

## Physical Restraints: Test Your Knowledge



### QUESTIONS

(True or False)

- 1. T F** A physical restraint is anything attached or near the body that the resident cannot remove easily and restricts movement or normal access to his or her body.
- 2. T F** As an employee of the nursing home, you have the right to decide if a person should be physically restrained.
- 3. T F** Studies have shown that it takes more time to take care of a resident's daily needs than to supervise a restrained resident.
- 4. T F** When a resident is restrained, he or she is three times more likely to be injured in a fall.
- 5. T F** 200 deaths per year are related to the use of physical restraints.

(Flip this card over for the answers.)

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### ANSWERS

- 1. True.** A vest or waist restraint is a common example. They are designed to restrain or restrict your resident's movement. However, many devices we don't think about, like recliners, lap buddies, and bed rails can also be used to restrict a resident's movements.
- 2. False.** In the rare situation where a restraint is applied, this should only occur as a result of a joint decision made by the nurse, physician, other nursing home team members, the resident (if able), and family members. Applying restraints requires a medical symptom that warrants its use, a physician order, and an individualized care plan outlining details of its use.
- 3. False.** Residents who are restrained are much more dependent on their caregivers, and medical problems often get worse when a person's normal movements are restricted.
- 4. True.** For example, a resident climbing over a side rail to get out of bed falls from a much higher level than without the rail.



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