Physical Restraint Comprehensive Assessment & Evaluation

Key Steps	Key Elements
Examination & Evaluation	Basic assessment to rule out acute illness: • Physical Examination & Medical History • Observation • Interview resident and/or family
Assessment & Treatment	Validation Tools, Tests, Measures • Assessment log • ADL scales • Functional capacity tests • Functional simulations • Fall scales • Barriers check list Explore underlying medical and environmental conditions • *Unstable Gait* - Stability, strength, range of motion, balance, hearing/vision, assistive devices, fall risk, fractures/precautions, shoes/clothing • *Cognition* - Delirium, confusion, depression, hallucinations, agitation, wandering, aggressive behaviors, psychoactive medications • *Impaired Communication* - Difficulty making needs/wishes understood or understanding others • *Environment* - Access to call light/television/telephone, lighting, access to bathroom, availability of nutrition/hydration, noise level, adaptive equipment • *Medications* - Multiple medications/dosages, side effects, new medications • *Cardiovascular Insufficiency* - Syncope, oxygen saturation, fluctuations in blood pressure, shortness of breath, TIA • *Infections* - Urinary tract infection, upper respiratory infection, delirium, fever • *Hyperglycemia/Hypoglycemia* - Blood sugar levels • *Dehydration/Constipation* - Change in mental status, amount of fluid intake, bowel sounds, abdominal distension • *Sleep Problems* - Sleep/wake patterns • *Pain* - History of pain, location, intensity, onset, duration, ability to express pain, barriers to pain management, effectiveness of pain management • *Wandering* - Cognition, medication, physical surroundings
Documentation	• Tests, performance, functional capacity • Response to activity • Safety awareness • Education provided • Family, caregiver involvement • Plan of care • Interventions, frequency, duration • Referrals

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