Overview of Training & Education for Physical Restraints

Key Steps	Key Elements
Employee Orientation	Develop orientation program for all new and existing caregivers, physicians, and family members/significant others.
In-services and Ongoing Training	Provide ongoing inservices regarding physical restraint elimination programs. Include: • Purpose of interdisciplinary restraint elimination team • Facility's philosophy and goals regarding restraint elimination • Individual expectations, roles, and responsibilities of each caregiver • Process of referral to the restraint team if restraints are being considered • Parameters of emergency restraint use: time frame, application, physician's orders, consent, etc. • Documentation of programs • Adverse effects of physical restraints • Regulations regarding restraint use
Educational Resources	Provide educational tools: • Videos • Handouts • Literature

Oklahoma Foundation for Medical Quality
IMPROVING HEALTH CARE. Improving Lives.

Provided by the Oklahoma Foundation for Medical Quality, the Medicare Quality Improvement Organization for Oklahoma, under contract with the Centers for Medicare & Medicaid Services, U.S. Department of Health and Human Services. The contents do not necessarily reflect CMS policy.
1A-075-TE-OK-050106