

Methodist Health Services Corporation UnityPoint Health- Proctor	Page # 1 of 1	Section:	Policy #: 31
	Approved by:		Date: 6/2017 Review by: 6/2018
	Supersedes: Date Revised: 6/2017		
	Primary Responsible Parties: Dr. Ashley N. Huff Secondary Responsible Parties:		
	Joint Commission Standard:		
SUBJECT: PATIENT RESTRAINTS			

I. POLICY:  
Patient Restraints

II. PURPOSE AND STANDARD:  
To define the situation in which physical or chemical restraints may be used.

III. POLICY SCOPE: Departmental

IV. GENERAL INFORMATION

A. Patients will only be restrained if clinically justified. The use of restraints is only utilized if the patient is violent and may cause harm to themselves or others. Physical restraints are a last resort in caring for the emotionally disturbed patient.

1. To safely restrain the patient, use a minimum of 4 people.
2. **Contact Medical Control** as soon as possible for an order/guidance.
3. If available, may use police protective custody.
4. Explain the procedure to the patient (and family) if possible. The team leader should be the person communicating with the patient.
5. If attempts at verbally calming the patient have failed and the decision is made to use restraints, do not waste time bargaining with the patient.
6. Remember to remove any equipment from your person which can be used as a weapon against you (*e.g.* trauma shears).
7. Assess the patient and surroundings for potential weapons.
8. Approach the patient, keeping the team leader near the head to continue communications and at least one person on each side of the patient.
9. Move the patient to a backboard or the stretcher.
10. Place the patient **supine** and place **soft, disposable restraints** on 2-4 limbs and fasten to the backboard or stretcher. Avoid restraining the patient prone if at all possible.
11. Transport as soon as possible.
12. Document **airway checks** every **15 minutes**.

- 13. Document *circulation checks* every *15 minutes* (of all restrained limbs) and **thoroughly document the reasons for applying restraints, time of application, condition of the patient before and after application, method of restraint and any law enforcement involvement, including any use of law enforcement equipment (e.g. handcuffs) and the time Medical Control was contacted.****
- 14.** Whenever a patient is transported in handcuffs, law enforcement must accompany the patient in the ambulance.
- 15.** Do not remove restraints until released by medical personnel at the receiving hospital.
- 16.** If chemical restraints are needed, refer to the Chemical Restraint SMO.