



Restraints Checklist

Refer to Restraints Clinical Standard and [Behavioral & Excited Delirium](#) COG.

Restraints Checklist

- All other calming attempts have failed, which include at minimum verbal de-escalation and/or reduced stimulation.
- Adequate personnel to effect restraint, with consideration to include law enforcement.
- Place patient in supine position restrained with 1 arm up and 1 arm down, unless clinically contraindicated.
- Law enforcement must be immediately available if handcuffed.
- EMS personnel in constant attendance.
- Chemical sedation administered, if required.
- Continuous EtCO₂, SpO₂, ECG, and vital sign monitoring.
- Continuous assessment of neurovascular status every 15 minutes, which includes pulse, motion, sensation in all extremities.
- Adequate personnel for transport.
- Excited delirium considered.
- Physical and/or chemical restraints reviewed on a periodic basis.
- Above documented fully in ePCR, including: Efforts prior to restraint, Time of restraint, Chemical sedation, Continuous monitoring, Neurovascular status evaluation