



Central DuPage Hospital  
Emergency Medical Services System  
System Policy and Procedures

Title: Use of Physical / Chemical Restraints	
Section: Medical	Number: B-9
Approved By: Dr. Steve Graham, EMS Medical Director	
Effective Date: 01 July 2018	Number of Pages: 2

**PURPOSE:**

Use of restraints for behavioral health reasons is limited to emergencies in which there is imminent risk of an individual physically harming himself or herself, prehospital personnel, or others, and non-physical interventions are not effective.

**POLICY:**

Physical Restraints

1. Hard or soft restraints may only be used as a measure to prevent a patient from causing harm to themselves or others. In no event shall restraints be used as a punishment or discipline for patient actions.

Chemical Restraints

1. Administration of medications may only be used when the application of hard or soft restraints first is unsafe for EMS personnel, the patient or others. The use of chemical restraints must follow Region 8 EMS SOPs.

Procedure:

1. Assessment
  - a. Assess and later document the patient's behavior that places the patient and or others at risk to ensure that the use of restraints meets criteria for use.
  - b. If safe to do so, attempt alternate means of patient management prior to use of restraints.
2. Restraint application – Physical
  - a. Ensure that there are enough EMS personnel or Law Enforcement on scene to manage the patient during the process of restraints
  - b. Only use necessary force (minimum force required) to restrain the patient
  - c. If physical restraints are used, all 4 extremities shall be restrained
  - d. The restrained patient shall be monitored at all times by EMS personnel
  - e. Neurovascular exams of all extremities shall be documented at an interval of no less than q 10 minutes.
  - f. Should law enforcement use handcuffs, law enforcement MUST accompany the transporting EMS personnel and have access to the key
3. Restraints – Chemical
  - a. Ensure that there are enough EMS personnel or Law Enforcement on scene to manage the patient during the process of medication administration
  - b. Follow Region 8 EMS SOPs for medication and dosing
  - c. Only use necessary force (minimum force required) to restrain the patient during administration process



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- d. If chemical restraints are used, the patient shall also be placed into physical restraints and all 4 extremities shall be restrained
- e. The chemically restrained patient shall be monitored at all times by a Paramedic or PHRN with ALS monitoring in place.
- f. Neurovascular exams of all extremities shall be documented at an interval of no less than q 10 minutes.
- g. Should law enforcement use handcuffs, law enforcement MUST accompany the transporting EMS personnel and have access to the key

Guidelines of Physical / Chemical Restraints

- 1. Never restrain a patient face down. Unless medically contraindicated, position the patient either supine, or semi-fowlers position
- 2. Always offer the patient a chance to stop the behaviors leading to the potential use of restraints
- 3. Communicate clearly which behaviors may lead to the use of restraints
- 4. Reassess the patient frequently
- 5. Communicate the patient’s behavior and placement of restraints to receiving facility.

**POLICY HISTORY:**

Effective Date	01 July 2018					
Review Date(s)						
Revision Date(s)						