

## CHAPTER 14 PROCEDURE CHECKLISTS

### PROCEDURE 14-1

#### Applying a Vest Restraint

##### Getting Ready

1. Complete the “Getting Ready” steps.

S	U	COMMENTS
<input type="checkbox"/>	<input type="checkbox"/>	_____

##### Procedure

2. Get help from a nurse or another nursing assistant, if necessary.	<input type="checkbox"/>	<input type="checkbox"/>	_____
3. Assist the person to a sitting position by locking arms with him or her.	<input type="checkbox"/>	<input type="checkbox"/>	_____
4. Support the person's back and shoulders with one arm while slipping the person's arms through the armholes of the vest using your other hand. Apply the restraint according to the manufacturer's instructions. The vest should cross in the front, across the person's chest.	<input type="checkbox"/>	<input type="checkbox"/>	_____
5. Make sure there are no wrinkles across the front or back of the restraint.	<input type="checkbox"/>	<input type="checkbox"/>	_____
6. Bring the ties through the slots.	<input type="checkbox"/>	<input type="checkbox"/>	_____
7. Help the person to lie or sit down.	<input type="checkbox"/>	<input type="checkbox"/>	_____
8. Make sure the person is comfortable and in good body alignment.	<input type="checkbox"/>	<input type="checkbox"/>	_____
9. If the person is in a chair, thread the straps under the armrests and tie behind the chair (to keep the person seated) according to the manufacturer's directions. If the person is in bed, attach the straps to the bed frame out of the person's reach, never the side rails. Always use the quick-release knot approved by your facility.	<input type="checkbox"/>	<input type="checkbox"/>	_____
10. Make sure the restraint is not too tight. You should be able to slide a flat hand between the restraint and the person. Adjust the straps if necessary.	<input type="checkbox"/>	<input type="checkbox"/>	_____
11. a. Raise the side rails if the person is in bed.	<input type="checkbox"/>	<input type="checkbox"/>	_____
b. Lock the wheels and make sure front wheels are facing forward if the person is in a wheelchair.	<input type="checkbox"/>	<input type="checkbox"/>	_____

##### Finishing Up

12. Complete the “Finishing Up” steps.	<input type="checkbox"/>	<input type="checkbox"/>	_____
13. Check on the restrained person every 15 minutes.	<input type="checkbox"/>	<input type="checkbox"/>	_____

**14.** Release the restraint every 2 hours and:

**a.** Reposition the person.

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**b.** Meet the person's needs for food, fluids, and elimination.

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**c.** Give skin care and perform range-of-motion exercises.

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**15.** Reapply the restraint.

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**PROCEDURE 14-2****Applying Wrist or Ankle Restraints****Getting Ready**

1. Complete the “Getting Ready” steps.

S	U	COMMENTS
<input type="checkbox"/>	<input type="checkbox"/>	_____

**Procedure**

2. Get help from a nurse or another nursing assistant, if necessary.
3. Apply the wrist or ankle restraint following the manufacturer’s instructions. Place the soft part of the restraint against the skin.
4. Secure the restraint so that it is snug, but not tight. You should be able to slide two fingers under the restraint.
5. Attach the straps to the bed frame. Always use the quick-release knot approved by your facility.
6. If applying more than one restraint, repeat steps 3 through 5.
7. Raise side rails if person is in bed.

<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____

**Finishing Up**

8. Complete the “Finishing Up” steps.
9. Check on the restrained person every 15 minutes.
10. Release the restraint every 2 hours and:
  - a. Reposition the person.
  - b. Meet the person’s needs for food, fluids, and elimination.
  - c. Give skin care and perform range-of-motion exercises.
11. Reapply the restraint.

<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____

**PROCEDURE 14-3****Applying Lap or Waist (Belt) Restraints****Getting Ready**

1. Complete the “Getting Ready” steps.

S	U	COMMENTS
<input type="checkbox"/>	<input type="checkbox"/>	

**Procedure**

2. Get help from a nurse or another nursing assistant, if necessary.
3. If the person is in a chair, assist him or her to a proper sitting position, making sure that the person's hips are as far back against the back of the chair as possible. (If the person is in a wheelchair, make sure the brakes are locked first, the front wheels are facing straight forward, and position the footrests to support the person's feet.)
4. Wrap the restraint around the person's abdomen, crossing the straps behind the person's back.
5. Bring the ties through the loops at the sides of the restraint, according to the manufacturer's directions.
6. Make sure the person is comfortable and in good body alignment.
7. Thread the straps under the armrests and secure the straps out of the person's reach, at the back of the chair. If the person is in the bed, secure the straps to the bed frame, not the side rails, out of reach of the person. Always use the quick-release knot approved by your facility.
8. Secure the restraint, making sure it is not too tight. You should be able to slide a fist between the restraint and the person.
9. Raise side rails if person is in bed.

<input type="checkbox"/>	<input type="checkbox"/>	
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<input type="checkbox"/>	<input type="checkbox"/>	
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<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	

**Finishing Up**

10. Complete the “Finishing Up” steps.
11. Check on the restrained person every 15 minutes.
12. Release the restraint every 2 hours and:
  - a. Reposition the person.
  - b. Meet the person's needs for food, fluids, and elimination.
  - c. Give skin care and perform range-of-motion exercises.
13. Reapply the restraint.

<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
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