

Restraints (≥ PL1)

Clinical Indications:

1. Any patient who may harm to self or others, may be gently restrained to prevent injury to the patient or crew.

Contraindications:

1. None in the emergency setting.

Notes/Precautions:

1. Physical or chemical restraint must be humane and used only as a last resort.
2. Other means to prevent injury to the patient or crew must be attempted first, and could include:
 - a. Reality orientation
 - b. Distraction techniques
 - c. Verbal distraction
 - d. Less restrictive therapeutic means
3. Use of the Restraints Checklist is required.

Procedure:

1. Attempt less restrictive means of managing the patient.
2. Request law enforcement assistance.
3. Ensure that there are sufficient personnel available to physically restrain the patient safely.
4. Restrain the patient in a lateral or supine position. No devices such as backboards, splints, or other devices will be placed on top of the patient. The patient will never be restrained in the prone position.
5. The patient's upper extremities should be restrained with 1 arm at or above the level of the head and 1 arm at or below the waist level if possible; unless clinically inappropriate.
6. The restrained patient must be under constant observation by a ≥ PL4 credentialed provider at all times. This includes direct visualization of the patient as well as cardiac and pulse oximetry monitoring.
7. The extremities that are restrained will have a circulation check at least every 15 minutes. The first of these checks should occur as soon after placement of the restraints as possible. This MUST be documented on the PCR.
8. Documentation on the patient care report (PCR) should include the reason for the use of restraints, the type of restraints used, and the time restraints were placed. Use of the Restraint Checklist is required.
9. If the above actions are unsuccessful, or if the patient is resisting the restraints, sedation should be utilized in accordance with the Behavioral/ Excited Delirium Guideline. At this time the patient must be constantly monitored by a ≥ PL5 Credentialed Provider with ECG, EtCO₂, SPO₂ capabilities.
10. If a patient is restrained by law enforcement personnel with handcuffs or other devices EMS personnel cannot remove, a law enforcement officer must accompany the patient to the hospital in the transporting EMS vehicle or be immediately available.