

About Restraints



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Why are restraints needed?

One of our goals at Parkland Health & Hospital System is to help keep our patients safe and comfortable. Sometimes there are changes in a patient's health that may cause them to need to be restrained.

We try to use restraints only when we must, to keep the patient safe. There are strict guidelines about using restraints. Parkland and your doctor follow those guidelines.

First, we make sure that restraints are really needed. We check the patient's medicines, physical condition and signs of stress such as anger, restlessness and thrashing around. Before using restraints, we try other ways to keep the patient safe, such as reminding the patient not to pull on tubes, not to get out of bed without help, and to call for help. If these ways do not work, we choose the most comfortable restraints, while still keeping the patient safe.

How do we care for the patient with restraints?

We check restrained patients often. We take the restraints off whenever we can for meals, bathing or skin care, and to let the patient use the bathroom or bedpan. At these times, someone must be in the room, watching the patient. Our nurses and patient care assistants are trained in patient safety, and know how to use restraints the right way. They will keep checking to be sure the restraints are still needed. As soon as they are not needed for the patient's safety, they will be removed.

We know that patients and their families may worry about the use of restraints. Patient safety and comfort are very important to us.

If you have any questions about restraints, please ask your nurse.