

We Should Stop Using Patient Restraints

The screenshot shows the EssayPro website homepage. At the top left is the EssayPro logo and navigation links: "How To Order", "Reviews", "About Us", and "Write My Essay". On the top right, there are links for "DBA: EPRO", "Log In", and a blue "Sign Up" button. The main banner features a student sleeping at a desk with a pen holder. The text on the banner reads: "WRITING SERVICE AT YOUR CONVENIENCE", "You - Send us your homework", "We - Do it all for you", and "Grab your original paper for just \$10 per page with a free plagiarism report included". A blue "Write My Essay!" button is present. A "Calculate the price" calculator is overlaid on the right, showing options for "Writing", "Rewriting", and "Editing", with "Writing" selected. It also shows "Essay (any type)", "College", "2 weeks", "1 page / 275 words", "Double spaces" (selected), and "Single spaces", resulting in a price of "\$11.4" with a flame icon. A blue "Write My Paper" button is at the bottom of the calculator. Below the banner, there are three rating sections: "EssayPro Reviews" with a 4.9 rating, "ResellerRatings" with a 4.9 rating, and "Sitejabber" with a 4.8 rating.

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Physical restraints are used to prevent someone from falling out of bed or a chair. Although restraints may prevent some falls or accidents, they cause significant risks. Many residents have been seriously hurt while trying to escape improperly applied devices. Serious injury, entrapment, and strangulation can and does occur. The other common side effects include decreased appetite, and decrease in mobility, and increase in illness. Diminished independence and social contact, loss of dignity, withdrawal, depression, anxiety and agitation.

When used properly, most psychoactive drugs have potential side effects. The dangers with this multiply quickly when these drugs are used as chemical restraints. Although the risks vary, some common side effects are sedation, disordered thinking, constipation, nausea, low blood pressure and muscle disorders and one problem tends to lead to another. For example, residents who are over sedated face most of the same side effects caused by physical restraints.

Health care has many options to help improve safety, including the following examples:

The use of pads and pillows to support in a comfortable and safe position, adapting and

tailoring chairs to ensure comfort and safety. If using a wheelchair, make sure it is the correct size, comfortable and in good condition. Staff must respond quickly to physical needs such as hunger, thirst, toileting needs, exercise and sleeping. Tailor care and care giver assignments to resident preferences, not just the hospital or nursing home schedule. Provide therapy or restorative care to improve patient abilities to stand, transfer and walk safely. The use of devices that monitor efforts to rise from bed unattended and helping the patient get in and out of bed as frequently as they [need](#) to be as comfortable and independent as they need. Staff, facilities, must provide a safe area of residents to ambulate/walk, remove hazardous objects, such as over the bed tables and cluttered rooms, dining rooms, activity rooms and hallways.

A variety of strategies may be needed to improve care and to avoid restraints. The health care setting must carefully assess the symptoms that cause concern for resident's health and safety.

Residents and families have the legal right to accept or refuse any type of care or treatment, including restraints and if all facilities were restraint FREE, this would not be an issue. As; it stands now, your doctor must seek a consent and disclose, at the minimum, the following information (CANHR long term care justice and advocacy April 7, 2009)

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