

執行『病人約束』家屬說明書

Pamphlet for Family Members

Regarding Patient Restraints

Published by Cathay General Hospital Nursing Department.

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■ Why Must We Restrain Patients ?

- For treatment purposes, in-hospital patients may have IV catheters, nasogastric tube, endotracheal tube, Foley catheter, and wound drainage tubes, etc. When patients have impaired consciousness or emotional instability, they might unintentionally pull or even remove the tubes, which may cause bleeding in minor cases or endanger their lives in severe cases.
- Even patients without consciousness disturbance who are sleeping might unintentionally pull the tubes or catheters on their bodies because of their uncomfortable nature, which is very dangerous as well.

■ When patients' medical condition deteriorates, they might hurt themselves or harm others. Insisting on getting out of the bed will result in fall injuries. Therefore physical restraints are necessarily to protect patients from harm.

■ Common Restraint Sites

We will choose the sites depending on the patients' conditions. For example, wrists, chest, knees, ankles, or even entire body if necessary.

■ Common Restraining Tools



Restraint strap
(wrist)



Restraint strap
(ankle)



Restraint straps plus ping pong gloves (wrists and ankles)



Torso restraint strap (body)

Torso restraint strap (knees)

■ Precautions When Restraining Patients

- After restraining patients, check breathing pattern and blood circulation every 30 to 60 minutes including skin color, warmth, and possible skin abrasions of the restrained limbs.

- Nursing staff should loosen patient's restraints at least once every 2 hours or every predetermined time interval for at least 5 min. They will also need to change patient's positions, help them perform full articular movements, feed, clean and assist them if they need to use the restroom.
- During ICU visiting hours patient's physical restraints may be loosened depending on their co-operation and family members may help them perform full articular movements. However, nursing staff must be informed if family members are to leave the patient's bedside in order to prevent patients from unintentionally pulling their tubes or catheters when left unattended.
- When patients are persistently restless, only one side of the restraints should be loosened. During this period, **either family members or nursing staff must be by the bedside** to prevent patients unintentionally pulling the tubes or catheters on their bodies.
- The nursing staff will consistently assess patients' conditions and remove restraints when appropriate as early as possible.

This information is for your reference only. If you have any questions regarding any medical condition, please discuss with your doctor.

Should you have any inquiries, please contact

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We will be more than happy to serve you.

Sincerely, Cathay General Hospital.

A5000.426.2016.03 初訂

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