

# Physical Restraint: An Algorithm

The University of Texas MD Anderson Cancer Center Restraints Improvement Group

## Citation

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## Abstract

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## RULE

Treat or eliminate causes for abnormal behavior. The standard of practice is non-restraint except under unique circumstances after exhausting all reasonable alternatives.

## ALGORITHM

### ASSESS PHYSICAL FACTORS

- Age
- Cognitive Level
- Sleep Pattern
- Nutrition: Thirst /
- Hunger
- Touch
- Comfort
- Physical Activity
- Evaluate Risk Factor And Anticipate Need
- Promote Normal Sleep Pattern
- Meet Needs Of Thirst And Hunger Or Substitute Other Alternatives Ie. Ice Chips

- Therapeutic Touch
- Pain Management
- Rom/Physical Activity
- To Chair And Change Position Every 2 Hours

### ASSESS ENVIRONMENTAL FACTORS

- Noise/Talking
- Lighting
- Placement Of Bed
- Arrangement Of Equipment
- Temperature
- Unfamiliar Objects
- Decrease Noise Level Tape Family Voices/Music
- Keep Day/ Night Light Pattern
- Visual Contact Of Patient
- Keep Equipment Out Of View
- Utilize Blankets/ Fans As Needed
- Religious Objects, Pillows And Blankets From Home

### ASSESS PSYCHOLOGICAL FACTORS

- Anxiety/Fear
- Fatigue
- Depression/Grief Denial

- Paranoia/Mania
- Boredom
- Communication Barrier
- Stress:Postoperative Hospitalization
- Socialization
- Keep Informed And Explain Procedures
- Rest Periods
- Consider Anti-Depressants And Re-Evaluate Medications
- Offer Tv / Radio
- Language Interpreter Utilize Family And Friends/ Hearing Aids/Glasses
- Explore Coping Mechanism, Reaffirm Plan Of Care
- Frequent Reality Orientation, Introduce Team Members
- Support Family Visitation
- Systemic Infective Processes
- Metabolic Disturbance
- Drug Intoxication: Therapeutic And Substance Abuse
- Endocrine Disturbances
- Nutritional Deficiencies
- Frequent Orientation
- Neuro Assessment
- Maintain Airway And Adequate Oxygenation
- Treat Infection/ Temperature
- Treat Electrolyte Abnormalities
- Review Medication And Look For Synergistic Reactions. Treat Withdrawal
- Treat Endocrine Imbalances
- Nutritional Support

### ASSESS PATHO-PHYSIOLOGICAL FACTORS

- Alteration In Cns
- Pulmonary Abnormalities

### References

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