**Discussion Topics, Chapter 14, Patient Safety and Restraint Alternatives**

| Topics for Discussion | Learning Objective(s) |
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| 1. Mrs. Updown is an 84-year-old resident of Park Manor Nursing Home. She had a stroke a couple of months ago and has hemiplegia of the right upper extremity and severe weakness of the right lower extremity. She also has impaired memory. Mrs. Updown was always able to move about independently before her stroke. Now she must have assistance to move about in bed, to transfer to her wheelchair and toilet, and to ambulate. She often forgets she cannot get up on her own and tries to get up without assistance.   1. What are the risk factors Mrs. Updown has for accidents? 2. How can you help Mrs. Updown avoid accidents? | 2, 3, 4 |
| 2. Mabel Falling is 74 years old. She is chronically ill with Alzheimer’s dementia. Because of her arthritis, she is quite stiff and shuffles her feet when she walks. She needs assistance to get up, transfer, and walk. It was reported to you that she has fallen two times this week because she does not remember to call for help before getting up. This morning you enter her room just in time to see her falling as she tries to get out of bed.   1. What is your responsibility concerning Mabel’s fall? 2. There are things that can be done to avoid using restraints. What could you do as an alternative to using restraints to keep Mabel safe? | 2, 5, 8 |
| 3. You are caring for John, a confused elderly man who had abdominal surgery yesterday. He does not know where he is or what is happening to him. He has a nasogastric tube in place, an indwelling catheter in his bladder, and an IV in his left arm. He is continually pulling at these tubes and has removed his abdominal dressing. A volunteer stayed during the night to watch over him, but he has pulled out his IV, and it needs to be restarted. The nurse called the doctor and got an order for 2-point mitt restraints.   1. After the mitt restraints are applied, what are your responsibilities while assigned to this patient? 2. What are some signs and symptoms related to the use of these restraints that should be reported to the nurse immediately? | 5, 6, 7 |