



DR. PABLO O. TORRE
MEMORIAL HOSPITAL

RIVERSIDE MEDICAL CENTER, INC.



METRO PACIFIC HEALTH
THE HEART OF FILIPINO HEALTHCARE

DEPARTMENT: Nursing Service Division		POLICY NUMBER: DPOTMH-IPP-NSD-P027 (01)	
TITLE/DESCRIPTION: PATIENT RESTRAINT AND SAFETY POLICY			
EFFECTIVE DATE: February 28, 2025	REVISION DUE: February 27, 2028	REPLACES NUMBER: N/A	NO. OF PAGES: 1 of 6
APPLIES TO: Nursing Service Division		POLICY TYPE: Internal	

PURPOSE:

The purpose of this policy is to ensure the safe, ethical, and last-resort use of physical restraints to protect patients and others, maintain medical treatment integrity, and promote dignity while prioritizing less restrictive interventions.

DEFINITIONS:

Physical Restraints-Any device, material, or equipment attached to or near a patient that restricts movement or access to one's body.

RESPONSIBILITY:

Head Nurse and Staff Nurse

POLICY:

1. Restraints shall only be used as a last resort when all less restrictive interventions have failed to ensure patient or staff safety.
2. The use of restraints shall adhere to fundamental moral standards, respect the patient's rights, and follow the rules and guidelines set by the healthcare facility
3. The least restrictive type of restraint shall always be used to achieve the intended safety outcome.
4. All restraints applied to a patient must be authorized by a doctor's order.
5. Monitoring of restrained patients exhibiting violent behavior shall be conducted every hour for the first two consecutive hours, followed by monitoring every two hours thereafter.
6. Prior to applying restraints, the patients' nearest kin must sign a consent form.
7. Restraints and consent are valid for only 24 hours.





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PROCEDURE (SOP):

1. Doctor/Attending assess the patient's condition to determine the need for restraint to ensure the safety of the patient and others after all attempts of less restrictive interventions—such as verbal de-escalation, environmental modifications, and enhanced supervision—have been unsuccessful.
2. The nurse obtains a doctor's order stating the type and the reason for its use.
3. The nurse ensures that the patients' nearest kin understands the purpose of the use of restraints and signs the Patient Restraint consent form.
4. For Application of the restraints:
 - Nurse gathers the required restraint devices (e.g., cotton straps)
 - Nurse ensures proper sizing and inspect for any damage or defects.
 - Nurse ensures privacy is observed.
 - Nurse positions the patient comfortably to avoid harm during application.
 - Nurse shall secures the restraint to the designated area (e.g., bed frame) ensuring:
 - It is not too tight to compromise circulation.
 - It allows for some movement to prevent discomfort.
 - The nurse use quick-release knots for emergency removal.
5. The nurse documents the reason for using restraints and any changes observed in the patient's condition in the medical record.





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WORK INSTRUCTION:

KEY TASK	PERSON RESPONSIBLE
1. Obtains a doctor's order stating the type and the reason for its use.	Nurse
2. Ensures that the patients' nearest kin understands the purpose of the use of restraints and signs the Patient Restraint consent form.	
3. Gathers the required restraint devices (e.g., cotton straps).	
4. Ensures proper sizing and inspect for any damage or defects.	
5. Ensures privacy is observed.	
6. Positions the patient comfortably to avoid harm during application.	
7. Secures the restraint to the designated area (e.g., bed frame).	
8. Documents the reason for using restraints and any changes observed in the patient's condition in the medical record.	
9. Assess the patient's condition to determine the need for restraint to ensure the safety of the patient and others after all attempts of less restrictive interventions—such as verbal de-escalation, environmental modifications, and enhanced supervision—have been unsuccessful	Attending Physician





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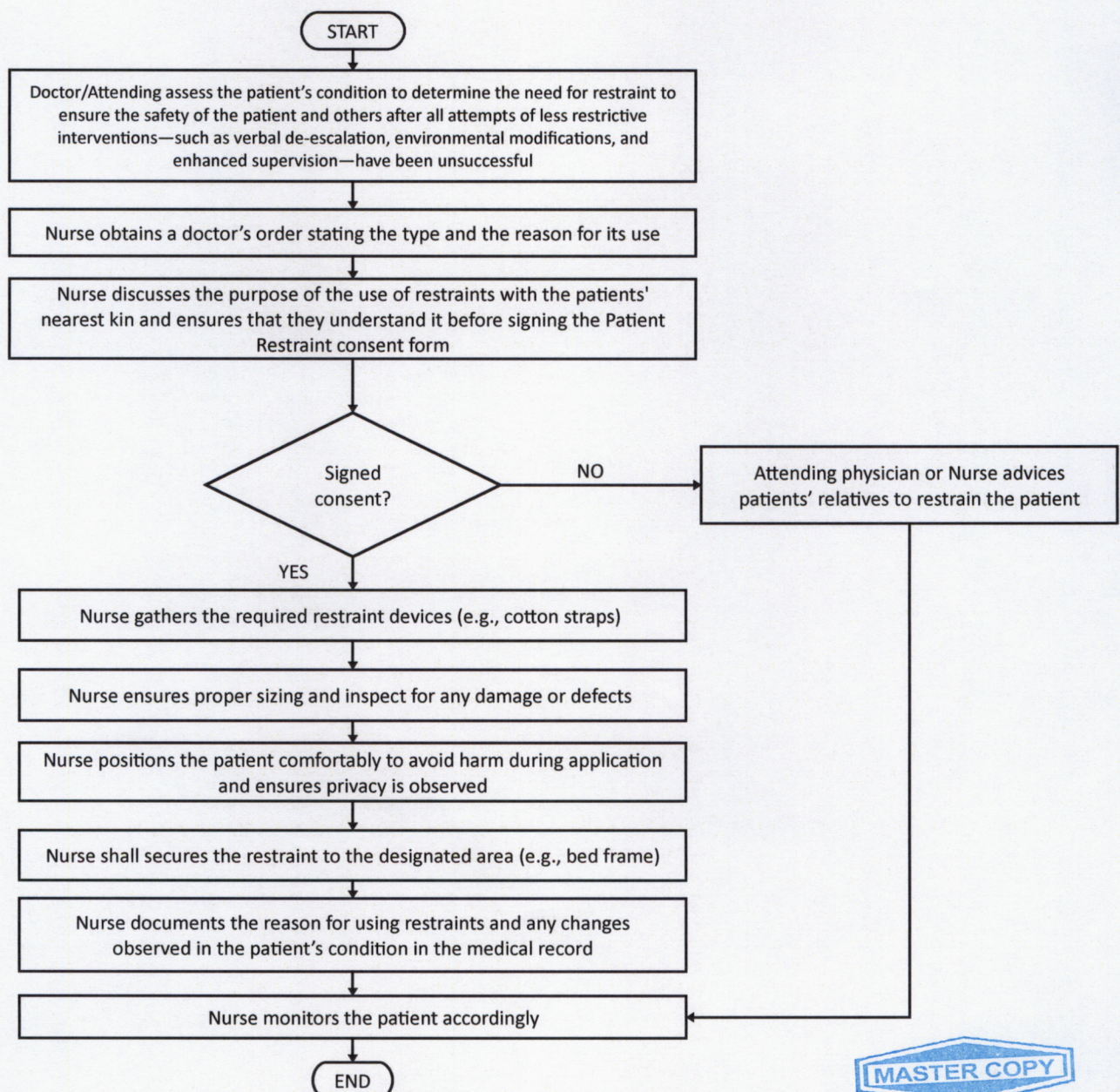
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WORK FLOW:



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FORMS:

1. DPOTMH-NSD-F043 (01)-Patient Restraints Consent Form
2. DPOTMH-NSD-F044 (01)-Restraint Monitoring Sheet

EQUIPMENT: N/A

REFERENCES:

1. **World Health Organization (WHO).**
 - WHO Guidelines on Patient Safety and Dignity in the Use of Restraints. Geneva: World Health Organization. (2019).
2. **Joint Commission Standards.**
 - Joint Commission Accreditation Manual for Hospitals: Standards Related to Restraint and Seclusion (RC.02.01.05, PC.03.05.01). Joint Commission Resources. (2021)
3. **Centers for Medicare & Medicaid Services (CMS).**
 - Conditions of Participation: Patient Rights (42 CFR §482.13). U.S. Department of Health and Human Services. (2019).





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APPROVAL:				
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