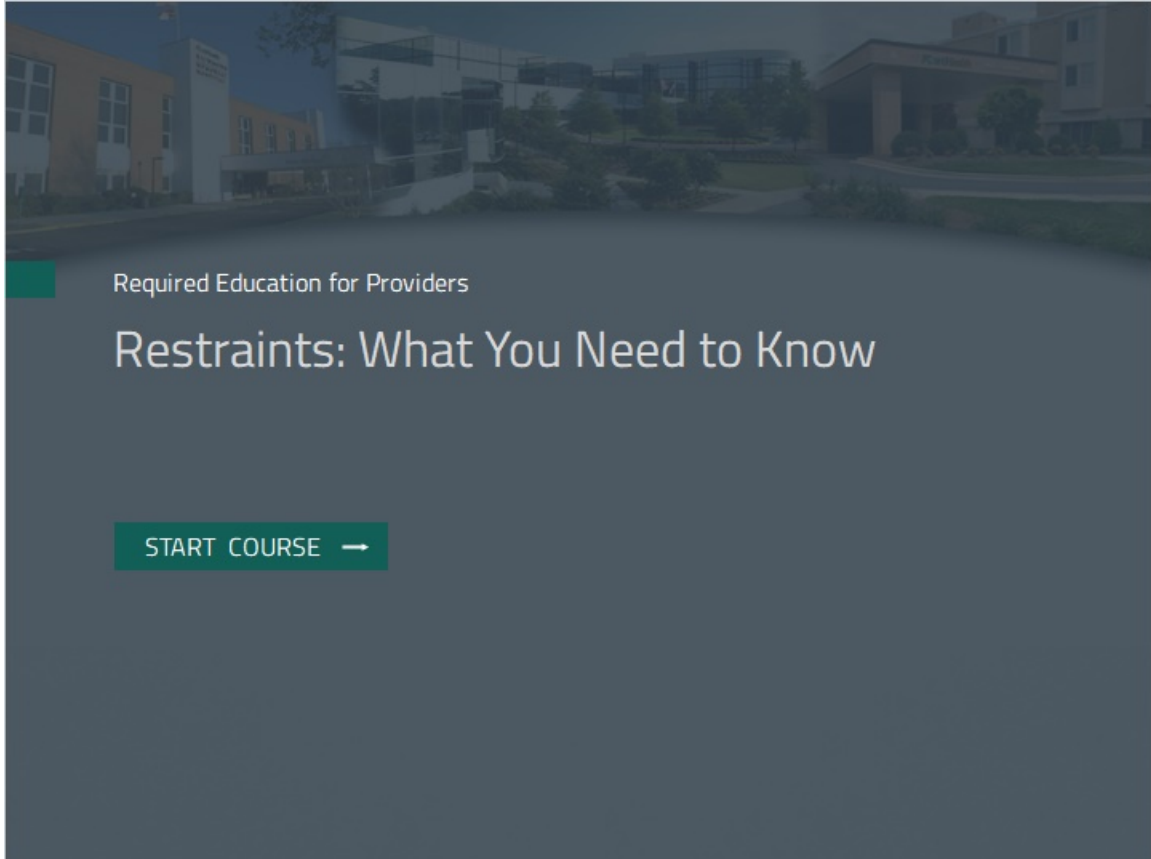


Restraints - Providers

1. Untitled Scene

1.1 Restraints: What You Need to Know



Notes:

1.2 COURSE OBJECTIVES

After completing, you should be able to...


COURSE OBJECTIVES

- 01 OBJECTIVE 01**
Define restraint and seclusion
- 02 OBJECTIVE 02**
List the risks of restraint and seclusion
- 03 OBJECTIVE 03**
Recognize best practices and regulatory standards for the use of restraints and seclusion
- 04 OBJECTIVE 04**
Identify elements and frequency of documentation

FHHC Restraint Seclusion Policy R.20.01

1.3 Providers must be trained and competent in the

following...



Providers must be trained and competent in the following...

- How to identify behaviors, events and situations that may trigger circumstances that require the use of restraints
- How to use nonphysical intervention skills
- How to use an assessment of the patient's status or condition to choose the least restrictive intervention

Notes:

1.4 Skill Level and Education

Skill Level and Education

Skill level

Training requirements for qualified staff with direct or indirect patient responsibilities (Physicians and Advanced Practice Providers)

Orientation and Annually:

Successful completion of Restraint CBL for Providers



1.5 All patients have the right to be free from...

All patients have the right to be free from...

DNV Guidelines



The preservation of the patient's dignity and safety shall always be a priority.

SR.1 The patient has the right to be free from restraints of any form that are not medically necessary or used as a means of coercion, discipline, convenience, or retaliation by staff. Each patient should be treated with respect and dignity.

Notes:

1.6 Restraint and Seclusion

What is a...

Restraint

Any method, physical or mechanical device, material, or equipment that immobilizes or reduces the ability of a patient to move his or her arms, legs, body, or head freely.

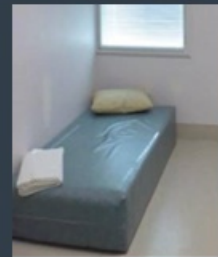


What is...

Seclusion (MRH Only)

The involuntary confinement of a patient alone in a room, under continuous observation or area from which the patient is physically prevented from leaving.

Seclusion may be used only for the management of violent or self-destructive behavior.



1.7 What is a Chemical Restraint?



Notes:

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1.8 A Restraint is NOT...

A Restraint is NOT...

A device associated with medical, dental, diagnostic or surgical procedures based on standard practice for the procedure.

Medications that are standard treatment for the patient's condition.

Examples:

Medical Immobilization:

- IV arm bands
- Orthopaedic devices

Adaptive Devices:


- Back or neck brace
- Protective Helmets



Notes:

1.9 Patient Assessments

Patient Assessments



Assess the patient to determine the risk of harming self or others, and risk of emotional or physical injury if restraint or seclusion is utilized.

Consider Potential Underlying Causes of Behavior

- Inadequate pain relief
- Delirium
- Dementia
- Brain injury
- Stress
- Mania
- Depression
- Psychosis
- Personality disorders
- Increased feelings of vulnerability related to hospitalization
- Avoidance of being touched

Notes:

1.10 Managing Patient Behavior

Alternatives

Managing Patient Behavior

Behaviors that require intervention can escalate through a predictable pattern:

- Anxiety
- Defensive
- Aggressive

- Be supportive, empathetic, nonjudgmental
- Take control of situation, set clear limits that are reasonable and enforceable, give patient choice and time to make their choice
- **REMEMBER:** Restraint and seclusion is considered a **LAST** resort and only appropriate when the following criteria have been met:
 - Imminent risk of harm to patients or others
 - All appropriate alternatives have been tried and are ineffective
 - Use is based on the patient's assessed need – patient demonstrated clinical justification

1.11 Restraint or seclusion may ONLY be imposed to ensure the immediate physical safety of the patient or others and must be discontinued at the earliest time.

Restraint or seclusion may ONLY be imposed to ensure the immediate physical safety of the patient or others and must be discontinued at the earliest time.

Categories of Use

Non-Violent or Non-Self-Destructive	Violent or Self-Destructive
---	-----------------------------------

Non-Violent Patient Restraint Use (Slide Layer)

Non-Violent Patient Restraint Use

Restraint used to restrict a patient's movement as to assist with the provision of medical or surgical care. (i.e. preventing removal of lines and/or tubes)

Patient immobilization that is a normal component of a procedure (e.g. MRI, surgery, etc.) is not considered restraint

The duration of time for adults is one calendar day, at which time a new restraint order is placed or discontinued

Non-Violent
or
Non-Self-Destructive

Violent
or
Self-Destructive

Violent/Self-Destructive Patient Restraint Use (Slide Layer)

Violent/Self-Destructive Patient Restraint Use

The restriction of patient movement in response to severely aggressive, violent, destructive, self-destructive, or suicidal behaviors that places the patient or others in imminent danger.

Non-Violent
or
Non-Self-Destructive

Violent
or
Self-Destructive

1.12 Non-Violent Restraints and Violent Restraints

Non-Violent Restraints

Restraint or seclusion for non-violent patients must be ordered by a Physician or LIP:

- Orders must be issued on a case-by-case basis
- Orders are time-limited
- PRN orders are NEVER acceptable
- Any change in the order requires a new order (additional or different type of restraint)
- **Every day**, the physician or APP who is primarily responsible for the patient must see and re-evaluate the **patient before writing a new order**. The need for the restraint should be documented.
- The evaluation should include the patient's immediate situation, patient's response, medical and behavioral condition and the need to continue or terminate the restraint.

Time Parameters

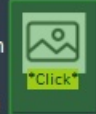
The duration of time for adults is one calendar day, at which time a new restraint order is placed or discontinued.

Prolonged Use is defined as 72 hours of continuous use. Care conference with provider and primary nurse to assess ongoing need.

Violent Restraints

Restraint or seclusion for violent patients must be ordered by a Physician or LIP:

- Orders must be issued on a case-by-case basis
- Orders are time-limited
- PRN orders are NEVER acceptable
- The physician or APP must perform an in-person face-to-face evaluation of the patient within 1 hour
- **Every 24 hours or less**, the physician who is primarily responsible for the patient must see the patient before renewing any more orders and document their evaluation




Time Parameters

The duration of time for

- ❖ Adults 18 years and above may not exceed 4 hours
- ❖ Children 9-17 years may not exceed 2 hours
- ❖ Children under 9 years of age 1 hour at which time a new restraint order is placed or discontinued.

Prolonged Use is defined as 24 hours of continuous use. Care conference with provider and primary nurse to assess ongoing need.

Untitled Layer 1 (Slide Layer)




Notes Review


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All Notes Progress Notes Consults Procedures H&P Off Service Discharge Emergency Plan of Care Periop Events Incomplete


Number of notes shown: 4 out of 5 based on filters. [More to load.](#)

Sort: Auth. Name Date Note Type Rarely Used 


Today


 **Dorothy Mixa, MD** Violent Restraint
Physician Date of Service: 08/18 3:28 PM
Internal Medicine File Time: 08/18 3:29 PM
Signed

March 2021


 **Dorothy Mixa, MD** H&P
Physician Date of Service: 03/05 10:08 AM
Internal Medicine File Time: 08/04 10:52 AM

January 2020

 **Dorothy Mixa, MD** H&P
Physician Date of Ser... 01/27/20 5:22 PM
Hepatology File Time: 01/27/20 5:22 PM

 **Dorothy Mixa, MD** H&P
Physician Date of Ser... 01/27/20 5:15 PM
Hepatology File Time: 01/27/20 5:15 PM


[Load all notes](#)

 **Dorothy Mixa, MD** Violent Restraint
Physician Signed Date of Service: 8/18/2021 3:28 PM
Internal Medicine

Signed

INITIATION OF VIOLENT RESTRAINT

Patient Name: Testing Accu-Check
Date of Birth: 12/10/1974
Medical Record Number: 2000686
Date: 08/18/21
Time: 3:28 PM

Hide copied text
 Hover for details 

Patient placed in violent restraints at 1600 (time) on account of patient attempting to injure self and staff.
Type of violent restraints used: 4 Point
Patient seen face-to-face in violent restraints at 1624 (time).
Patient's immediate situation: Agitated and aggressively lunge at staff during attempted medical care. Verbal deescalation was not successful.

Patient's reaction to intervention: patient is struggling against 4 point restraints and continues to shout.
Patient's medical and behavioral condition: patient remains on suicide watch and medically guarded condition.
Continue violent restraints: YES NO: Yes
Dorothy B Mixa, MD

1.13 Chemical Restraints

Chemical Restraints

Chemical restraints for violent or non-violent patients must be ordered by a Physician or APP:

- Orders must be issued on a case-by-case basis
- REMEMBER: If you are ordering a medication that will be used to manage the patient's behavior or restrict their freedom of movement and is not a standard treatment or dosage for the patient's condition, you **MUST** place a chemical restraint order

The screenshot shows a software window titled "Restraints non-violent or non-self destructive" with "Accept" and "Cancel" buttons in the top right. The window contains the following information:

- Process Inst:** The duration should not exceed 1 day. Please set the start time to be the time the restraints are initiated. Restraints must be removed when an alternative is available and effective and/or patient no longer meets criteria. Orders must be renewed every calendar day or when discontinued. The MD must conduct a face to face assessment within 1 calendar day of initiation when initial restraint order is verbal.
- Frequency:** "Continuous x one day" is selected, with "One day" as an alternative.
- For:** "24" is selected, with "Hours", "Days", and "Weeks" as other options.
- Starting:** "3/8/2021" is selected, with "Today" and "Tomorrow" as other options. "At: 0844" is also specified.
- Ending:** "Tomorrow" is selected.
- Scheduled Times:** "03/08/21 0844" is listed.
- Restraint type:** "Chemical" is selected. Other options include "Side Rails Up x4", "Soft Restraint", "Lap Belt", "Jacket/Vest", "Gerichair", and "Enclosed Bed".
- Restraint reason:** "Interference with medical treatment" is selected. Other options include "Other (Please Specify)" and "Other (specify)".
- Comments:** "Add Comments (76)" is available.

At the bottom of the window, there are buttons for "Next Required", "Link Order", "Accept", and "Cancel".


Notes:

1.14 Untitled Slide

When ordering Geodon or Haldol, Physicians will get a BPA as a reminder to consider noting it as a chemical restraint.

BestPractice Advisory - Beacon, Preferred

High Priority (1)



If this medication is being ordered as a chemical restraint, please place the "Chemical Restraint" order as well.

A chemical restraint is a medication used to manage the patient's freedom of movement and is not a standard treatment or dosage for the patient's condition.

Order	<input checked="" type="checkbox"/> Do Not Order	Restraints violent or self-destructive adolescent (age 9 to 17)
Order	<input checked="" type="checkbox"/> Do Not Order	Restraints violent or self-destructive adult (age 18 and older)
Order	<input checked="" type="checkbox"/> Do Not Order	Restraints violent or self-destructive (under 9 years old)

Acknowledge Reason

Not being used for chemical restraint

Notes:

1.15 Orders



Notes:

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1.16 Potential Risks Associated with All Restraint Types



Potential Risks Associated with All Restraint Types

- Positional asphyxiation
- Circulatory compromise
- Psychological distress r/t restraint
- Choking
- Confusion
- Increased fall risk
- Agitation
- Dehydration
- Orthostatic/Postural hypotension

1.17 Final Slide



We hope this online course has been both informative and helpful.

Feel free to review the screens of this course until you are confident about your knowledge of the material presented.

When you're ready, click on the "Take Test" button. You must earn at least an 80% within two attempts to pass. Upon successful completion of the test, your score will be recorded and the course will appear on your transcript.

Notes: