Restraints: Training and Education

Key Steps	Key Elements
Employee Orientation	**Target audiences for orientation program** • All new and existing caregivers • Physicians • Family members/significant others
In-services and Ongoing Training	**Provide ongoing in-services regarding 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 • Regulations regarding restraint use • Adverse effects of restraints
Educational Resources	**Provide educational tools** • Videos • Handouts • Literature • Case studies

Document available at www.primaris.org

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