



VA Medical Center
Dayton, Ohio

Promoting Safety
Through The
Use of
Restraints

When

Restraints
Are Needed



Restraints are a reminder to let an individual know they may need staff assistance.



Restraints are used to promote patient safety. Restraints are physical or mechanical devices used to limit a person's body movement. They can be physical such as hand mitts, wrist or ankle straps, waist straps or vest straps.

The health care staff will assess the need for restraints, and many times will use creative alternatives as they try to support the dignity of the person while promoting mobility and safety.

Some of these are: getting the patient up in the chair, use of puzzles, music therapy, television, radio, exercise, talking , bed alarms and of course, keeping the call button accessible at all times.

Restraints may help prevent falls that lead to injury , keep dangerous patients from harming others, and provide some patients with a sense of safety. They can also help health care providers perform certain medical procedures.

Family and friends play a vital role in helping the staff minimize the use of restraints by sharing with the staff information about their loved ones' daily routines, and their

life experiences. Some specific ways families and friends can be of assistance include:

- Bringing in familiar objects
- Creating individualized activity kits such as purses or tool boxes that mean a lot to your loved one.
- Helping maintain their ability to walk by walking with him/her
- Sharing observations and concerns with the staff
- Spending extra time with them during waking hours

Your health care provider and family/friends working together will minimize the need for restraining your loved ones.

Please do not hesitate to contact your health care provider for more information and assistance.

