Use of Restraints

What is a Restraint?
Any manual 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. (This does not include objects necessary for patient care such as bandages or orthopedic devices).

A drug or medication when it is used as a restriction to manage the patient’s behavior or restrict the patient’s freedom of movement and is not a standard treatment or dosage for the patient’s condition.

What is Seclusion?
Seclusion is the involuntary confinement of a patient alone in a room or area from which the patient is physically prevented from leaving. Seclusion may only be used for the management of violent or self-destructive behavior.

When may they be used?
A restraint or seclusion may only be imposed to ensure the immediate physical safety of the patient, a staff member, or others when less restrictive alternative interventions are ineffective. Restraint or seclusion must be discontinued at the earliest possible time.

What physicians need to know
1) Every restraint or seclusion must be accompanied by a physician’s or certified nurse practitioner’s order.

2) In an emergency, an RN may initiate a restraint, however, the physician or CRNP must provide an order for continuation within one hour of applying the restraint, after completing an in-person, face to face evaluation.

3) Reasons for placing the patients in restraint or seclusion must be documented.

4) A restraint order must include the following:
   • The date and time of order
   • Reason for the restraint
   • Type of restraint used
   • Less restrictive alternatives are ineffective
   • Your signature

5) If a verbal or telephone order was issued, it must be co-signed within 24 hours.

6) Standing/PRN orders may never be given.

7) Maximum Duration of restraint used:
   • If used for physical safety – 24 hours
   • If used for violent/self destructive behavior
     – Age 0-8: 1 hour
     – Age 9-17: 2 hours
     – Age 18 and older: 4 hours

8) A four point restraint may not be used in the < 12 age group.

9) You must see and evaluate a patient before reordering a restraint.

10) Suburban Hospital has staff members, who have completed the Crisis Prevention Program for the safe management of patients who are violent or self-destructive.

TO LEARN MORE-please review Suburban Hospital’s Restraint and Seclusion Policy, PC-029C-0808 on the Suburban Hospital Intranet at: http://ship/reference/policiesprocedures/patientcare/clinical/defaultaspx

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