



About Behavioral Restraints

Information for patients and families

Patient Safety

In our effort to provide the best care possible, we may sometimes use restraints to help keep patients safe. Restraints are only used if:

- We have tried other less restrictive measures without success.
- The immediate safety of the patient or unit is under threat.

Restraints are never used for punitive reasons or in place of inadequate staff resources.

On admit the staff works with the patient, their family, or other significant people in the patient's life, to help identify techniques that help the patient take control of his or her behavior. These techniques can then be offered during times when the patient may need to increase control over unsafe behaviors.

Special Care

When a patient is placed in restraints the nursing staff provides continuous observation and meets the patient's need for comfort, emotional support, fluids, nourishment, use of bedpan, changes in position and frequent checks to ensure proper circulation.

All restraint episodes are reviewed. Patients are asked for input about where improvements could possibly have been made and their perspective on the use of restraints.

Questions?

Call 206-598-3898

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

**7-North Inpatient
Psychiatry
206-598-3898**

UWMC Philosophy of Restraint Use

We make every effort to:

- Prevent, reduce, or eliminate the use of restraints.
- Intervene early in response to patient behavior that has the potential to lead to the use of restraints.
- Use non-physical interventions as the preferred method for safety.
- Limit the use of restraints to those situations in which there is risk of the patient harming self or other, including staff.
- Stop the use of restraints as soon as possible.
- Be aware of how the use of restraints may be experienced by the patient.
- Preserve the safety and dignity of the patient when the use of restraints is required.

Please talk with the health care provider or nurse caring for you or your family member if you have questions. We are happy to talk to you about your concerns.

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