



## Notice for Protective Physical Restraint

Protective physical restraint is defined as a device attached to a patient's body to prevent patients from harming him/herself or others, pulling medical devices, falling injury and to facilitate examination and medical treatment.

When patients are restrained, we'll try our best to meet their biological and physiological needs, such as maintain the feeling of cleanness, comfort and safety. Therefore, the following instructions need your cooperation.

### 1.Limb restraints - wrist restraint strap



Indications: Wrist strap is commonly used to prevent patients who are undergoing anesthesia, unable to communicate, attempting to pulling out medical devices or catheters.

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All information above has been reviewed by Medical and nursing specialists  
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## 2. Gloves restraints



Indications: The gloves restraint strap used to prevent the patient self-removal medical device, such as nasogastric tube accompanied by family members. The enhanced gloves restraint strap used in patients attempt to take off the strap.

## 3. Trunk restraint- Strap jacket



Indications: The trunk restraint is suitable for those who are under agitation, unable to sit tight, and under irritable condition. But the usage period shall not be too long and it can be combined with the above protective restraints.

## 4. The risk of the physical restraint

According to the literature review, there are little restraint-related complications, for example, ischemia, skin lesion, peripheral edema, the risk of falling, and loss of expectations.

## 5. The nursing care of physical restraint

(1) To prevent block circulation of the extremities during restraint, the nurse will adjust at least 1 or 2 fingers space to maintain a comfortable position.

(2) The nurse keeps close and regular observation of patient's extremities circulation conditions, for example, color, sensation, temperature, and activity. If the patient has any uncomfortable situation, please inform your nurse as soon as possible.

(3) Every 2 hours, the nurse adjusts the restraint strap to avoid ischemic

from extremities and help patients change position or chest care.

- (4) For some patient who is alert, we will teach the patient how to use a nursing call to notify nurses if needed.
- (5) When you are accompanied with the patient, the nurse will teach you to maintain patient's physical comfort, for example, educate family members to clean patient's body, massage and passive activities of the extremities. If you go out of the bedside, please inform your nurse at first.
- (6) During the physical restraint, the nurse strives to meet patient's needs and observes any complications of ischemia of extremities.
- (7) In addition to providing the better care when restraint, so that the medical team assess it every day, and cancel it as soon as possible.