

## Restraints & Seclusion Post Test

1. *Case Study:* Your patient, Mr. X, has just arrived on your unit from surgery. He arrives on a stretcher with all siderails up. You assist with transferring him into his bed. You assess that he is sedated and disoriented, where before surgery he was alert and oriented to time, place, person, and situation. Before leaving the room, you put all four siderails up on his bed.  
At what times in this scenario are siderails being used as a restraint?
  - A. When the patient was on the stretcher
  - B. When the patient is in the bed
  - C. Both
  - D. Neither
  
2. *Case Study:* Mr. X is recovering from his surgery, and he is no longer sedated; in fact, he is awake, alert, oriented, and appears increasingly anxious.  
What is the best first intervention from this list?
  - A. Find out what Mr. X is anxious about, and address the issue until his anxiety is relieved
  - B. Apply a vest restraint so that Mr. X doesn't try to get out of bed
  - C. Get an order for prn Ativan and use it to calm Mr. X down.
  - D. Tell the next shift that Mr. X might "blow a fuse" before morning
  
3. *Case Study:* After your verbal intervention, Mr. X tells you that he is still anxious. You ask him if he often feels anxious, and Mr. X replies "oh yes, almost every day. I was diagnosed with generalized anxiety disorder ten years ago." You call the physician and receive a prn order for Ativan to be used for anxiety. You give Mr. X the medication and he becomes calm, then falls asleep.  
You have just applied a restraint?
  - True
  - False
  
4. *Case Study:* You note that Mr. X that he becomes more agitated at night than during the day. Around 7pm you are walking by Mr. X's room and hear his IV pump alarm go off. You rush into to the room to silence the alarm before it wakes Mr. X up, and lean over the head of his bed to hit the button. Mr. X yells and grabs you aggressively, which makes you yell and call Code Green.  
What is the most likely cause of this incident?
  - A. Mr. X has Alzheimer's Disease
  - B. Staff invading a patient's personal space, even if it isn't intended to be threatening, can get an aggressive response
  - C. IV pump alarms often anger people to the point of assaulting nurses
  - D. All of the above
  
5. *Case Study:* After the IV pump incident, Mr. X is able to regain control on his own. He thinks the year is 1945 and Abraham Lincoln is the president, but he is calm. Just to be sure though, you apply a Posey vest to make sure there aren't any more problems.  
This is an appropriate use of this restraint?
  - True
  - False

6. *Case Study:* Mr. X's surgery was to his abdomen, and now he has a nasogastric tube and well as a foley catheter. When he isn't pulling on one of them, he is trying to remove the other.  
Which of the following is an acceptable first intervention to discourage removal of the tubes?  
A. Route the nasogastric tube up, over Mr. X's ear  
B. Cover Mr. X's foley catheter tubing with pajama pants  
C. Collaborate with the physician to see if either, or both, of the tubes can be removed  
D. All of the above
7. *Case Study:* Mr. X insists on trying to go to the bathroom by himself, but you have assessed him to be at high risk for falling. You have documented attempts to reinforce your teaching about using the call bell to get help, and increased your rounding on Mr. X to every 30 minutes with a focus on toileting, and placed a bed alarm under Mr. X. Despite all of this, he gets out of bed without calling for help, and he falls. The physician writes an order stating "apply restraint prn for inappropriate behavior."  
This is an acceptable restraint order?  
True  
False
8. *Case Study:* While you are applying a belt restraint, Mr. X attempts to punch and kick you, so you also apply wrist and ankle restraints.  
This additional application of restraints is not covered by the order you received earlier for the belt restraint, and an order and documentation related to violent restraint is now required?  
True  
False
9. *Case Study:* Once Mr. X is calm, you decide to "test" him by loosening the restraints, but not removing them.  
This is an unacceptable practice under current regulations?  
True  
False
10. *Case Study:* After 30 minutes of calm behavior and removal of all restraints, Mr. X becomes violent again and is placed in restraints again. You notify the physician immediately, obtain a new order for violent restraints, identify which physician or specially trained RN will perform the required assessment, and initiate 15 minute documented assessments.  
Each of these steps is necessary to re-initiate restraints, even within the time limit of the previous restraint order?  
True  
False