



HEALTH HOLDING

HAFER ALBATIN HEALTH  
CLUSTER  
MATERNITY AND  
CHILDREN HOSPITAL

<b>Department:</b>	Operating Room		
<b>Document:</b>	Departmental Policy and Procedure		
<b>Title:</b>	Physical Restraints For Post Anaesthesia Patient		
<b>Applies To:</b>	All Operating Room Staff		
<b>Preparation Date:</b>	January 05, 2025	<b>Index No:</b>	OR-DPP-027
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## 1. PURPOSE:

- 1.1 To protect patient from injury.
- 1.2 To protect operative site from trauma.

## 2. DEFINITIONS:

- 2.1 **Physical Restraints** – application of protective restraints for non – cooperative restless post – anesthesia patient's.

## 3. POLICY:

- 3.1 Restraints should be used only as necessary, with Physician's order to prevent injury.
- 3.2 Patient and family should be informed that the restraint is temporary and for protection.
- 3.3 Use only soft restraints for wrist or ankle for conscious or semi – conscious patient.
- 3.4 Attach restraints stumps to bed frame not with the side rails.
- 3.5 Check the circulation and skin integrity of the restrained wrist or ankle every now and then.
- 3.6 Document in the nurses notes patient's behavior support your protective measures.

## 4. PROCEDURE:

- 4.1 Assess patients for:
  - 4.1.1 Confusion, Disorientation, and Restlessness
  - 4.1.2 The area and skin condition where restraint is to be placed.
- 4.2 Prepare the complete equipment.
- 4.3 Provide privacy.
- 4.4 Adjust bed to proper height.
- 4.5 Assist patient in comfortable and in proper anatomical rotation.
  - 4.5.1 Pad skin and bony prominences that will be under restraints.
  - 4.5.2 Evaluate skin under restraints for abrasion and patient response to restraints.
- 4.6 Notify physician for any changes in skin condition.

## 5. MATERIALS AND EQUIPMENT:

- 5.1 Collar cuff
- 5.2 Crepe Bandage

## 6. RESPONSIBILITIES:

- 6.1 Nurse
- 6.2 Anesthesia Technician
- 6.3 Anesthesiologist

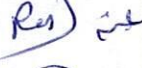
**7. APPENDICES:**

7.1 Restraints Form

**8. REFERENCES:**

8.1 Kingdom of Saudi Arabia, Ministry of Health, Bisha General Hospital, 2018.

**9. APPROVALS:**

	Name	Title	Signature	Date
Prepared by:	Ms. Naimah Naif Al Salem	Head Nurse of the Operating Room		January 05, 2025
Prepared by:	Mr. Hamed Matar Alanazi	Head of Anesthesia Technician		January 05, 2025
Prepared by:	Dr. Abdulghani Ibrahim	Head of the Operating Room Department		January 07, 2025
Reviewed by:	Mr. Sabah Turayhib Al - Harbi	Director of Nursing		January 08, 2025
Reviewed by:	Mr. Abdulelah Ayed Al Mutairi	QM&PS Director		January 12, 2025
Reviewed by:	Dr. Tamer Mohamed Naguib	Medical Director		January 12, 2025
Approved by:	Mr. Fahad Hazam Al - Shammari	Hospital Director		January 19, 2025

