

# Evidence-Based Best Practice: Use and Management of Physical Restraints

## Assessment

1. There is a valid medical justification for restraint use.
2. Physician's orders are obtained prior to implementing a physical restraint.
3. Pre-restraint assessments are completed before restraints are used.
4. Reassessments are completed at least every 30 days.
5. An interdisciplinary team is involved in identifying the underlying problems resulting in the use of restraints.

## Care Plans

6. There is an Individualized plan of care addressing the reasons why the restraint was implemented.
7. The care plan includes measurable goals for gradual restraint reduction.
8. The care plan includes individualized interventions focused on restraint reduction.
9. The care planning process includes an interdisciplinary team approach.

## Outcomes

10. The interventions are implemented.
11. The effectiveness of the interventions is monitored and evaluated.

Quality Monitoring Program <http://www.dads.state.tx.us/providers/qmp/evidence-based-best-practices/nursing-facilities/restraint-reduction.html>

