**Basic Responsibility**

## Licensed Nurse, Nursing Assistant (under the supervision and direction of a licensed nurse) and Interdisciplinary Team

## Purpose

# To ensure that the residents are free from physical or chemical restraints imposed for purposes of discipline or convenience and that are not required to treat the resident’s medical symptoms. When the use of restraints is indicated, the Ohio Living facility will always use the least restrictive alternative for the least amount of time and document ongoing re-evaluation of the need for the restraint.

## Definition of Terms

**Physical Restraints** are defined as any manual method, physical or mechanical device, equipment, or material that meets all of the following criteria:

* Is attached or adjacent to the resident’s body
* Cannot be removed easily by the resident
* Restricts the resident’s freedom of movement or normal access to his/her body.

*Examples that meet the definition of a physical restraint include, but are not limited to:*

* Using bed rails that keep a resident from voluntarily getting out of bed;
* Placing a chair or bed close enough to a wall that the resident is prevented from rising out of the chair or voluntarily getting out of bed;
* Placing a resident on a concave mattress so that the resident cannot independently get out of bed;
* Tucking in a sheet tightly so that the resident cannot get out of bed, or fastening fabric or clothing so that a resident’s freedom of movement is restricted;
* Placing a resident in a chair, such as a beanbag or recliner, that prevents a resident from rising independently;
* Using devices in conjunction with a chair, such as trays, tables, cushions, bars or belts, that the resident cannot remove and prevents the resident from rising;
* Applying leg or arm restraints, hand mitts, soft ties or vests that the resident cannot remove;
* Holding down a resident in response to a behavioral symptom or during the provision of care if the resident is resistive or refusing the care;
* Placing a resident in an enclosed framed wheeled walker, in which the resident cannot open the front gate or if the device has been altered to prevent the resident from exiting the device; and
* Using a position change alarm to monitor resident movement, and the resident is afraid to move to avoid setting off the alarm.

**Manual method** means to hold or limit a resident’s voluntary movement by using body contact as a method of physical restraint.

**Position change alarms**” are alerting devices intended to monitor a resident’s movement. The devices emit an audible signal when the resident moves in certain ways.

**Chemical Restraint** is defined as any drug that is used for discipline or convenience and not required to treat medical symptoms.

**Discipline** is defined as any action taken by the facility for the purpose of punishing or penalizing residents.

**Convenience** is defined as the result of any action that has the effect of altering a resident’s behavior such that the resident requires a lesser amount of effort or care, and is not in the resident’s best interest.

**Medical Symptom** is defined as an indication or characteristic of a physical or psychological condition.

# **Procedure**

Restraining a resident is always a last resort after all other options have been exhausted.

1. If a restraint is required:
   1. A medical symptom for use of the restraint must be present (resident safety is NOT a medical symptom).
   2. It will be the least restrictive alternative for the least amount of time
   3. Documentation of ongoing re-evaluation of the need for restraints will be followed.
   4. On-going restraint reductions will be performed.
   5. A physician’s order is required
   6. An informed consent will be obtain
      1. Requests from a resident or the resident's legal representative for inappropriate restraint use will not be followed.
2. Develop or review resident care plan for type of restraint, reason for use, alternate methods to be used and method of application
3. On-going restraint reductions will be performed.