
What are restraints?

Restraints are devices used to help keep patients safe. They may be used:

- To protect children from harming themselves or others – either on purpose or by accident.
- To immobilize, restrict or prevent movement.
- After surgery.
- When equipment or tubes are in place that are important to a child's safety and care. This may include:
 - A breathing tube.
 - A urine drain (or catheter).
 - An I.V. line to give fluids and medicines.

Why does my child need restraints?

Talk with your child's care team about why your child needs restraints. Within Children's, trained, qualified staff:

- Use restraints only after other methods have been tried.
- Choose the least limiting restraint possible.
- Closely monitor patients often to ensure they remain safe and to ensure restraints are removed as early as possible.

What are the types of restraints?

Some types of restraints include:

- Soft restraints. They are made of soft fabric that restricts movement of the wrists or ankles.
- Enclosed beds. This special bed:
 - Has mesh panels with zippers on all 4 sides. Only staff may zip and unzip the enclosed bed.
 - Is used in children older than 2 years of age who can walk.
 - Gives a child freedom to move in bed, while also keeping them from getting out of bed without help.
- Hand mitts. They are made of soft fabric that covers the hand and prevents a child from using their fingers to pull on tubes or to scratch.
- Elbow restraints (also called elbow immobilizers or welcome sleeves). These are made of soft, stiff fabric that prevent a child from bending their elbow
- Limb restraints. These are stronger than soft restraints and are made of stiff fabric that restricts movement of the wrists or ankles.

There are many other types of restraints, and each type has detailed guidelines for use. Talk with your child's care team about the type of restraint that is used for your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Restraints, continued

Who can put on and take off restraints?

Only trained, qualified staff (like your child's nurse) may put on and take off restraints.

Can my child eat and use the bathroom with restraints?

Yes! A member of your child's care team will make sure your child eats, drinks, stretches and goes to the bathroom if it is safe to do so.

How long does my child need restraints?

A trained, qualified member of your child's care team will take off the restraints as soon as possible and when it is safe for your child.

What do I do if I have concerns about my child's safety?

Talk with your child's nurse or doctor **right away** if you have concerns about your child's safety.

Also talk with your child's care team if you have questions or any other concerns.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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