**Suggested Answers to Assignments, Chapter 14, Patient Safety and Restraint Alternatives**

| Written Assignments | Learning Objective(s) |
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| Assignment #1. Students to complete Chapter 14 of *Lippincott Workbook for Nursing Assistants.* | 1–9 |
| Assignment #2. Students will fill out incident reports accurately, and will label the situations as follows:   1. Accident 2. Accident 3. Incident 4. Accident | 1, 5 |

| Group Assignments | Learning Objective(s) |
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| Assignment #1. Students’ responses might include:   * Mr. Wilson could fall asleep while smoking. He could be severely burned or burned to death. * He could set fire to the facility, resulting in the injury and death of multiple residents and the loss of property. * Measures to prevent this might include:   + Supervise him while smoking.   + Keep smoking materials at the nurses’ station where Mr. Wilson can come to get them so supervision can be provided. | 2, 3, 4 |
| Assignment #2. Students’ responses should include:   1. Long or loose clothing or shoes with inadequate foot support or slippery soles could lead to tripping. 2. The additional support offered by rails may be all that is needed to allow a person to move about safely and independently. 3. Offering assistance allows the person to remain independent while minimizing the risk of falls. 4. Gait and balance training, along with exercise and restorative care, can help reduce falls in the elderly person by improving strength and mobility. 5. Using a piece of equipment improperly can be just as hazardous as not using it at all. 6. Malfunctioning or broken equipment increases a person’s risk for accidents. 7. A person who cannot see clearly is more at risk for falls. 8. Keeping walkways clear of obstacles reduces the risk of falling. It also prevents a person from hitting their head against a piece of large furniture in the event of a fall. 9. Proper lighting enhances the ability to see. Removal of obstructions minimizes the risk for falling over them. 10. Keeping the bed in lowest position reduces distance from bed to floor should the person fall out of bed. Locked bed wheels prevent the bed from rolling during cares or transfers. 11. Side rails should always be lowered unless the person’s medical condition requires the protection offered by the side rails being raised. 12. Floor mats can help prevent or lessen an injury caused by falling out of a low bed. However, they should be used with caution because they can actually cause a person to fall when they stand up. 13. Prevents falls resulting from a person trying to make it up to the bathroom without assistance. 14. Wet surfaces may not be obvious and greatly increase the risk of slipping and falling. 15. Allows the staff to “keep an eye” on a person and to assist with walking on a regular basis, minimizing the chance of a fall. 16. Falls and other accidents often occur when a person is unfamiliar with his or her surroundings. 17. Locked wheelchair wheels and forward-facing front wheels help make the wheelchair more stable and less likely to tip over. | 2, 3, 4 |
| Assignment #3. Students should provide the following rationale:   1. OBRA and state laws protect patients and residents from being unnecessarily restrained. 2. Physically and emotionally, the use of restraints has a very negative impact on the person’s quality of life. 3. Minimizing the use of restraints is important to preserve the person’s quality of life. 4. If restraint is too large, the person may be able to remove it partially or completely, increasing the risk for falling and strangulation. If too small, restricted blood supply to areas beyond the restraint can result. If a restraint is in poor condition, it may not properly restrain the person. 5. Clothing offers a layer of protection between the restraint and the skin. 6. Easy-to-release knots must be used so the person can be released quickly in an emergency. Placing them out of the reach of the person prevents removal and possible fall or strangulation. 7. Checking for sensation and blood flow can prevent permanent tissue or nerve damage. Prevents the person from feeling abandoned. 8. Releasing restraints allows you to reposition the person and assist with physical needs. 9. In a litigation situation, any action not recorded is considered not done. 10. Incorrect use of restraints can result in death. | 7 |

| Clinical Assignments | Learning Objective(s) |
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| Assignment #1. Students watch Module 12 of *Lippincott Video Series for Nursing Assistants.* | 6–9 |
| Assignment #2. Student activity should result in:   * Greater awareness of risk factors * Recognition of what can be done to minimize the chance that an accident will occur * Empathize with the sensory deficits of patients and residents | 2, 3, 4 |
| Assignment #3. Demonstrate procedures in Chapter 13, including the use of an “easy-release” knot. Observe and assist students practicing. | 6, 7, 9 |
| Assignment #4. Invited nurse from the clinical site should discuss:   * Physical restraints used in the facility * Chemical restraints used in the facility * OBRA regulations * Complications associated with restraint use * Restraint alternatives used in the facility * Documentation policy and procedure used in the facility | 6, 7, 8, 9 |

| Web Assignments | Learning Objective(s) |
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| Assignment #1. Students can enter “restraint alternatives” to access such sites as:   * <https://www.tmfnetworks.org/Portals/0/Resource%20Center/RestraintAlternatives.pdf> | 8 |
| Assignment #2. Students can enter “death due to restraint use” to access such sites as:   * <http://www.ncbi.nlm.nih.gov/pubmed/22334818> | 7 |