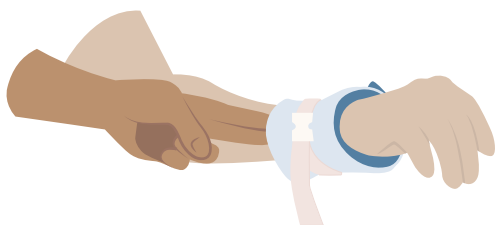




NON-BEHAVIORAL RESTRAINT USAGE

Non-behavioral restraints are either physical or chemical. Restraints are used when clients are considered at risk of self harm or to prevent risk of harm to others.

Physical restraints are devices that restrict movement. Common forms include soft vest restraints, mittens, and wrist or waist restraints. Raised bed rails or trays placed over wheelchairs may be considered a restraint if the intent is to restrict movement.



Chemical restraints are **medications** that restrict movement. Common forms include antipsychotic and sedative medications.



General Non-Behavioral Restraint Guidelines

- Attempt to find alternative activities other than restraints, such as conflict meditation or medication adjustment
- Assess for client needs such as hunger, thirst, or need to use the bathroom.
- Review facility guidelines for restraints.
- Obtain a restraint use order from a provider.
- Conduct a baseline client assessment.
- Understand the difference between physical and chemical restraints.
- Educate client and caregivers on restraint use.
- Document per facility protocol.

Safe Restraint Nursing Care Guidelines

- Review and request an order for restraint use per facility protocols (usually every 24 hours).
- Monitor and assess client at least every 2 hours and offer food, water, position changes, and toileting.
- Perform range of motion exercise when appropriate.
- Conduct skin checks and skin care at least every 2 hours.



NOTES

