

Alternative Interventions to Restraint - Acute Care Inpatient - Adult

Causes	Alternative options
<i>Medical Problems (e.g., fluid overload, dehydration, infection, drug toxicity, offending medications)</i>	- Prompt treatment and ongoing evaluation.
<i>Presence of Pain</i>	- Scheduled analgesia. - Positioning and other non-pharmacologic interventions (such as massage, distraction, relaxation devices). - Appropriate analgesic type and dose (avoid meperidine), ongoing pain assessment and evaluation.
<i>Unmet Care Need</i>	- Attend regularly to the needs of toileting, nutrition, hydration, comfort and sleep. - Address sensory impairment.
<i>Fear and Anxiety</i>	- Companionship and/or supervision. - Reassurance and calm approach. - Distraction techniques.
<i>Tampering with Tubes or Lines; Pulling IV's, NG's or OG's</i>	- Frequent reassessment of need for therapy/treatment. - Kling wrap the IV site.
<i>PEG tubes or Gastric tubes</i>	- Use abdominal binder or a foam binder to eliminate the sight of the tube.
<i>Confused Elderly patient</i>	- Use soft cloth dolls to keep hands occupied. Consider dolls with large fur covered pockets, zippers, Velcro shoe laces, etc.
<i>Agitated patient</i>	- Reassurance and calm approach. - Consider relaxation music, television, walks on the unit. - Consider unmet needs. - Have a family member or friend visit the patient.
<i>Elderly patient with a fall/ Gait instability and weakness</i>	- Refer to Geriatrics or Falls Prevention Clinic to determine the cause of the fall and management plan. - Physiotherapist and/or Occupational Therapist to assess and recommend possible strategies. - Use foam cushion on chairs in order to make it difficult to get up from the chair. Use Chair alarms. - Non-slip grip soled slippers or running shoes to assure safety. - Walk with the person. - Individual gripper pads for chairs or beds to prevent sliding out and falling.
<i>Environment</i>	- Ensure there is enough light for the patient to see clearly. - Avoid rooms near areas of high traffic and noise. - Consider alarm devices. - Develop a routine/regular patient checks.