Physical Restraint Elimination Process

Key Steps	Key Elements
Data Collection	<u>Identify Physically Restrained Residents</u> • What type of restraint(s) is used? • During what time of day is each type used? • Where is the resident restrained? • How long is the resident restrained each day? • Under what circumstances? • Who suggested that the resident be restrained? <u>Identify Reason Why The Resident Is Restrained</u> • Risk of Falls • Behavioral Symptoms • Inability to Treat a Medical Condition Determine if an intervention is still required
Assessment & Treatment	<u>Assess and Treat Underlying Conditions</u> Unstable Gait Impaired Cognition Wandering Sad or Anxious Mood Effects of Medication Dehydration Impaired Communication Hyperglycemia/Hypoglycemia Unmet Psychosocial Needs Cardiovascular Insufficiency Infections Pain Sleep Problems Environmental Barriers Constipation
Interventions	<u>Identify A Less Restrictive Alternative</u> • Treatment Approaches • Psychosocial intervention • Environmental manipulation
Evaluation and Reassessment	<u>Reassessment of Intervention Strategy</u> • Did the intervention work? If not, why? If yes, why? • Does the intervention promote a higher level of functioning? • Does the intervention provide greater freedom of movement and access to his/her own body? <u>Continue, Revise, Abandon Strategy</u> Based on resident's response and care team feedback.

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