

STATEMENT OF POLICY AND PROCEDURE			
Manual:	Administrative Manual	Policy No.	RS.8.11
Section:	Resident Services	Issued:	(O) 02 1982
Subject:	LEAST PHYSICAL RESTRAINT USE	Effective:	
Issue to:	All Departments	Replaces:	
Issued by:	Director of Care	Dated:	
Approved by:	Chief Executive Officer	Dated:	(R) 02-2007

POLICY

DEFINITION OF PHYSICAL RESTRAINT: *“A physical restraint is any device adjacent to, or attached to, a resident’s body that restricts or controls movement and that cannot be readily removed by the resident. This includes geriatric chairs or wheelchairs with tabletops (used other than at meals), front and back closing seatbelts, and roll bars. A front closing seatbelt is considered to be a restraint if the resident is unable (physically or cognitively) to release the restraint independently. Devices that are not defined as restraints include positioning or limb support aids.”*

DEFINITION OF LEAST RESTRAINT: *“Least restraint means that all possible alternative interventions are exhausted before deciding to use a restraint.”*

Short term restraint: *to be initiated at the discretion of the Registered Nurse in the event of emergency or crisis intervention for a maximum of 72 hours.*

The Registered Nurse will restrain a resident using the following protocol:

1. Explore all other alternatives to restraint.
2. A philosophy of least restraint will guide caregivers.
3. The wishes of a competent resident will be given primary consideration.
4. The means of restraint will be as minimal as is reasonable with regard to the physical and mental condition of the resident.

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5. In all cases involving the use of restraint, there will be documented evidence that the resident:

- ⌚ May suffer self-injury
- ⌚ May injure others
- ⌚ May cause extreme disruption to others

6. The Medical Director/ attending physician will:

- ⌚ Make the final decision to apply a restraint and which type of restraint to use
- ⌚ Review quarterly any order for the use of physical restraints.

REFERENCES

A Guide on the Use of Restraints, for Registered Nurses and Registered Practical Nurses in Ontario. College of Nurses of Ontario, Jan 2000. pp.5-6.

Capezuti,E. and Lawson,WT111 (1999). Falls and restraint liability issues. In P. Iyer (ED) *Nursing Home Litigation: Investigations and Case Preparation*. Tuscon AZ: Sawyers and Judges Publishing Company.

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Long Term Care Facilities, Program Manual

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