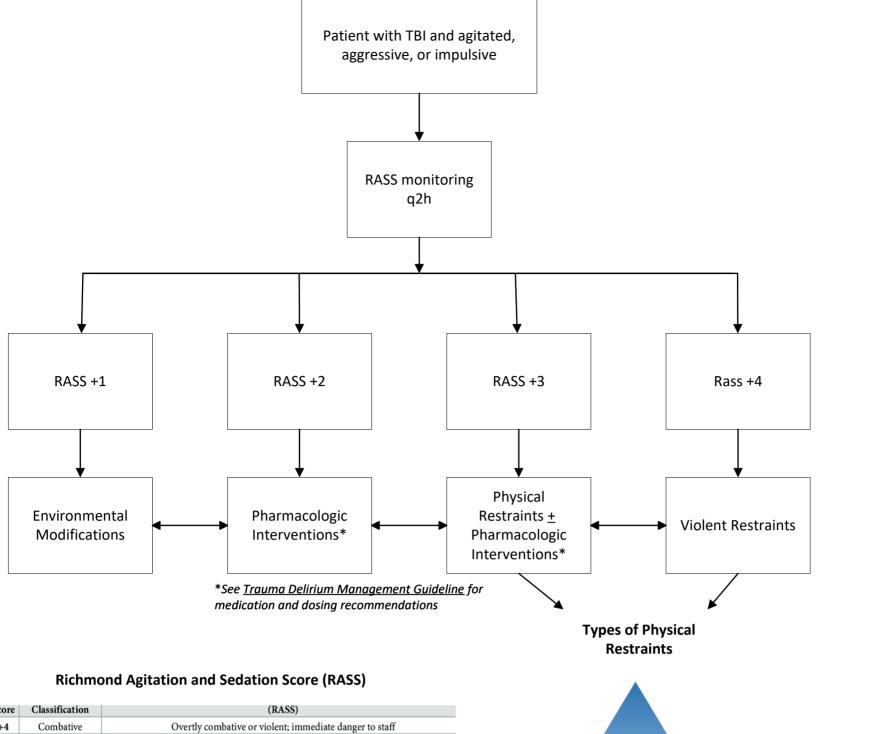
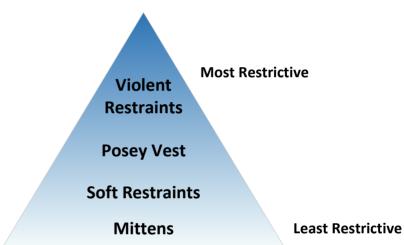
Recommendations for Restraint Use in Patients with Traumatic Brain Injury



Score	Classification	(RASS)
+4	Combative	Overtly combative or violent; immediate danger to staff
+3	Very agitated	Pulls on or removes tube(s) or catheter(s) or has aggressive behavior toward staff
+2	Agitated	Frequent non-purposeful movement or patient-ventilator dyssynchrony
+1	Restless	Anxious or apprehensive but movements not aggressive or vigorous
0	Alert and calm	Spontaneously pays attention to caregiver
-1	Drowsy	Not fully alert, but has sustained (more than 10 seconds) awakening, with eye contact, to voice
-2	Light sedation	Briefly (less than 10 seconds) awakens with eye contact to voice
-3	Moderate sedation	Any movement (but no eye contact) to voice
-4	Deep sedation	No response to voice, but any movement to physical stimulation
-5	Unarousable	No response to voice or physical stimulation

https://doi.org/10.1371/journal.pone.0207174.t001



- Use least restrictive first
- Downgrade to less restrictive or remove restraints as RASS decreases

References:

- 1. McNett, M., Sarver, W., & Wilczewski, P. (2012). The prevalence, treatment and outcomes of
- agitation among patients with brain injury admitted to acute care units. Brain Injury, 26(9), 1155-1162. https://doi.org/10.3109/02699052.2012.667587
- 2. Eskandari, F., Abdullah, K. L., Zainal, N. Z., & Wong, L. P. (2017). Use of physical restraint: Nurses' knowledge, attitude, intention and practice and influencing factors. Journal of Clinical Nursing, 26(23-24). 4479-4488. https://doi.org/10.1111/jocn.13778
- 3. Lombard, L. A., & Zafonte, R. D. (2005). Agitation after traumatic brain injury: Considerations
- and treatment options. American Journal of Physical Medicine and Rehabilitation, 84(10), 797-812. https://doi.org/10.1097/01.pmh.0000179438.22235.08
- 4. Centers for Disease Control and Prevention. (2022, July 18). Traumatic Brain Injury and Concussion. https://www.cdc.gov/traumaticbraininjury
- 5. Votruba, K. L., Rapport, L. J., Vangel, S. J., Hanks, R. A., Lequerica, A., Whitman, R., D., & Langenecker, S. (2008). Impulsivity and traumatic brain injury: The relations among behavioral observation, performance measures, and rating scales. Journal of Head Trauma Rehabilitation, 23(2), 65-73. https://doi.org/10.1097/01.HTR.0000314525.93381.69
- 6. Jacq, G., Melot, K., Bezou, M., Foucault, L., Courau-Courtois, J., Cavelot, S., Lang, A., Bedos, J. P., Le-Boeuf, D., Boussard, J. M., & Legriel, S. (2018). Music for pain relief during bed bathing of mechanically ventilated patients: A pilot study. PLOS One, 13(11), https://doi.org/10.1371/journal.pone.0207174.

Updated June 2024

Brandie Crawford, APRN, MSN, AGACNP-BC
Bethany Evans, RN, MSN, ACNP-BC
Sandra Tsay, MSN, RN, AGCNS-BC, CNE
Diana Hayes, ACNP-BC
Allison Chandler, ACNP-BP
Jennifer Beavers, PharmD, BCPS

Revised:

June 2024