

# Restraint or Knot?

## Restraint Review for Physical Therapy, Radiology, Respiratory Therapy & Transportation Departments



What is a Restraint?

- 3 **Medical Restraint:** Patient behavior interferes with treatment. *Patient immobilization that is a normal component of a procedure (e.g. MRI, surgery, etc.) is not considered restraint.*
- 3 **Behavioral Restraint:** Reserved only for the most violent patient whose behavior threatens serious physical harm to themselves or others.

Why do I need to know about restraints?

My job responsibilities may require that I perform treatment, provide care for, and/or transport a patient in a restraint. Restraints can be dangerous to patients. Staff can be placed at danger for harm by patients being restrained if they are not well trained on the proper application of restraint.

Who can apply a restraint?

Registered nurses or any trained medical personnel who has received a physician order.

What should I do if my patient is in a restraint?

**Provide the level of care and/or treatment you have been referred to do, with extra precautions:**

- 3 Check with nurse to assure patient is able to comply with referral/treatment prescribed
- 3 Inform patient and/or family of treatment/procedure
- 3 Loosen or Remove restraint with caution, being careful to avoid removal of medical devices
- 3 Request the assistance of another staff member if needed

Do I need to document removal & re-application of restraint?

Yes, if you remove and reapply a restraint, it should be documented according to department specific documentation guidelines.

Do I need to re-apply the restraint if I release it?

Yes, you must re- apply the restraint using a “quick-release” application. If you are not comfortable with re-application and/or require assistance you should ask for help.

What is “quick-release” restraint application?

“Quick-release” application allows “quick” removal in the event of an emergency. **You must demonstrate competency in correct application of restraints.**

Restraint Application Key Points:

- 3 Secure restraint to bed frame, NOT to the mattress or bed rails.
- 3 Restraint is tight enough to prevent unwanted movement, but not completely restrictive:
  - 3 Able to fit 2-fingers between limb restraint and patient's skin.
  - 3 Able to slip fist between vest restraint and patient.
- 3 Avoid applying restraint above IV site because the construction may occlude the infusion.



What if my patient becomes combative or threatening?

Try to calm the patient by talking calmly and reassuringly to them. If you are unsuccessful in relieving the patient’s anxiety, request help from co-workers.

# Restraint or Knot? Post Test

Name:

Employee #: Moorpark College RT Student

Department: Diagnostic Imaging

**Directions:** Complete this post-test and demonstrate appropriate “quick-release” restraint application under the guidance of a manager or designated validator. **Signature required by reviewer!** Check your answers with the answer key below. If you have any questions regarding restraints, ask your manager.

## Circle True or False:

- |   |             |              |
|---|-------------|--------------|
| 1. A Medical Restraint is used to prevent disruption of medical treatment.                        | <b>TRUE</b> | <b>FALSE</b> |
| 2. Any trained health care staff can apply restraints (who has received a Physician’s order).     | <b>TRUE</b> | <b>FALSE</b> |
| 3. Check with the nurse or assigned personnel prior to removing restraint.                        | <b>TRUE</b> | <b>FALSE</b> |
| 4. Removal & re-application of a restraint needs to be documented.                                | <b>TRUE</b> | <b>FALSE</b> |
| 5. Restraints should be secured to the bed rail.  | <b>TRUE</b> | <b>FALSE</b> |
| 6. Restraints should <b>completely</b> restrict the patient from moving.                          | <b>TRUE</b> | <b>FALSE</b> |
| 7. Restraints must be secured so that they may be released immediately in an emergency situation. | <b>TRUE</b> | <b>FALSE</b> |
| 8. If the patient becomes combative, try to calm the patient before calling for assistance.       | <b>TRUE</b> | <b>FALSE</b> |

I have demonstrated the skill of restraint application.

Validator's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

 **PLEASE RETURN COMPLETED Post-test to your Department Manager!**

 **File completed post-test in employee's departmental file!**

