

Resources on Proper Application of Restraint For Emergency Departments/Urgent Care Centres

Type	Key Points	Resources
Pinel	Available as: <ul style="list-style-type: none"> • Limb cuff • Long utility strap to control the upper body to prevent head butting, biting and powerful rotational punches • Waist belt: to prevent them from falling out of bed or the chair. Allows the patient to move comfortably, i.e., rolling and sitting • Complete set 	HPSP Resource Webpage: Pinel Restraint Video Pinel Restraining Instructions Pinel Medical You Tube Channel https://www.youtube.com/watch?v=r5wwrMTx4rl https://www.youtube.com/watch?v=kugMpvvE8pw
Segufix	Description: <ul style="list-style-type: none"> • Quick restraints for shoulder, hand, foot, thigh 	Instructions: https://www.segufix.com/PDFs/safetyPDFs/SafetyInfo.pdf
Limb holders	Indications: <ul style="list-style-type: none"> • Patients assessed to be at risk of disrupting life-saving treatment • Patients picking, pulling, scratching or peeling that exacerbates a skin condition, causes self-injury, or compromises wound site integrity Description: <ul style="list-style-type: none"> • Foam ankle and wrist restraint <u>or</u> disposable quilted cuff available • Secures to movable portion of the bed with quick-release buckles or ties • Adjustable size fits pediatric or adult limb Always secure straps, to a movable part of the bed or chair frame, out of the patient's reach, using quick-release ties or buckles.	Lippincott Procedures: Restraint Application, Limb Video – Secure-All Disposable Limb Holder
Posey mitts	Indications: <ul style="list-style-type: none"> • Patients who disrupt medical treatment by pulling at their IV line/catheter or are prone to self-injury. Description: <ul style="list-style-type: none"> • One size fits most adults (unless otherwise noted). 	Lippincott Procedures: Restraint Application, Mitt

<p>Posey 5th Point</p>	<p>Indications:</p> <ul style="list-style-type: none"> For patients already restrained at all four extremities who require supplemental restraint of the thighs, pelvis, or chest. <p>Description:</p> <ul style="list-style-type: none"> Helps provide supplemental restraint to prevent “bucking” in a patient restrained at all four extremities. Secures to movable part of the bed using a quick-release or locking buckle. One size fits all. 	<p>Posey 5th Point Restraint Application Instructions</p>
<p>Spit Hood/ Protective Hood</p>	<ul style="list-style-type: none"> A type of restraint sometimes used for Police Services and Emergency Medical Services (EMS) protection during conveyance. For use on those persons where a risk of exposure to infectious disease, to care providers, is present. Accompanied by wrist restraints. Spit hoods interfere with airway assessment and management, and introduce considerable risk e.g. if the patient is vomiting or choking. Protective hoods may impact patient’s vision and hearing, adding to agitation. 	<ul style="list-style-type: none"> Placing these patients in a treatment space upon arrival is a priority – EMS and police services should communicate to the triage team ahead of arrival. Removal of the hood is a priority Constant visual supervision is required until the transfer of custody (care) to AHS staff. Staff must wear appropriate protective gear, at which time the spit hood should be removed. There may be a temporary need to maintain wrist restraints until the tension of the situation dissipates and a therapeutic relationship can be established.

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