

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Score: \_\_\_\_\_

**RN Restraints test**  
**(True/False)**

1. A physician order for a restraint must be obtained either before the restraint is applied or immediately thereafter in the case of an emergency restraint (within a few minutes).

T F

2. Alternatives to restraint for a cognitively impaired patient who wanders might include having a room close to the nursing station, and using a bed alarm. T F

3. If a patient is re-admitted who had required use of restraint during the last hospital stay, the same type of restraints used previously should be applied immediately. T F

4. A patient is attempting to pull out her NG tube, and is unable to follow directions to leave it alone. The least restrictive restraint would be elbow extenders or mittens. T F

5. If a patient's restraint was discontinued earlier in the shift, but the patient becomes confused again, and starts trying to get out of bed, it will be acceptable to reapply the restraint since the order is still less than 1 calendar day old. T F