Development of Physical Restraint Plan of Care

Key Steps	Key Elements
Establish Medical Necessity	Identify medical symptoms-fall risk, behavior problems, inability to treat a medical condition.
Develop Plan of Care	• Match goals and interventions with specific conditions • Coordinate plan and care with health care team, resident, family, caregivers
Implement Care Plan Interventions	• *Alternatives to Physical Restraints* -Supervision, monitoring, increased interaction -Proper positioning and body alignment -Changes in treatment -Psychosocial intervention -Environmental manipulation • *Use of Physical Restraints* -Least restrictive device -Supervision, monitoring, release schedule -Proper hydration/nutrition/toileting -Access to the call light, telephone, etc. -Psychosocial support -Device and equipment use and training -Environmental accommodation or modification -Injury prevention or reduction education -Restorative nursing program -Family, caregiver education, training -Referrals to other health professionals
Prevention of Complications	-Decline in physical functioning -Contractures -Skin breakdown -UTI -Falls/Accidents -Incontinence -Immobility -Delirium -Agitation -Depression
Outcomes	Reassess, monitor, document, review and revise plan of care as necessary

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