

Physical Restraint Care Planning Tip Sheet

Regulatory Requirement

State Operations Manual, Appendix PP, Comprehensive Care Plans (42 CFR §483.20(k)): The facility must develop a comprehensive care plan for each resident that includes **measurable objectives** and **timetables** to meet a resident's medical, nursing, mental, and psychosocial needs that are identified in the comprehensive assessment. The care plan must describe the following:

1. The services that are to be furnished to attain or maintain the resident's highest practicable physical, mental, and psychosocial well-being.
2. Any services that would otherwise be required but are not provided due to the resident's exercise of rights, including the right to refuse treatment.

Care Plan Development

The care plan is the "how to" of resident care. It establishes a course of action that moves a resident toward a specific goal, utilizing individual resident strengths and interdisciplinary expertise. Keep in mind that for care planning to be effective, it also must be dynamic: the care plan must be a working document that is updated with changes in the resident's problems, needs, and strengths.

- Involve the resident and family in development of the care plan, at the discretion of the resident.
- Include the reason for using a restraint, the type of device used, when and how is to be used, and how it helps the resident to attain or maintain the highest practicable physical, mental, and psychosocial well-being.
- Develop individualized interventions and measurable goals related to providing the highest functional status and least restrictive environment.
- Develop approaches/interventions to minimize the potential for decline associated with restraint use; include approaches for restraint elimination.
- Document the person(s) responsible for implementing and achieving the goal stated on the care plan.
- Update and revise the care plan as required.
- Ensure that appropriate members of the interdisciplinary team have documented the interventions they have attempted and the outcomes.

Care Plan Interventions

Design interventions not only to minimize or eliminate the medical symptom, but also to identify and address any underlying problems causing the medical symptom. Interventions that could be incorporated in care planning include

- providing restorative care to enhance abilities to stand, transfer, and walk safely
- providing an assistive device, such as a trapeze, to increase a resident's mobility in bed
- placing the bed lower to the floor and surrounding the bed with a soft mat
- providing frequent monitoring by staff, with periodic assisted toileting for residents who attempt to get up to use the bathroom
- furnishing visual and verbal reminders to use the call bell for residents who are able to comprehend this information and are able to use the call bell device
- providing exercise and therapeutic interventions, based on individual assessment and care planning, that may assist the resident in achieving proper body position, balance, and alignment, without the potential negative effects associated with restraint use