

Foundational - Restraint Initiation and Management

Use of restraints is a last resort measure to contain behaviour escalation. Physical restraints refer to when the staff physically hold/restrain the patient for any amount of time. Mechanical restraints refer to when a tool is used to restrain the patient (i.e. four-point restraints).

No matter the type of restraints used, the same order and documentation process ensues. This begins with the Nurse contacting the Provider to assess the patient and place the necessary orders when the situation is contained.

Provider Steps

1. Search for the **Restraint** PowerPlan order in the PowerPlans folder in the Quickorders page. Alternatively, you may use the New Order Entry function on the Quick Orders page.

Choose the order that is appropriate for your work area and patient population. For example, if you are in the ED, choose ED Restraint. If you are in a Pediatric area, choose PED Restraint.

Click the Orders for Signature button and select Modify in the Orders for Signature window.

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► Admission		► Anti-Depressants/SSRI		Bloodwork		▶ Echocardiogram		Inpatient 🗸	
Modules		Anti-Depressants/Other		Medication Levels		► XR			
Clozapine		Anti-Psychotics/Typical		Urine Studies		▶ CT		Q restraints	×
▲ Restraints and Seclusion		 Anti-Psychotics/Atypical 		Drugs of Abuse Tests		▶ MR		Person Public	Shared
🍃 Restraints Adult (Module) (Validate	ed)	Anti-Anxiety/Benzodiazepine		► Stat		▶ ECG		Person	Shared
Restraints Adult (Module) (Validated)		 Agitation Treatment 		Microbiology					
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(Validated)	(Hoddle)	Side Effects Treatment						Conculto	=- 0
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PED Seclusion Pediatrics (Module) (Validated) PED Seclusion Pediatrics (I) (Module)	 Gastrointestinal Medications 						Mental Health Act	
(Validated)		Pediatric Medications	=• 🝙					Privileges	
Electroconvulsive Therapy		Fediatric Medications						Passes	
Pediatric Modules		Anti-Depressants/SSRI						▶ Diet	
		Anti-Depressants/Other						1 Martin	

There are 3 components to the Restraint order: Initiation, Monitoring and Evaluation, and Debrief. These options are preselected for your convenience.

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1 Patie	/ Patient Care						
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Initiate and **Sign** the orders to record them in the system. This immediately activates the Restraint PowerPlan.

2. Complete a **Progress Note** to document your assessment by selecting the **Psychiatry Progress Note** shortcut from the Rounding tab of the Provider View page.

CSTLEARNING, DEMODELTA	DOB:01-Jan-1937 Age:81 years	MRN:700008217 Code Stat Enc:700000015060	tus:P
Allergies: Latex, Citrus, Pollen	Gender:Male	PHN:9876469817 Dosing W	t:75
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Results Review	Admission	8 Rounding	53
Orders 🕈 Add			
Medication List 🛛 🕂 Add	Vital Signs &	Documents (16) 🕂	
Documentation 🕂 Add	Labs	(10) _	
Allergies 🕂 Add	Active Issues	Time of Service Subject	
Diagnoses and Problems	Subjective/History of Present	22/12/17 09:59 Psychology Assess	men
Histories	niness	22/12/17 09:53 Psychology Assess	men
MAR Summary	Current Medications		
Medication Request	New Order Entry	22/12/17 09:42 Psychology Assess	men
MAR	Order Profile	Completed	
Form Browser	Allergies		
Patient Information	Histories	11/01/18 13:51 Psychometrist Ass	essn
Interactive View and 180	Links	08/01/18 14:04 Free Text Note	
Lines/Tubes/Drains Summan/	Forms and Results	02/01/18 08:31 Psychology Assess	men
Growth Chart	Create Note	29/12/17 15:10 Psychiatry Assess	ment
Immunizations	Psychiatry Progress Note		
Clinical Research	Psychiatry Consult	22/12/17 09:13 Psychology Assess	men
CareConnect		20/12/17 16:15 Psychology Assess	men
	Family Conference Note	* Displaying up to the last 50 recent notes for	r all y
	Select Other Note	oraging up to the last so recent holes for	an 1

3. Based on your assessment, cancel and reorder or discontinue the Restraints Monitoring and Evaluation order.



NOTE: The system will alert you once every 24 hours for adults and once every 1 hour for children and youth under 18 years old to review the restraint order.





4. Participate in the unit debrief once the restraints are discontinued.

Nurse Steps

 Review the restraint order placed by the Provider. If the Provider is unable to enter an order in the system, enter the restraint order that is appropriate based on your work area and patient population. For example, if you are in the ED, choose ED Restraints. If you are in a Pediatric area, choose PED Restraints.





WARNING: For nurse-initiated restraints in emergency situations without an order, enter an order for cosignature at a later time using the on-call or Most Responsible Provider's name.

For an order received by the Provider verbally or by telephone, enter a verbal or telephone order using that Provider's name.

P	Ordering Physician ×
Restraint *Physici	ts Adult (Module) (Validated) an name
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No Cosi Cosigna	gnature Required ture Required
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2. Click Orders for Signature and Sign the PowerPlan.

There are 3 components to the restraint order: **Initiation, Monitoring and Evaluation, and Debrief.** All 3 components fire tasks to the CareCompass Task List.



3. Document the **Restraints Initiation** task found in the **Scheduled/Unscheduled** tab of the CareCompass Task List.

CareCompass		[므] Full screen 🖷 Print 📌 9 minutes ag					
Patient List: md	Patient List: mdsg assignment 💙 💥 List Maintenance 🕂 Add Patient 💰 Establish Relationships 🥹						
Location	Patient	CSTPRODED, ALPHA Age: 28yrs Sex: M DOB: 02/20/1 MRN: 700000 Encounte 700000					
LGH Chemo Ho	ld						
Chair 02 - 01	CSTTEST, MHADM	Scheduled/Unscheduled PRN/Continuous Plans of Care Patient Information					
	No Relationship Exists						
LGH ED Hold		Current					
TRIWR	CSTPRODED, 28yrs M Attemp Allergies General	MHA Form 15 Nomination of Near Relative Complete Form 15 Nomination of Near Relative 26-Feb-2018 1. Comment: Ordered secondary to MHA Form 4 x2 (Involuntary Admission)					
		MHA FORM 16 NOUTICATION TO NEAR Relative (Admission) Complete Form 16 Notification to Near Relative - A					
🏀 M017 - 01	A PRODBCTEST, JA 31yrs F 1-No CPR, S Allergies General Diet (Comment: Ordered secondary to MHA Form 4 x2 (Involuntary Admission) MHA Form 5 Consent for Treatment - Involuntary Verify Form 5 Consent for Treatment is completed 26-Fe. Comment: Ordered secondary to MHA Form 4 x2 (Involuntary Admission) Restraints Debrief Restraint/Seclusion Debriefing 27-Feb-2018 10:26 PST, Stop: 27-Feb-2018 10:26 PST Comment: Reflection and review is to be completed as soon as possible within 24 hours					
MIUL - 04 Activity Timeline	PATIENT, NEW	Restraints Initiation Restraint/Seclusion Initiation 27-Feb-2018 10:26 PST, Stop: 27-Feb-2018 10:26 PST Comment: Orders must be reviewed as per site guidelines					

4. Initiate restraint care and monitoring as per the site's policies.

Document your observations as per your site policy. If you are in a Mental Health care area, you can access the observation record through iView or Safety and Attendance found in the Organizer toolbar.

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Task Edit View Patient C	hart Links Navigation Help
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CareConnect QPHSA PACS	🔇 VCH and PHC PACS 🔇 MUSE 🔇 FormFast WFI
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Document a more detailed assessment in the **Restraints Monitoring and Evaluation** task found in the **PRN/Continuous** tab of the CareCompass Task List

CareCompass [2], Full screen							
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Patient List: mds	sg assignment 🗸 💥 List Mainte	anance 🕂 Add Patient 🥵 Establish Relationships					
▲ Location	Patient	CSTPRODED, ALPHA Age: 28yrs Sex: M DOB: 02/20/1 MR					
LGH Chemo Hol	d						
Chair 02 - 01	CSTTEST, MHADM 17yrs Undifferenti	Scheduled/Unscheduled PRN/Continuous Plans of Care Patient Information					
	No Relationship Exists						
LGH ED Hold		PRN (No Activities)					
TRIWR	CSTPRODED,	Continuous					
	28yrs M Attemp	Restraints Monitoring and Evaluation Restraint Evaluation 27-Feb-2018 10:26 PST Comment: Monitor and evaluate as per site guidelines					

- 5. Once the patient is ready to be released from restraints, a Nurse or Provider can discontinue the **Restraints Monitoring and Evaluation** order. The Restraints Debrief order can remain on the chart until the debrief is completed.
- 6. Debrief with the team and document this in the **Restraints Debrief** task in the Scheduled/Unscheduled tab of the CareCompass Task List.
- 7. Update violence alerts or other risk alerts in the patient chart as necessary.
- 8. Report the incident in your site's safety reporting system.

Related Topics:

- Foundational Seclusion Initiation and Management (for Mental Health and ED only)
- Mental Health Seclusion and Restraint Documentation for Nursing
- Provider Restraint and Seclusion Order Initiation and Management
- Mental Health Safety and Attendance Page
- Foundational PowerPlans

Related Positions:

- Nurse
- Provider

Key Words:

• Restraints