

SYSTEMS SUMMARY/ TECHNICAL ASSISTANCE SHEET
Restraint Reduction

Facility #: _____

Date: _____

FOCUS AREA: RESTRAINT REDUCTION		
Assessment	Care Plan	Outcome
<p><u>Key Elements for Restraint Assessments include:</u> The restraint has a valid medical justification:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Having a life-sustaining medical device in place that if disrupted would create immediate jeopardy to the individual's health. <input type="checkbox"/> Restrained due to violent behavior posing an immediate threat of injury to self or others within the last 7 days. <input type="checkbox"/> Having a hip/lower extremity fracture without repair or with repair such as an open reduction & internal fixation (ORIF) within the prior 6 weeks to the use of restraints and physician's orders for weight bearing limitations? <input type="checkbox"/> Suffered urethral trauma from self-removal of an indwelling bladder catheter. <p>____ A physician's order is obtained prior to implementing a physical restraint</p> <p>____ A pre-restraint assessment is completed before the use of a restraint</p> <p>____ A re-assessment of a restraint is completed at least every 30 days</p> <p>____ IDT is involved in the identification of the underlying problems resulting in the use of restraints</p>	<p><u>Key Elements for Care Plans include:</u></p> <p>____ Measurable goals for restraint reduction</p> <p>____ Individualized plan of care that addresses the reasons why the restraint was implemented</p> <ul style="list-style-type: none"> <input type="checkbox"/> Care plan focused on temporary use of restraint due to unavoidable circumstances <input type="checkbox"/> Care plan focused on restraint reduction <p>____ Individualized interventions focused on restraint reduction</p> <ul style="list-style-type: none"> <input type="checkbox"/> Time-lines for restraint evaluations <input type="checkbox"/> Gradual restraint reduction <input type="checkbox"/> Risks associated with restraint use and interventions to manage those risks <input type="checkbox"/> Care for individuals during restraint use to avoid possible adverse effects <p>____ Was an interdisciplinary team (IDT) involved in:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Prevention of restraint use <input type="checkbox"/> Use of alternative approaches <input type="checkbox"/> Development of restraint free opportunities 	<p><u>Outcomes include:</u></p> <p>____ Physical restraint is used only as a temporary measure in the presence of a justifiable medical indication</p> <p>____ Individualized interventions identified in the care plan are implemented</p> <p>____ Effectiveness of individualized interventions is monitored and evaluated</p>

NEXT STEPS PLAN: During the wrap-up conference, the facility developed the following plan to address system issues.

The facility staff will:

- 1.
- 2.

RESTRAINT REDUCTION PROVIDER TOOLKIT

Nursing Facility Toolkit

- Alzheimer's Association; Campaign for Quality Residential Care. Dementia Care Practice Recommendations for Assisted Living Residences and Nursing Homes. 2006: http://www.alz.org/national/documents/brochure_DCPRphases1n2.pdf
- NCCNHR; Restraints: The Exception, Not the Rule. October 2007: <http://www.health.nv.gov/HCQC/Restraints-TheExceptionNotTheRule.pdf>
- MedQIC: The Medicare Quality Improvement Community; Restraint Reduction <https://www.cms.gov/Regulations-and-Guidance/Legislation/CFCsAndCoPs/downloads/restraintreduction.pdf>
- New Mexico Medical Review Organization (NMMRO) Physical Restraints <http://healthinsight.org/template/newmexico/nm-health-care-providers/124-nm-patient-safety/nm-nursing-homes/167-physical-restraints>
- The Pennsylvania Restraint Reduction Initiative (PARRI) Process for Eliminating Restraints in Long Term Care <http://kendaloutreach.kendal.org/advocacy-care-initiatives/pennsylvania-restraint-reduction-initiative/>
- The Colorado Foundation for Medical Care http://209.197.249.121/nh/nh_restraint.aspx
- QIO IPRO Physical Restraints Resources <http://qio.ipro.org/nursing-homes-hac/clinical-topics-tools-resources/restraint-clinical-tools-resources>
- Texas Medical Foundation: <http://nursinghomes.tmf.org/Restraints/RestraintToolkit/tabid/548/Default.aspx>
- Texas Department of Aging and Disability Services, Reducing the Use of Restraints in Texas Nursing Homes. <http://www.dads.state.tx.us/qualitymatters/qcp/restrainreduction/index.html>

Clinical Practice Guidelines

- College of Nurses of Ontario (2009). Standards of Care-Restraints. http://www.cno.org/Global/docs/prac/41043_Restraints.pdf
- Registered Nurses Association of Ontario (2012). Promoting Safety: Alternative Approaches to the Use of Restraints. <http://rnao.ca/bpg/guidelines/promoting-safety-alternative-approaches-use-restraints>