Learner Feedback Questions #349

1. The goal for restraint use in mental health settings, as outlined in position papers issued by the American Psychiatric Nurses Association and other healthcare organizations, is to:
   a. use when chemical restraints are ineffective
   b. eliminate restraints whenever possible
   c. use when no other interventions can de-escalate an aggressive patient
   d. eliminate restraints unless the attending physician orders they be applied

2. Nurses need practice guidelines and standards for the use of restraints for all the following reasons EXCEPT:
   a. restraints are viewed as treatment failures
   b. the experience is traumatic for patients
   c. the experience is traumatic for staff
   d. to reduce their incidence of being sued for malpractice

3. Restraints should not be used with patients who:
   a. are over age 65
   b. have signed "no restraints" to be used in treatment in their informed medical consent
   c. have experienced sexual trauma or have been held as prisoners
   d. have two or more medical comorbidities

4. The Joint Commission requires patients in behavioral restraints be evaluated every:
   a. 5 minutes
   b. 10 minutes
   c. 15 minutes
   d. 30 minutes

5. According to Joint Commission policy, if a patient is placed in behavioral restraints, an order must be obtained from a licensed independent practitioner within:
   a. 1 hour
   b. 4 hours
   c. 12 hours
   d. 24 hours

6. When rapid de-escalation of a patient is required:
   a. mechanical restraints are applied
   b. chemical restraints should be avoided
   c. mechanical and chemical restraints can be initiated together
   d. injectable chemical restraints should be avoided

7. The most effective way to reduce restraint use in any patient setting is to:
   a. educate the staff about the no-restraint policy and then immediately implement
   b. require staff to write an incident report if restraints are used; the nurse manager should debrief with staff and reiterate how to handle a restraint situation
   c. educate staff about no-restraint policy, allow them to express feelings and initiate when staff are comfortable with the change
   d. move the culture away from custodial to patient-centered care; work with patients to develop their own de-escalation plans

8. Research findings about restraint use generally indicate the primary reason for their continued use is:
   a. patient needs
   b. hospital needs
   c. family and visitor needs
   d. state regulations have not changed

9. Restraint use, as part of the patient’s treatment plan, should be explained to the patient and family:
   a. prior to admission
   b. during the admission process
   c. the first time the patient shows indication of the need
   d. during the immediate post-restraint discussion with staff

10. Using the Four S model to achieve de-escalation in patients, the “structure” technique staff can use includes:
    a. modifiy the environment to reduce stimuli
    b. listen and talk to the patient
    c. explanation of limit-setting of behavior and adhering to it
    d. the use of diversionary activities integrated with therapies

Evaluation

1. I can describe when and how to safely use behavioral restraints for adult patients.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

2. I can acknowledge when restraints should not be used and the hazards involved with using restraints.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

3. I can describe ways to participate in the thoughtful assessment of alternatives to restraint use.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

4. The objectives relate to the overall goal of the article.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

5. The article is well-written and logically organized, and defines terms adequately.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

Restrains in Psychiatric Settings

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Registration/Answer Form #349

LEARNER FEEDBACK QUESTIONS

1. A B C D E
   a. U.S. agency
   b. state regulations have not changed
   c. family and visitor needs
   d. patient needs

2. A B C D E
   a. educate the staff about the no-restraint policy
   b. require staff to write an incident report if restraints are used; the nurse manager should debrief with staff and reiterate how to handle a restraint situation
   c. educate staff about no-restraint policy, allow them to express feelings and initiate when staff are comfortable with the change
   d. move the culture away from custodial to patient-centered care; work with patients to develop their own de-escalation plans

3. A B C D E
   a. 5 minutes
   b. 10 minutes
   c. 15 minutes
   d. 30 minutes

4. A B C D E
   a. mechanical restraints are applied
   b. chemical restraints should be avoided
   c. mechanical and chemical restraints can be initiated together
   d. injectable chemical restraints should be avoided

5. A B C D E
   a. 1 hour
   b. 4 hours
   c. 12 hours
   d. 24 hours

6. A B C D E
   a. mechanical restraints are applied
   b. chemical restraints should be avoided
   c. mechanical and chemical restraints can be initiated together
   d. injectable chemical restraints should be avoided

7. A B C D E
   a. educate the staff about the no-restraint policy and then immediately implement
   b. require staff to write an incident report if restraints are used; the nurse manager should debrief with staff and reiterate how to handle a restraint situation
   c. educate staff about no-restraint policy, allow them to express feelings and initiate when staff are comfortable with the change
   d. move the culture away from custodial to patient-centered care; work with patients to develop their own de-escalation plans

8. A B C D E
   a. patient needs
   b. hospital needs
   c. family and visitor needs
   d. state regulations have not changed

9. A B C D E
   a. prior to admission
   b. during the admission process
   c. the first time the patient shows indication of the need
   d. during the immediate post-restraint discussion with staff

10. A B C D E
    a. strongly disagree
    b. disagree
    c. neutral
    d. agree
    e. strongly agree

How many minutes did you need to complete this CE offering?

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RN
○ Director of Nursing
○ Manager/Supervisor
○ Nursing Administrator
○ Nursing Faculty
○ Private Practice
○ Staff Development
○ Staff Nurse
○ Program Director

LPN
○ Manager/Supervisor
○ Nursing Administrator
○ Nursing Faculty
○ Private Practice
○ Staff Development
○ Staff Nurse

PRACTICE SETTING that best describes your setting (fill in just one circle completely)

○ Ambulatory
○ Cardiac
○ Case Management
○ Chemical Dependency
○ Clinical Specialist
○ Critical Care
○ CRNA
○ Critical Care
○ Dialysis
○ Education
○ ED/ER
○ Dialysis
○ CRNA
○ Clinical Specialist
○ Cardiac
○ Ambulatory
○ Program Director

RN
○ Geriatrics/LTC
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○ ICU
○ Infection Control
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