



Section 14: Appendix 2: Medical Procedures

SECTION 14: PATIENT RESTRAINT

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|---|-----------|---|
| E | EMT | E |
| A | AEMT | A |
| P | PARAMEDIC | P |

| INDICATIONS | SIGNS AND SYMPTOMS | CONTRAINDICATIONS |
|---|---|---|
| <ul style="list-style-type: none"> • Patient out of control and may cause harm to self or others. • Necessary force required for patient control without causing harm • Immobilization of an extremity for transport to secure medically necessary devices such as intravenous catheters | <ul style="list-style-type: none"> • Head Trauma • Alcohol / drug related problems • Metabolic disorders (i.e., hypoglycemia, hypoxia, etc.) • Psychiatric/stress related disorders | <ul style="list-style-type: none"> • None if warranted |

KEY POINTS

- Soft restraints are to be used only when necessary in situations where the patient is potentially violent and may be of danger to themselves or others. EMS providers must remember that aggressive violent behavior may be a symptom of medical conditions.
- Patient health care management remains the responsibility of the EMS provider. The method of restraint shall not restrict the adequate monitoring of vital signs, ability to protect the patient's airway, compromise peripheral neurovascular status or otherwise prevent appropriate and necessary therapeutic measures. It is recognized that evaluation of many patient parameters requires patient cooperation and thus may be difficult or impossible.
- All restraints should have the ability to be quickly released, if necessary.
- Restraints applied by law enforcement (i.e., handcuffs) require a law enforcement officer to remain available to adjust restraints as necessary for the patient's safety. This policy is not intended to negate the need for law enforcement personnel to use appropriate restraint equipment to establish scene control.
- Patients shall not be transported in a face down prone position to endure adequate respiratory and circulatory monitoring and management.
- Restrained extremities should be monitored for color, nerve and motor function, pulse quality and place mask on patient for body secretion protection. May use TB mask, or non-rebreather if patient needs oxygen.
- Use supine or lateral positioning ONLY.
- Neurovascular checks are required every 15 minutes.
- DOCUMENT all methods used.