

GUIDELINE - OFFICE OF THE SENIOR PRACTITIONER

Is This Chemical Restraint?

Background

From 1 July 2019 the NDIS Quality and Safeguards Commission will require registered service providers to report to them any use of a regulated restrictive practice. The service provider will also need to arrange for a behaviour support plan to be developed for the person being subject to a restrictive practice.

Regulated restrictive practices include seclusion, and environmental, physical, mechanical and chemical restraint.

Chemical restraint is defined as *'the use of medication or chemical substance for the primary purpose of influencing a person's behaviour. It does not include the use of medication prescribed by a medical practitioner for the treatment of, or to enable treatment of, a diagnosed mental disorder, a physical illness or a physical condition.'*¹

This guideline has been developed to assist service providers to determine whether or not a medication is being prescribed for a physical condition or illness, a mental disorder or for behavioural control of the person.

It is important to note that the *Tasmanian Disability Services Act 2011* does not require authorisation of the use of medication for the purposes of behaviour control. Consent must however be obtained from the 'person responsible'.²

What type of medication is it?

Anti-psychotic

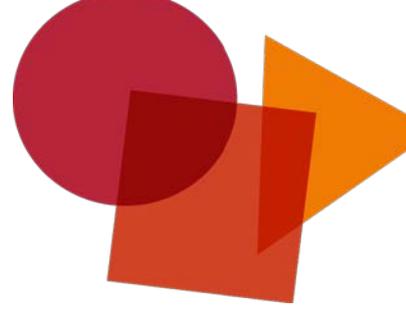
This is a group of medications used in the treatment of psychosis. They can reduce or eliminate delusions, hallucinations and thought disorders.

Benzodiazepine

This is a group of medications depress the central nervous system and have a calming sleep promoting or sedating effect. They can be used to manage side effects of other medications, to manage seizures, short term treatment to manage anxiety disorders and sleep disturbance.

¹ NDIS (Restrictive Practices and Behaviour Support) Rules 2018

² Guardianship and Administration Regulations 2017; Section 12



Mood Stabilisers (also known as an anticonvulsant)

This is a group of medications used in the treatment of mood disorders such as depression and bi-polar illness. They are also used to treat seizures and seizure disorder such as epilepsy. Some of the medications used to treat epilepsy may have a mood stabilising effect.

Anti-depressants

This is a group of medications used to treat depression, some may also assist in managing anxiety or obsessive-compulsive disorder and others may help when sleep disturbance is also experienced with depression.

Men – This group of medications may be given as a means of deliberately reducing sexual arousal.

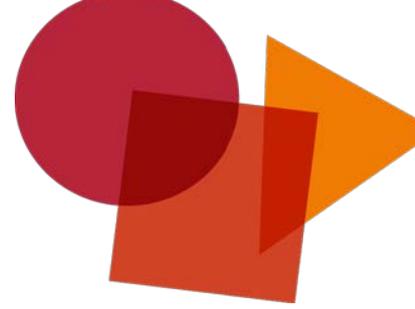
Hormonal

Women – This is a group of medications used to treat a range of gynaecological issues. They may be used for contraception i.e. IUD (inter uterine device). They may also be used for menstrual suppression, (to stop her period).

Men – This group of medications may be given as a means of deliberately reducing sexual arousal.

When do I report to the Commission?

Anti-psychotic		
ASK YOURSELF		
Does the person have a diagnosis of mental illness in writing signed by a medical practitioner, psychiatrist <u>or</u> GP prescribed for treatment of this mental illness?	YES	<ul style="list-style-type: none"> • There is no need to report to the Commission if this medication is for the treatment of their mental illness • Ensure that this person and their medication are monitored by a medical practitioner, psychiatrist or GP • If the person has any behaviours of concern develop a Behaviour Support Plan (BSP), this will assist consistency and monitoring of interventions for the person • If the behaviours of concern are new they may be a side effect of the medication. This should be discussed with the prescriber or GP
	NO	<ul style="list-style-type: none"> • Report to the Commission & develop a BSP • Discuss with the GP if a referral to a specialist is required for diagnosis and medication review • Continue the medication reviews by a GP on an annual basis or before if necessary



The community norm is that a GP may diagnose and treat some psychiatric conditions; however, the complexities of the person's disability may require specialist knowledge.

The Senior Practitioner - Disability recommends that anyone who is taking psychotropic (anti-psychotic) medications should be receiving regular comprehensive reviews by a registered medical practitioner.

Mood Stabilisers (also known as anti-convulsants)		
ASK YOURSELF		
Is the medication prescribed for the treatment of a physical condition such as epilepsy? (ask their treating doctor)	YES	There is no need to report to the Commission if this medication is for treatment of a medical condition; ensure regular review by a GP, referral to a specialist may be necessary
	NO	Report to the Commission & develop a BSP Discuss with the GP if a referral to a specialist for diagnosis and medication review is appropriate Continue the medication reviews on an annual basis or before if necessary

Benzodiazepine		
ASK YOURSELF		
Is the medication only given for sedation to enable a medical or dental procedure and not for sedation at any other time?	YES	<ul style="list-style-type: none"> There is no need to report to the Commission - this is to enable the treatment of the person with a disability
	NO	<ul style="list-style-type: none"> Report to the Commission & develop a BSP Discuss with the GP if a referral to a specialist for diagnosis and medication review is appropriate Continue the medication reviews on an annual basis or before if necessary

Hormonal – Women		
ASK YOURSELF		
Does the woman have a medical condition diagnosed by a registered medical practitioner?	YES	<ul style="list-style-type: none"> There is no need to report to the Commission - this is to enable the treatment of a medical condition
	NO	<ul style="list-style-type: none"> Report to the Commission & develop a BSP Ask GP for a referral to a specialist for diagnosis and medication review

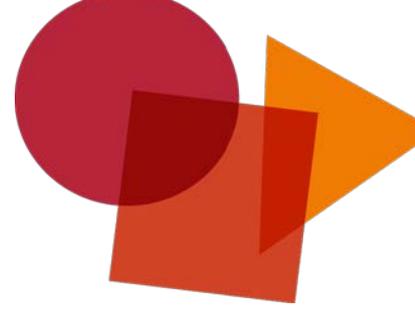


Hormonal – Men		
ASK YOURSELF		
Does the man have a history of problematic sexual behaviours? Is the medication prescribed to reduce his sexual arousal and associated behaviour?	YES	<ul style="list-style-type: none"> Report to the Commission & develop a BSP It should be noted that anti libidinal agents should only be used as an adjunct to psychological treatment. They carry a significant side effect profile and are subject to strict pre-testing and on-going monitoring
	NO	<ul style="list-style-type: none"> If he has problematic sexual behaviours but isn't on medication. You might need support to understand the nature of the problem and how to manage the behaviour in the least restrictive way

Brand names of common types of medication

Please Note: The following should not be considered a definitive list and is current as at September 2016. Other generic medications and products may have entered the market since then.

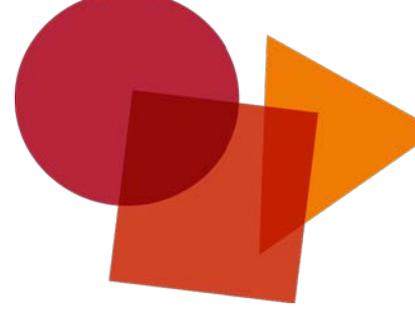
ANTI-PSYCHOTICS	
Effective in eliminating or reducing psychotic symptoms such as delusions, hallucinations and thought disorders	
TYPICAL ANTI-PSYCHOTIC MEDICATIONS	
Older style medications	
Generic Names	Product Name
Chlorpromazine	Largactil
Haloperidol	Serenace
Pericyazine	Neulactil
Trifluoperazine hydrochloride	Stelazine
ATYPICAL ANTI-PSYCHOTIC MEDICATIONS	
Newer style medications	
Generic Names	Product Name
Amisulpride	Solian Tablets and Solution
Aripiprazole	Abilify
Olanzapine	Zyprexa, Zyprexa IM
Quetiapine fumarate	Seroquel
Risperidone	Risperdal
Ziprasidone	Geodan



Paliperidone	Invega Prolonged release tablets
Asenapine Maleate	Saphris Wafer

PSYCHOSTIMULANTS	
Medications used to suppress overactive behaviour	
OTHER CENTRAL NERVOUS SYSTEMS AGENTS	
Generic Names	Product Name
Atomoxetine hydrochloride	Strattera
Dexamphetamine sulfate	Dexamphetamine Tablets
Methylphenidate hydrochloride	Ritalin 10 Ritalin 'LA' Attenta Concerta Extended-Release Tablet

ANTI-CHOLINERGIC	
Medications used to treat side effects caused by antipsychotic medications	
MOVEMENT DISORDERS	
Generic Names	Product Name
Benzhexol hydrochloride	Artane
Benztropine mesylate	Benztrop Cogentin
Biperiden hydrochloride	Akineton
MENSTRUAL SUPPRESSION	
Medications used to stop women having their menstrual cycle	
GONADAL HORMONES	
Generic Names	Product Name
Medroxyprogesterone acetate	Depo-Provera Depo-Ralovera Provera
Norethisterone	Primolut N
Oestrogens, conjugated	Premarin Tablets
COMBINED ORAL CONTRACEPTIVE AGENTS	
Generic Names	Product Name
Mestranol	Norinyl-I
ANTI-ANDROGEN	
Medications used to suppress libido	
GONADAL HORMONES	



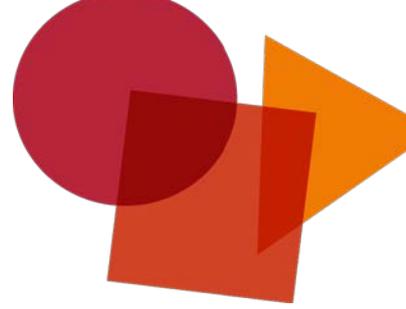
Generic Names	Product Name
Cyproterone acetate	Androcur Cyprone Procur Diane-35 ED (others also have a women's name and 35)
HORMONAL	
COMBINED ORAL CONTRACEPTIVE AGENTS	
Generic Names	Product Name
Ethinylestradiol	Brevinor Brevinor-I Synphasic" Levlen ED Microgynon 30 Microgynon 30 ED Microgynon 50 ED



ANTI-DEPRESSANTS

Medications used in the treatment of depression and other mood disorders such as bi-polar illness

Generic Names	Product Name
Amitriptyline hydrochloride	Endep
Citalopram hydrobromide	Celapram Cipramil Citalopram Winthrop Talam Talohexal
Clomipramine hydrochloride	Anafranil Placil
Desvenlafaxine	Pristiq extended release tablets
Dothiepin hydrochloride	Dothep
Dothiepin	Dothep Prothiaden
Doxepin hydrochloride	Deptran Sinequan
Duloxetine	Andepra Capsules
Escitalopram oxalate	Esipram Lexapro
Fluvoxamine maleate	Faverin Luvox Movox Voxam
Fluoxetine	Fluoxetine-DP Lovan Prozac Zactin
Mirtazapine	Avanza Avanza SolTab Axit Mirtazapine-DP Mirtazon



ANTI-DEPRESSANTS (Cont'd)

Medications used in the treatment of depression and other mood disorders such as bi-polar illness

Generic Names	Product Name
Moclobemide	Amira Arima Aurorix Clobemix
Paroxetine hydrochloride	Aropax Extine Paroxetine-DZ Paxtine
Sertraline hydrochloride	Zoloft Concorz Eleva Sertraline Winthrop Sertraline-DP Xydep
Venlafaxine	Efexor Efexor-XR

BENZODIAZEPINES

Medications that depress the central nervous system and have a calming sleep promoting effect

ANTI-ANXIETY AGENTS

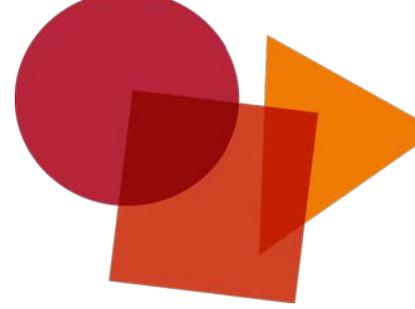
Generic Names	Product Name
Alprazolam	Alprax Alprazolam-DP Kalma Xanax
Clobazam	Frisium
Diazepam	Antenex Diazepam Elixir 10mg/10ml Diazepam-DP Ducene Valium



	Valpam
Lorazepam	Ativan
Oxazepam	Alepam Murelax Serepax
ANTI-CONVULSANTS	
Clonazepam	Paxam Rivotril
SEDATIVES, HYPNOTICS	
Nitrazepam	Alodorm Mogadon
Temazepam	Normison Temaze Tentabs
Zopiclone	Imovane

SEDATIVE	
Medications used to promote sleep	
OTHER CENTRAL NERVOUS SYSTEM AGENTS	
Generic Names	Product Name
Melatonin	Melatonin

MOOD STABILIZERS	
Medications effective in mood disorders such as depression or bi-polar illness/some medications used for the treatment of epilepsy have a mood stabilising effect	
ANTI-CONVULSANTS	
Generic Names	Product Name
Carbamazepine	Carbamazepine Sandoz Carbamazepine-BC Tegretol Teril
Gabapentin	Gabaheaxal Neurontin
Phenytoin sodium	Dilantin
Lacosamide	Vimpat



Lamotrigine	Lamictal Lamogine Lamotrigine-DP Seaze
Levetiracetam	Keppra
Oxcarbazepine	Trieptal Oral suspension
Sodium Valproate	Epilim Valpro
Topiramate	
ANTI-PSYCHOTIC AGENTS	
Generic Names	Product Name
Lithium carbonate	Lithicarb Quilonum SR

How do I contact the Tasmanian Senior Practitioner?

The Senior Practitioner is available to discuss any issues or concerns relating to the use or potential use of a personal restriction on the contact details listed below.

Telephone: (03) 6166 3567 Mobile: 0428 197 474

Email: seniorpractitionerdisability@communities.tas.gov.au

Web: www.communities.tas.gov.au/disability/office-of-the-senior-practitioner

Further information about Restrictive Interventions can be found on the Riset Tas link below.



Access practice resources and restrictive intervention information via Riset-TAS online: [Riset-Tas Link](#)

Please note: The information contained in this document is provided as an initial guide only. It is not intended to be and is not a substitute for legal advice. Service providers should seek their own independent legal advice with reference to the implementation of the legislation.