

RESTRAINT ALTERNATIVES

Behavior/Medical Condition	Therapeutic Intervention	Environmental & Equipment Intervention
Pacing/ Wandering At Risk for Elopement	<ul style="list-style-type: none"> ✓ Find ways to meet resident's/patient's needs to be needed, loved, busy while being sensitive to their personal space. ✓ Diversional activities that correspond with past lifestyles/preferences. ✓ Consider how medications, Dx, ADL schedule, weather, or other patients/residents effect or relate to wandering. ✓ Evaluate need for a "Day Treatment Program" for targeted residents. ✓ Theme/Memory/Reminiscence Boxes. ✓ Companionship. ✓ Provide opportunities for exercise particularly when waiting. ✓ Pre-meal activities. ✓ Singing, rhythmic movements, dancing, etc. ✓ Identify customary routines and allow for preferences. ✓ Photo collage or album of memorable events. ✓ Structured high energy activity and subsequent relaxation activities. ✓ Alternate rest and activity periods. ✓ Distraction/redirection. ✓ Written/verbal reassurance about where he/she is and why. ✓ Alleviate fears. ✓ Ask permission before you touch, hug etc. ✓ Assess/Evaluate if there is a pattern in the pacing or wandering. ✓ Assess for patients/residents personal agenda and validate behaviors. ✓ Ask family to record reassuring message on tape. ✓ Evaluate for a Restorative Program. ✓ Perform physical workup. 	<ul style="list-style-type: none"> ✓ Remove objects that remind the patient/resident of going home (hats, coats, etc.). ✓ Individualize the environment. Make it homelike. Provide familiar objects. ✓ Large numerical clock at bedside to provide orientation to time of day as it relates to customary routines. ✓ Safe courtyard. ✓ Decrease noise level (esp. overhead paging at h.s.). ✓ Door guards, barrier stripes. ✓ Warning bells above the doors to alert staff of attempted elopement. ✓ Camouflaging of doors. ✓ Visual cues to identify safe areas. ✓ Cover door knobs. ✓ Put mirror at exits. ✓ "Stop" and "Go" signs. ✓ Wanderguard system. Relaxation tapes. ✓ Visual barriers, murals. ✓ Wandering paths. ✓ Room identifiers. ✓ Rest areas in halls. ✓ Floor patterns.

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