

**BEAUMONT HEALTH**  
**Rehab Services**  
**Restraints/Alternatives Competency Checklist**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Unit: \_\_\_\_\_

Position: \_\_\_\_\_

<b>Performance Criteria</b>	<b>Met</b>	<b>Unmet</b>
<p>1. Demonstrates correct application and removal of the following devices:</p> <p><b>Soft padded belt (Non-self release and Self-release):</b></p> <ul style="list-style-type: none"> <li>• Position patient with belt around waist area (with soft foam side facing in) allow patient to sit up in bed.</li> <li>• Bring the straps around behind the patient to “crisscross” in the back and then continue the straps through the positioning loops on the end of the blue foam pad (loops on non-self release only).</li> <li>• Secure the straps at waist level to the movable part of the bed frame out of the patients reach using a quick release tie.</li> </ul> <p><b>Soft wrist/soft ankle:</b></p> <ul style="list-style-type: none"> <li>• Wrap the padded quilted pre-assembled limb holder over the patient limb securing with Velcro closure and quick release buckle facing outward, allowing for circulation to the extremity.</li> <li>• Secure connecting strap to the bed by wrapping once around the movable part of the bed frame prior to securing the quick-release buckle.</li> </ul> <p><b>Mitt:</b></p> <ul style="list-style-type: none"> <li>• Slide mitt on hand with extra fiberfill padding to palm side (both sides have padding, but palm side padding has extra)</li> <li>• Secure Velcro allowing for circulation to extremity.</li> <li>• Slide belt through both loops and secure, if applicable.</li> </ul>		
<p>2. Demonstrates securing devices, using a quick release knot/buckle/lock that is out of the patient reach to:</p> <p><b>Bed frame:</b></p> <ul style="list-style-type: none"> <li>• Position person in middle of the mattress</li> <li>• Verbalizes that proper size product must be used</li> <li>• Use quick release ties or buckle to secure straps at waist level</li> </ul> <p><b>Chair/Wheelchair:</b></p> <ul style="list-style-type: none"> <li>• The belt should be snug but comfortable over the thighs to help minimize the possibility of the patient sliding</li> <li>• The belt should be at 45 angle to hold the patient’s hips in the back of the chair</li> <li>• Secure straps out of patient’s reach by attaching the straps around the back post of the chair by crossing and twisting before securing to each side of the chair using a quick release tie.</li> <li>• Attach under the chair out of the patient’s reach-<b>never tied behind the back of the chair</b></li> </ul>		
<p>3. Demonstrates use of Alternative Devices to restraints</p> <p><b>Activity Apron:</b></p> <ul style="list-style-type: none"> <li>• Verbalizes that device provides visual and tactile stimulation for patients with diminished cognitive function.</li> </ul> <p><b>Velcro Wrap Around:</b></p> <ul style="list-style-type: none"> <li>• Position wrap around patient with Velcro closure in front of patient for self-release. (If positioned in the back, this requires assisted release, and this is considered a restraint)</li> <li>• Apply around waist area to provide torso support and to help prevent patient from sliding forward.</li> </ul> <p><b>Skin Sleeves:</b></p> <ul style="list-style-type: none"> <li>• Apply to camouflage or cover protective area</li> </ul>		

Evaluator Name: \_\_\_\_\_

Date: \_\_\_\_\_ 8/5/15 rc