76 OR 77; 220620 results.</p> <p>79. CINAHL; antipsychotic*.ti,ab; 3726 results.</p> <p>80. CINAHL; neuroleptic*.ti,ab; 802 results.</p> <p>81. CINAHL; exp ANTIPSYCHOTIC AGENTS/; 8537 results.</p> <p>82. CINAHL; 79 OR 80 OR 81; 9723 results.</p> <p>83. CINAHL; 61 AND 68 AND 78 AND 82; 36 results.</p>	36	0
<b>Summary</b>	<b>NA</b>	<b>NA</b>	

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