

Medical Restraints

Keeping Patients Safe
While in Our Care

What are medical restraints?

Medical restraints are tools and techniques that are sometimes used to calm or confine a patient who might be a danger to themselves or others.

Violent or self-destructive restraints include confinement or seclusion. They are used when a patient is acting aggressive or threatening others. Violent restraints include physical restraints, physical holds, or seclusion.

Seclusion is when a patient is placed alone in a room or area from which they cannot leave. Seclusion is only used for the management of violent or self-destructive behavior.

Physical holds are considered a type of restraint. A physical hold is when staff needs to hold a patient against his or her will. A physical hold limits their movement or access to their body.

When are medical restraints used?

In general, medical restraints are only used in the following situations:

- To protect the immediate safety of the patient, staff, or others
- As a last resort and when less restrictive options have failed

Restraints, seclusion or physical holds are never used as a means of force or to punish a patient. Nor are they used as a tool for staff or as a means of retaliation.

The least restrictive form of restraint is always used first. Restraints, seclusion or physical holds are stopped as soon as it is safe to do so.

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