



PATIENT AND FAMILY RESTRAINT EDUCATION

WHAT IS A RESTRAINT AND WHEN IS IT USED?

A restraint is a device or medication that reduces a patient's freedom of movement, activity of access to their body. There are several different types of restraints that may be utilized, but staff will utilize the least restrictive type to be effective.

Restraints are used when it has been determined the patient may be in danger or harming themselves or others. Restraints may be used for non-emergency situations in acute medical or post-surgical care to improve the effectiveness of treatment and promote patient well being. Restraints may also be used in emergency situations when a patient had severely aggressive and/or combative behaviors that place the patient, staff and/or other patients at risk of injury. All types of restraints require a physician's order and they are never used as a form of discipline or convenience for the staff.

WHAT ALTERNATIVES ARE TRIED BEFORE USING A PHYSICAL RESTRAINT?

Staff will try a number of alternatives to avoid the use of restraints. These options might include:

- Giving the patient clear instructions and directions about his/her behavior.
- Encouraging the patient to talk about what's making him/her angry and/or frustrated.
- Teaching the patient way to manage his/her anger and relaxation techniques.
- Reducing negative stimuli in patient's environment, for example: loud noises, turning out lights, allowing the patient solitude.
- Offering diversionary and physical activities: TV, music, exercise, reading, activity kit.
- Providing medications that the physician has ordered to help the patient to relax and gain control of his/her emotions.

HOW ARE PHYSICAL AND EMOTIONAL NEEDS MET WHILE A PATIENT IS IN RESTRAINTS?

Patients who are in restraints are monitored on an ongoing basis to assure that physical needs are met and that they are safe.

- The restraints are checked routinely to make sure they are properly fitted and not causing problems with circulation, breathing or skin irritation.
- Personal needs are met including: toileting, baths, oral care, snacks, fluids, and meals.

WHAT BEHAVIORS WILL RESULT IN RELEASE FROM RESTRAINT?

Patients are released from restraints when they demonstrate behavioral control, show improved ability to understand and follow directions and are no longer dangerous to themselves, other patients and/or staff.

HOW CAN YOU HELP?

If you are aware of events in the past that you think may be causing these behaviors, or if you are aware of techniques that have been used in the past that were helpful, please inform the staff. To the extent that it is possible, we will incorporate those techniques into the plan of care.