

## RST - Restraints

### RST-EQ      EQUIPMENT

**OUTCOME:** The patient/family will be instructed on the type of restraint used.

**STANDARDS:**

1. Explain the hospital policy and procedure to the patient/family.
2. Explain that use of restraint is a last resort and is required to improve the patient's safety and well-being and other less restrictive measures have been found to be ineffective to protect the patient from harm.
3. Explain the alternative interventions that were attempted but proved ineffective prior to the use of a physical restraint, e.g., frequent reorientation, position change, modify environment, modifying behavior, scheduled toileting, pain/comfort measures, places closer to nurse's desk, fall risk assessment, encourage family to stay, or there may be no appropriate intervention.
4. Explain the type of restraint to be used on the patient (waist, vest, wrists, ankles, or leather restraints).
5. Explain that nursing assessments will be completed as the hospital policy dictates.
6. Explain to the patient/family the necessary conditions for early release from restraints.

### RST-L      LITERATURE

**OUTCOME:** The patient/family will receive literature about the clinical justification necessitating the restraint of the patient.

**STANDARDS:**

1. Provide patient/family with restraint literature.
2. Discuss the content of the literature.

### RST-M      MEDICATIONS

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.

3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

**RST-S      SAFETY**

**OUTCOME:** The patient/family will understand possible safety risks and will inform the nursing staff immediately if the patient seems compromised.

**STANDARDS:**

1. Explain common and important safety risks associated with the type of restraint being used.
2. Explain the importance of not tampering with restraint devices or releasing the patient without informing staff.
3. Emphasize to the patient/family/caregiver the importance of immediately reporting any concern or adverse effect of the restraint, e.g., cold or blue limbs, restraints around the neck, patient slipping down in the bed.
4. Explain that the patient will need assistance with nutritional, range of motion, hygiene, and elimination needs.