

Chapter 12 Restraint Alternatives and Restraints Study Guide

Terms to know:

Physical Restraint

Chemical Restraint

Freedom of Movement

Remove Easily

Enabler

Entrapment

False Imprisonment

Restraint Alternatives:

Restraints are not preferred. When a resident is having harmful behaviors, there is usually a reason for the behavior.

- What should the nurse do about the behavior the resident is displaying? (Remember restraints are the last option).
- Where would you find information about your resident's restraint alternatives?
- Know restraint alternatives
- How do you handle the resident who wanders?
- What furniture options can be given as restraint alternatives?
- What can be done to prevent falls?
- What type of actions can be taken to avoid the use of restraints and support the emotional needs of your resident?

Restraints:

- Why are restraints used? Or when is it ok to request a restraint?
- Know what survey teams are looking at when restraints are in use?
- Besides soft restraints that are applied to a resident and then tied, what other items can be considered a restraint when in use?
- What are risks from restraint use? What is a serious risk?
- What happens is death occurs? What must be done?
- list the 6 laws that apply to restraints and be able to explain each
- Know the safety measures that need to be taken when using restraints
- ***Before applying a restraint, what must you do? How do you know what restraint to use? How do you know to use it correctly?
- ***When applying the restraint, how do you position the resident?

- ***if you need to apply a jacket restraint, How do you do it? Where does it open?
- ***if you need to apply a vest restraint, where does it open?
- ***Read about bed rail covers
- After applying the restraint what steps do you need to do to provide care to your resident?
- ***What do you need to do after applying a vest or jacket restraint?
- ***What do you need to do after applying a posey vest? What do you check or observe?
- ***What do you need to do if the posey mitt or limb restraints are in place? What do you check or observe?
- ***What is a role belt?
- ***When you do a safety check of the room, what do you do?
- ***How often do you check on your resident who is in restraints? At what time MUST they come off and for how long MUST they be off?
- Rights and respect for the patient
- How can promote independence and self esteem?

Past information:

- Define acute?
- Know different health team members roles and who can delegate roles to others. Can you delegate to the nurse? Can the RN delegate to you?
- What are the rights to delegation?
- How many hours of theory are required? How many hours of clinical are required? How many times can someone take the state test and fail?
- What is trustworthiness? What is self awareness? What is honesty? What is being cheerful?
- How do identify residents? What do you call them?
- What is comfort? What is pain? Are the subjective or objective?
- In what direction do you move beds to save your back and be comfortable when giving care?
- Hair Care—steps to provide and complete it
- What bed position requires a MD order?

Chapter 13 Preventing Infection

Vocabulary:

Asepsis

Contamination

Sterilization

Disinfection

Microbes

Carrier

Healthcare Associated Infection

Be able to describe the differences between Standard Precautions, Transmission Based Precautions, Medical Asepsis, and Sterile Technique

Be able to describe the difference between local, systemic, and nosocomial infection.

What is a sign? What is a symptom? How are they different?

What is the chain of infection? Where does it start? What are the different steps?

How do you wash your hands? What are the rules for handwashing? What are the steps for using an alcohol based rub?

Why do we use Isolation precautions? Give examples of Standard Precautions and Transmission based precautions. What are the rules for Isolation precautions?

How do you don and doff PPE? When do you use specific PPE items? When do you change PPE?

How do you bag contaminated items?

What is the Bloodborne Pathogen Standard? How do bloodborne pathogens exit the body? How can you protect yourself from bloodborne pathogens? How do you handle infectious material? How do you clean up after a spill of infectious material?

How do you handle broken glass?