

Skill Checklists for Taylor's Clinical Nursing Skills.
A Nursing Process Approach, 5th edition

Name Laura DuncanDate 8/25/25

Unit _____

Position _____

Instructor/Evaluator: _____

Position _____

SKILL 4-3

Implementing Alternatives to the Use of Restraints

Excellent	Satisfactory	Needs Practice	Goal: The use of restraints is avoided and the patient and others remain free from harm.	Comments
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Perform hand hygiene and put on PPE, if indicated.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. Identify the patient.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. Explain the rationale for interventions to the patient and family/significant others.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. Include the patient's family and/or significant others in the plan of care.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. Identify behavior(s) that place the patient at risk for restraint use. Assess the patient's status and environment, as outlined above.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. Identify triggers or contributing factors to patient behaviors. Evaluate medication usage for medications that can contribute to cognitive and movement dysfunction and to increased risk for falls.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. Assess the patient's functional, mental, and psychological status and the environment, as outlined above.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. Provide adequate lighting. Use a night light during sleeping hours.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. Consult with primary care provider and other appropriate health care providers regarding the continued need for treatments/therapies and the use of the least invasive method to deliver care.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. Assess the patient for pain and discomfort. Provide appropriate pharmacologic and nonpharmacologic interventions.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11. Ask a family member or significant other to stay with the patient.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12. Reduce unnecessary environmental stimulation and noise.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13. Provide simple, clear, and direct explanations for treatments and care. Repeat to reinforce, as needed.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14. Distract and redirect using a calm voice.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15. Increase the frequency of patient observation and surveillance; 1- or 2-hour nursing rounds, including pain assessment, toileting assistance, patient comfort, keeping personal items in reach, and meeting patient needs.	