LeadingAge Midwest
Illinois · Iowa · Missouri

Physical Restraint Pathway

This pathway is intended to aid providers in determining whether a device meets the definition of a physical restraint. If the device meets the definition of a physical restraint, the nursing home must follow regulatory requirements outlined in Appendix PP–F604.

A **physical restraint** is defined as a manual method or physical or mechanical device, material or equipment attached or adjacent to the resident's body that the individual cannot remove easily, which restricts freedom of movement or normal access to one's body.

Is the resident able to move their body without the device, material or equipment in place?

No → Stop here the device, material, or equipment is not a restraint.

Yes ↓

Does the device, material, or equipment limit the resident's mobility or access to their body?

No → Stop here as the device, material, or equipment is not a restraint.

Yes ↓

Is the resident able to easily remove the device, material, or equipment upon request?

Yes → Stop here as the device, material, or equipment is not a restraint.

No ↓

The device, material, or equipment is a physical restraint–follow regulatory guidance. →

- Documentation of alternatives attempted and least restrictive.
- Physician documentation of the medical symptom supporting the restraint use.
- Physician's order including type of restraint and parameters of use.
- Care plan and process for systematic and gradual restraint reduction and/or elimination as appropriate.
- Informed consent
- Illinois NH–See additional state requirements