



Use of Restraints

- **What is a Restraint?**

- **Physical 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).

- **Chemical Restraint**

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/default.aspx>

Contact the Quality Office at 301-896-2918.