




NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST

Name: _____

Applying Restraints - 1.03B

 This performance checklist must be used by the teacher and student during skill acquisition, guided practice, and independent practice.

 During skill check-off, the student must perform the skill unassisted with 100% competence.

 While the course is being taught, a skill performance summary document/chart *may* be used to verify skills that have been completed. However, verification that the student has demonstrated competency on this skill **MUST** be recorded on the NATS Part II by the conclusion of the course.

WARNING:

Restraint use may increase risk of injuries such as strangulation or entrapment!

About restraints:

1. Restraint is defined as any manual or chemical item or device that is attached to or next to the person's body that limits the person's freedom of movement or body access that the person cannot easily remove.
2. Use of restraints topic of debate for 20 years.
3. Warning: OBRA permits a person to be restrained if:
 - A. It is a part of the plan of care to treat the person's physical, emotional, or behavioral problems.
 - B. Needed to protect other patients or persons from harm.
 - C. Ordered for medical reason, the order includes the body part to be restrained, the device to use, and the amount of time the restraint is to be used.
 - D. Least restrictive method is used.
 - E. Person agrees to the use of the restraint.
 - F. Person's dignity and quality of life are protected.

Applying Restraints - 1.03B

Basic Guidelines:

1. Never apply a restraint without a doctor's order.
2. Never apply a restraint if the person refuses it.
3. Never apply a restraint without fully understanding how the device should be used.
4. If a resident is restrained, the restraint and skin under the restraint must be checked at least every 15 minutes.
5. The resident's restraint must be released every 2 hours, skin care given, resident repositioned, and restraint reapplied as ordered.

Basic Restraint Procedure(s)

- | | |
|--|--|
| | 1. Receive directions from supervisor. Knock before entering room. |
| | 2. Address resident by name. State your name and title. |
| | 3. Identify resident. Explain procedure and obtain permission. |
| | 4. Wash hands. Provide privacy. |
| | 6. Select the type of restraint ordered and select the correct size for the resident. |
| | 7. Position resident in good bodily alignment for the type of restraint being used. |
| | 8. Apply restraint according to the type* of restraint and manufacturer's instructions. |
| | 9. Apply straps appropriately.
<u>Wheelchair Use:</u> <ul style="list-style-type: none">• Straps to prevent sliding should always be over the thighs NOT around waist or chest when the safety belt is used in a wheelchair.• Straps should be at a 45 degree angle and secured to the chair under the seat, not behind the back when the safety belt is used in a wheelchair. <u>Bed Use:</u> <ul style="list-style-type: none">• Secure straps to moveable part of the bed frame using a slipknot. Never tie to bedrails.• Leave 1-2 inches of slack in the straps• Tie straps out of the resident's reach |
| | 10. Monitor resident's circulation and resident's tolerance to restraint. |
| | 11. Record actions and report any abnormal observations to supervisor. |

Mitten Restraint*

- Hands must be clean, dry and padded when applying mitt restraints.
- **Check pulse, color and temperature of hand every 5 minutes because resident cannot press call bell... Offer help with toileting, offer fluids, reposition**

Wrist Restraint (Limb Restraint)*

- Place soft edge against skin wrapping smoothly around wrist
- Pull secure and check fit by inserting two fingers between skin and restraint
- Position limb in comfortable position but limit movement as necessary
- **Check pulse, color and temperature of hand every 15 minutes... Offer help with toileting, offer fluids, reposition**
- Tie to **moveable** part of bed frame or wheelchair using slipknot
- <http://www.wonderhowto.com/how-to/video/how-to-tie-a-slip-clove-hitch-knot-251459/> *Link checked 7-23-2014. This video has sound.*
- NEVER TIE TO BED RAILS....be sure call light is in reach

Jacket or Vest Restraint*

- Vest restraints are worn over clothing and **must not restrict breathing.**
- Slip sleeves over arms and positions V-area in the front
- Cross strap in back and pull through hole in jacket
- Secure straps to frame and check for tightness, comfort, and movement limitations
- **Check pulse, color and temperature and breathing of resident in vest restraint every 15 minutes...** Offer help with toileting, offer fluids, reposition. Call light in reach of resident

Safety Belt Restraint*

- Place belt over top of clothing in front, passing ties across back
- Check restraint to be sure there are no wrinkles and that restraint **does not restrict breathing.**
- Put ties through belt slots,
- **Check position of restraint and breathing every 15 minutes... Offer help with toileting, offer fluids, reposition. Be sure call light in reach**

Instructor's Initials: _____ Date: _____