

# When Restraints are Needed for Safety

## Safety Restraint Use

In an emergency, patients are sometimes restrained to protect themselves and others from injury.

Physical restraints are used only when other less restrictive actions do not work. Staff members will talk with the patient and his or her family members and/or significant others about the use of restraints.

If safety restraints are needed, the nursing staff will check on the patient often.

## The Patient's Safety

Your care team will work with you and your family to keep you as safe as possible during your entire hospital stay. Care team members will work with you to make a safety plan. You may also have your family members help with the planning.

## What to Tell the Care Team

Talk to the care team members if you have any problems with:

- falling (any recent falls or a history of falling)
- weakness
- balance
- vision
- forgetfulness/confusion
- urination/elimination
- violence or uncontrolled behavior.

Be sure to talk to the care team members if you have any safety precaution needs at home.

## General Safety Tips

- Use the nurse call light when you need help, especially if you need to get up or out of bed.
- Wear non-slip slippers or shoes when you are up or walking.
- Let your nurse know if you need a walker, cane or special lighting at night.

Please talk to the nurse if you have any questions or concerns.

## Information for Family and Others

Here is what family members and/or significant others can do to help.

- Tell the care team of any special safety need or concerns the patient has.
- Help the care team plan and use the right safety precautions.
- Be on hand to stay with the patient if needed.
- Tell the care team members when you need to leave so they can take steps to keep the patient safe.
- Check with the care team members before taking off any restraints.

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## Information on Possible Options to Restraint Use

- Keep glasses, hearing aids and other often-used items handy.
- Help the patient get used to the room or unit (for example, where to find the nurse call button).
- Keep the room well-lighted.
- Offer liquids, food and bathroom visits.
- Move the patient to a chair.
- Play calming music.
- Offer an activity, if possible.
- Talk to the patient about an interest.
- Ask family members, friends or volunteers to stay with the patient.
- Watch a family video or look at pictures.
- Use a Posey® alarm.
- Make several bed checks.
- Give medicines.
- Keep the patients on a schedule.
- Talk calmly and quietly around the patients.
- Keep down any noise and confusion.
- Avoid arguments and confrontations.
- Let the patient vent non-threatening energy.
- Let the patient be up and about, as proper.