

Lab Day: Ticket to Enter

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Date: 8/23/25

1. What is a restraint? Name the three different types of restraints.
 - A restraint is any device, method, or medication used to restrict a person's movement, activity, or access to their own body in order to protect them or others from harm.
 - Physical (hand mitts, wrist restraints, ankle restraints)
 - Chemical (sedation)
 - Seclusion (isolated)
2. What are some nursing interventions or least restrictive alternatives to using restraints?
 - Modify the environment to fit the client the best, such as reducing noise and removing hazards from the room. Playing music may also help the client relax and adapt to the situation with ease.
3. When can restraints be used? Are there any contraindications?
 - Restraints should only be used during emergency and uncontrolled situations. For example if a combative client is getting violent to the nursing staff, then they should be restrained, and a doctors order should be signed as soon as possible. A contraindication to this includes that it may result in a more combative behavior or aggression.
4. Who can apply restraints? Who is responsible for assessing the patient after they have been restrained?
 - Restraints may be applied by a trained healthcare professional and the individual who placed the restraint such as the nurse is responsible for obtaining a provider's order.
5. What should be assessed after a restraint is utilized and how often should an assessment occur?
 - After restraints are applied, the nurse must assess the patient's circulation, skin integrity, respiratory status, vital signs, comfort, hydration, elimination, and emotional state, while also evaluating the ongoing need for the restraint. Assessments should be made at least every 15-30 minutes for behavioral restraints and every 2 hours for medical-surgical restraints, or more frequently if required by facility policy.
6. When should the restraint be discontinued?
 - A restraint should be discontinued if a order is not obtained within the time needed and during the time of the restraint expiring.
7. A provider has provided a restraint order for a patient who is at risk of harm to self and others. What information should be on the order?

- A restraint order should include the type of restraint, reason for use, date and time, duration, any special instructions, and the provider's signature.
8. A 24-hour restraint order has been written on 8/24/23 at 1353 for patient X. The nurse knows a new order will need to be obtained _____ later if it is to be continued.
 - 24 hours (1353 on 8/25/23)
 9. Can a nurse initiate a restraint order in an emergency? What will need to be done if restraint is initiated in an emergency?
 - Yes, the nurse may initiate a restraint order during an emergency however, an order from the provider should be obtained within a specific time period or the restraints need to be removed.
 10. What is an intentional tort? Are nurses liable for intentional tort or voluntary acts? Videbeck p. 150
 - An intentional tort is a deliberate, purposeful act by one person that causes harm or injury to another. Psychiatric nurses may also be liable for intentional torts or voluntary acts that result in harm to the client. Example: assault, battery and false imprisonment.
 11. A patient is having a seizure. What are some nursing actions the nurse should implement? Videbeck p. 260. (Name 3-4)
 - Stop medication; notify physician; protect client from injury during seizure; provide reassurance and privacy for client after seizure.
 12. T or **F**: The nurse should stick something in the patient's mouth to prevent the patient from biting his tongue during a seizure.
 13. **T** or F: The nurse should provide a safe environment and remove items from the area to prevent injury.
 14. T or **F**: The nurse should tie a person down to prevent the patient from moving.
 15. T or **F**: The nurse should keep the person in supine position during a seizure.

The student will be tested off on multiple skills on their skills day. It is the student's responsibility to review these skills in their Taylor's skills book. Additional information regarding the mental health environmental safety assessment (which is the situational assessment) can be found in Edvance 360. Open lab time is available if the student would like to practice these skills before skills day.