



Restraint Education Post Test

Name (print) _____ Score _____

School Affiliation _____ Date _____

1. A Restraint is:
 - A. Any manual method or physical or mechanical device, material, or equipment attached or adjacent to the patient's body that he or she cannot easily remove that restricts freedom of movement
 - B. Is a device needed to allow healthcare professional to carry out their duties when patients are resistant.
 - C. Any manual method or physical or mechanical device, material, or equipment attached or adjacent to the patient's body that he or she can easily remove when needed
 - D. A & C

2. Which is not considered a restraint
 - A. Posey Vest
 - B. Mittens
 - C. Geri Chair
 - D. Devices, such as orthopedically prescribed devices, surgical dressings or bandages, and protective helmets

3. Restraints can be used if the patient:
 - A. Refuses to take blood pressure meds
 - B. States he/she is going to leave AMA
 - C. Is combative, violent, and destructive
 - D. All the above

4. Patients are assessed on an ongoing basis for behaviors that place them at risk for restraints. If found to be at risk, it is recommended that the RN have alternatives to restraints initiated as soon as possible.
 - A. True
 - B. False

5. In conducting a restraint assessment the following needs to take place.
 - A. Evaluate the patient's cognitive, behavioral and physical status
 - B. Determine the root causes of at-risk behavior
 - C. Identify risk factors for injury if restraint is used and determine if the individual has an advance directive that addresses the use of restraint
 - D. All the above

6. It is the healthcare provider's primary responsibility to educate the patient, family and/or significant other on reasons for restraint application, and safety issues surrounding the use of restraint and to confirm patient and family understanding of the instructions given
 - A. True
 - B. False

7. Physician's initial order must have the following elements
 - A. The initial order must be time limited, not to exceed 24 hours
 - B. Clinical justification for the restraint must be documented
 - C. Date and time order was received and the Type of device to be used
 - D. Behavior based criteria for release. Renewal order must be obtained at least every calendar day
 - E. All the Above

8. The patient in restraint is evaluated according to the following guidelines:
 - A. The patient is evaluated 3-4 times each hour.
 - B. Assessment for release is done – to determine the need to discontinue at the earliest time based on monitoring and evaluation of the patient's condition
 - C. Trial release is prohibited – once a restraint is removed it is considered discontinued
 - D. To reapply the process of risk alternatives, 2nd Tier review, physician order and application must be initiated.
 - E. All the above

9. Patients in restraint must be monitored to ensure that:
 - A. The patient is safe at all times
 - B. Ensure restraint is properly applied
 - C. Ensure bowel and bladder (elimination needs are met)
 - D. All the above

10. Documentation for restraints include:
 - A. Documenting the least restrictive methods used and their effectiveness
 - B. Document alternatives attempted
 - C. Reason for the restraint – risk associated with the patient's behavior
 - D. Any change in psychological or physiological status along with alternatives and risk assessment.
 - E. All the above

11. Criteria for release include:
 - A. The patient no longer exhibits threatening behavior or danger to self and other
 - B. The family member request that patient is released even though the patient is combative
 - C. The required assessment is too complicated
 - D. I feel safe the patient can make it through the night.

12. Restraint order is needed for each episode
 - A. True
 - B. False

13. Prior to restraint application a second tier review is needed. A second tier review can only be conducted by the director of the unit
- A. True
 - B. False
14. It is important that the safety rights and dignity of the patient are maintained at all times.
- A. True
 - B. False
15. Alternatives to restraints include psychosocial, environmental, and physiological interventions.
- A. True
 - B. False
16. Select the practitioner/s that is authorized to order restraint or seclusion:
- A. Physician
 - B. RN
 - C. LPN
 - D. Allied Health Practitioners (e.g., ARNP, PA)
 - E. A&D
17. How often must a non behavioral order be renewed?
- A. Every 4 hours
 - B. Every 2 hours
 - C. Every 24 hours
- 18: What are the hospital's requirements for patient care while a patient is in restraints or seclusion?
- A. Modification to the care plan
 - B. Patient/family notification and education
 - C. Frequent monitoring of the patient for safety, patient rights & dignity by trained staff with demonstrated competencies
 - D. All the above
- 19: What is the time limit for obtaining a medical/surgical restraint order?
- A. within an hour
 - B. Immediately
 - C. Before the end of the shift
 - D. After the second tier review has been completed
- 20: Our goal is to create a Restraint free organization.
- A. True
 - B. False



Restraint Education Post Test Answer Sheet

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Acknowledgement

Student Name _____ School Affiliation _____

Signature _____ Date _____

Signature acknowledges that any incorrect responses have been reviewed and understanding of correct answer was verbally understood by the student.

_____ Date _____
Education Coordinator / Department Supervisor