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- PC.29.2 Monitoring requirements for both physical and chemical restraints are clearly identified in the policy including equipment needed and the type and frequency of monitoring and its documentation.
  - PC.29.3 Patients are restrained only after an order by the most responsible physician or designee.
  - PC.29.4 The restraint order should be renewed at least every 24 hours.
  - PC.29.5 Patients are restrained as described in the relevant policy.
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**Standard Intent:**

Hospitals provide a variety of services, some of which are considered high risk that can cause harm to the patient as restraint. Restraint must be limited for only indicated patients. Hospital must develop a policy to guide the process of restraint to ensure patient safety as priority. Only the most responsible physician or a designee can give orders for restraint and the orders should be reviewed at least every 24 hours to verify the need to continue the restraint.

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**PC.30 Restraints are applied safely and in accordance with professional standards and applicable laws and regulations.**

- PC.30.1 The most responsible physician assesses and decides on the indication, the most suitable type, and the time required for applying restraints.
- PC.30.2 The most responsible physician performs periodic assessment and reassessment as dictated by the patient's condition (particularly, blood circulation to the limbs restrained).
- PC.30.3 The least restrictive and most effective means of restraints are always used.
- PC.30.4 Use of restraints must be appropriate and safe for patient and staff, used as a last resort, and in conformance with applicable laws and regulations.
- PC.30.5 Patient's dignity and rights are protected and preserved, including preventing visibility by others and covering the patient when attending to the patient's physical needs.
- PC.30.6 Nursing staff provide periodic monitoring of the restrained patient.
- PC.30.7 Patients are reassessed on a frequent basis (at least hourly and as appropriate).
- PC.30.8 Appropriate interventions are performed when the patient's circulation is being impaired.
- PC.30.9 Appropriate interventions are performed for side effects related to major tranquilizers.
- PC.30.10 All assessments, reassessments, monitoring findings, orders, and interventions are properly documented in the patient's medical record.
- PC.30.11 An alarm system is available in the room and at nursing station for immediate help or assistance.
- PC.30.12 Staff members involved in restraint are trained and competent.