Restraints: Elimination

Key Steps	Key Elements
Data Collection	**Identify restrained residents** • 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? **Identify reason why the resident is restrained** • Risk of falls • Behavioral symptoms • Inability to treat a medical condition **Determine if an intervention is still required**
Assessment and Treatment	**Assess and treat underlying conditions** • Cardiovascular insufficiency • Dehydration/constipation • Environmental barriers • Hyperglycemia/hypoglycemia • Impaired cognition • Impaired communication • Infections • Pain • Sad or anxious mood • Sleep problems • Unmet psychosocial needs • Unstable gait • Wandering
Interventions	**Identify a less-restrictive alternative** • Treatment approaches • Psychosocial intervention • Environmental manipulation
Evaluation and Reassessment	**Reassessment of intervention strategy** • Did the intervention work? Why or why not? • Does the intervention promote a higher level of functioning? • Does the intervention provide greater freedom of movement and access to his/her own body? **Continue, revise, abandon strategy based on resident's response and care team feedback**

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