

Taichung Armed Forces General Hospital
Leaflet of Inpatient Nursing Instructions

約束護理指導

Sir/Lady:

Restraint nursing instructions

I. Purpose: To prevent patients from harming themselves or others, to prevent accidents of patients with impaired consciousness or agitation, and to assist in medical procedures.

II. Restraint methods:

(1) Wrist restraint: (Figure 1)

- 1 Pass the Velcro strap through the metal ring, then fold it back and secure it. For the appropriate tightness, there should be space for two fingers to fit, allowing enough movement for the wrist or ankle.
- 2 Tie the two straps in a slipknot and attach them to the bed frame. (Figure 2)

(2) Glove restraint: (Figure 3)

- 1 Check the palm, fingers, and wrist for cleanliness. If necessary, assist the patient with hand washing and drying, especially the spaces between the fingers.
- 2 Put on the restraint glove and secure the straps to the bed frame.
- 3 Place the palm of the hand on a firm surface to prevent the patient from grabbing onto tubes, which causes them to slip out. (Figure 4)

III. Precautions:

- (1) For the patient's safety, please stay by the patient's side. If the nurse notices that family members are not accompanying the patient, the nurse will make an effort to bring them back.
- (2) When applying restraints, assist in removing any potentially dangerous items on the patient, such as lighters, bracelets, and sharp objects.
- (3) Do not tie the restraint to the bed rails to avoid injury to the arm when moving the bed rails.
- (4) Regularly check if the limb is turning black or red, if the restraint is too tight, or if there is pain. Ask the patient for numbness, and check if the restrained limb is warm, swollen, or if there is any skin breakdown, etc.
- (5) Always attend to the patient's physiological needs and make an effort to understand the patient's expression, such as thirst, bathroom needs, and discomfort.
- (6) Do not loosen the restraint arbitrarily or leave the patient alone.
- (7) If you need to temporarily leave the patient's room, inform the nurse to ensure enhanced monitoring.
- (8) When the patient's condition stabilizes and he/she is willing to cooperate with medical procedures, the doctor will be asked at a proper timing to assess removal of the restraint.
- (9) When removing the restraint, always stay with the patient to ensure his/her safety.

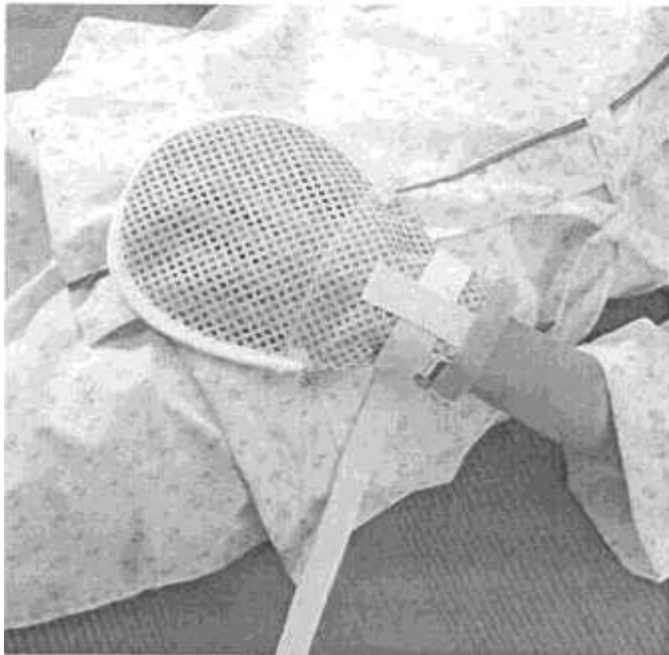
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圖三、手套約束法



圖四、手套正確約束



If you are still unclear about something or have any questions, please contact the nursing station in the ward.