

Pembroke Regional Hospital

MEMO

To: All Staff and Physicians
From: Bailey Lance-Provencal, Clinical Manager of Acute Mental Health and Environmental Services
Date: 30 October 2025
Subject: Introduction of 7-Point Restraints

We would like to inform you that, effective **November 3rd, 2025**, 7-point restraints will be included in the **standard hospital restraint kits**. This update supports our commitment to patient and staff safety as well as aligns with the principles of our **Least Restraint Program**.

Please note the following important updates:

- The **Least Restraint Program policy has been revised** to reflect the inclusion and appropriate use of 7-point restraints.
- A **Standard Work document for the application of 7-point restraints** is now available on **Policy Medical**. All staff who require restraint training are to review this resource to ensure consistent and safe application practices.
- The **Physical Restraint Use Flowsheet** has been updated to include 7-point restraint documentation.

As always, the use of restraints must follow clinical judgment and be in accordance with the Least Restraint Program policy.

If you have any questions or require further clarifications, please reach out to Bailey Lance-Provencal or the Clinical Education team.

Thank you for your continued commitment to safe and compassionate care.