

Restraints: Literature Review

Claire Zumbahlen

Lakeview College of Nursing

Dr. Ariel Wright

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Restraints: literature review

The use of restraints limits a person's freedom and is often used to help with unsafe or problematic behavior in the healthcare setting. Therefore, it is essential to determine if restraints in the healthcare setting outweigh the potential harm if restraints are in place. Preventing potential harm for a patient is essential to be sure they have the best outcomes possible.

Physical and Pharmacological Restraints in Hospital Care: Protocol for a Systematic Review

Physical and chemical restraints are still being used often in the hospital setting by health care professionals. However, potential harm is often associated with using restraints such as malnutrition, bedsores, falling, incontinence, and mental deterioration (Bruijn et al., 2020). Therefore, when using restraints, the potential harm should be studied. This article looks at the benefits with the adverse effects to determine if using restraints is worth the possible negative outcomes.

Key Points

This study shows the harmful effects of using physical and pharmacological restraints. Complications often occur in many patients, including falls, adverse drug interactions, pressure ulcers, contractures, ADL dependence, or agitation (Bruijn et al., 2020). In addition, the length of stay can often be longer due to the adverse effects of the restraints (Bruijn et al., 2020).

Assumptions

After looking at both the benefits and adverse effects of using chemical and physical restraints in the hospital, they hope that health care professionals will choose to refrain from using restraints (Bruijn et al., 2020). Their research shows that the adverse effects of restrains outweigh the positive effects. Since the adverse effects outweigh the positive effects, it is best to refrain from using restraints in many cases.

Deficit/Conclusion

The authors' line of reasoning is valid. This article is looking at the benefits and drawbacks of using restraints. If nurses do not accept this practice with patients, there could be a deficit in proper care. This study shows how it is essential to cut back on restraints due to the number of adverse effects that outweigh the positive effects.

Second article title here

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Key Points

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Assumptions

Paragraph goes here discussing the assumptions of the article. Follow the MEAL paragraph formatting and use Grammarly.com.

Deficit/Conclusion

Paragraph goes here discussing the conclusion of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Do you accept the authors' line of reasoning? What are the implications for this article? If nursing fails to accept this line of reasoning, what would the implications be?

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Key Points

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Deficit/Conclusion

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Conclusion

Write a conclusion here in your overall paper. Follow the MEAL paragraph formatting and use Grammarly.com. Provide a summary/conclusion of the analysis of all three articles.

Discuss how the information can improve:

- Patient outcomes
- Nursing practice
- Evidence-based practice/Quality Improvement efforts
- Healthcare as a whole

References

Bruijn, W., Daams, J. G., van Hunnik, F. J., Arends, A. J., Boelens, A. M., Bosnak, E. M., Meerveld, J., Roelands, B., van Munster, B. C., Verwey, B., Figee, M., de Rooij, S. E., & Mocking, R. J. (2020). Physical and Pharmacological Restraints in Hospital Care: Protocol for a Systematic Review. *Frontiers in Psychiatry, 10*(921).
<https://doi.org/10.3389/fpsy.2019.00921>

*As you can see the reference is centered and is not bolded. The first line is NOT tabbed over, all other lines are, this is called hanging indentation. All references are double spaced. All sources should be listed in alphabetical order. Be sure to use the APA 7th edition and guide for your reference page.