

RESIDENT _____

DATE	PROBLEM	GOAL	TO DATE	INTERVENTIONS	RESP DISC
	<p>Restraint</p> <p>Potential for discomfort, injury, and loss of autonomy related to use of Physical Restraint</p> <p>Reason used:</p> <p>Alternative measures attempted:</p> <p>Bed rail Full/half/one side</p> <p>Bed placed against wall and the other side blocked by one or more rails</p> <p>Veil screen</p> <p>Enclosed bed system</p> <p>Trunk restraint</p> <p>Vest or waist restraint, belts used in wheelchairs</p> <p>Limb restraint - Hand, arm, foot, or leg restraint, Mittens</p> <p>Other</p>	<p>Resident will be free from discomfort and injury, and autonomy will be maintained at highest possible level</p>		<p>Make sure restraint is applied properly and in comfortable position, check every 30 minutes, release every two hours for ten minutes, and document</p> <p>Check with resident frequently to ascertain needs</p> <p>Toilet resident per schedule and request</p> <p>Provide adequate fluid intake and nourishment</p> <p>Make sure resident attends activities, and is provided with adequate stimulation</p> <p>Exercises to maintain range of motion as per Restorative care plan</p> <p>Provide verbal reminders to resident to call when needing assistance</p> <p>Keep call light and most frequently used personal items within reach</p> <p>Explain procedure to resident and family and discuss with them possible alternatives</p> <p>Attempt reduction or removal of restraint weekly and prn, and document</p>	

	<p>Chair prevents rising Chair with locked lap board Chair that places resident in a recumbent position that restricts rising Chair that is soft and low to the floor that restricts rising</p> <p>Enclosed framed wheeled walker, Merry Walker</p> <p>Used less than daily Used daily</p> <p>Used in Bed Used in Chair or Out of Bed</p>			<p>See Falls Care Plan</p> <p>Monitor for potential negative outcomes: Declines in the resident's physical functioning (e.g., ability to ambulate) and muscle condition Contractures Increased incidence of infections and pneumonia UTI Compromised circulation Skin Breakdown Bruising Abrasions Withdrawal from social activities Agitation Depression Sensory deprivation Delirium Decreased appetite Sleeping pattern disturbance Incontinence Constipation</p>	
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