APPLYING A MITT RESTRAINT

1. Make sure person’s hands are clean and dry.
2. Insert person’s hand palm side down into mitt. Follow manufacturer instructions.
3. Secure the restraint to the red if directed to do so by nurse. Secure straps to moveable part of bed frame. Use a buckle or quick-release tie.
4. Make sure restraint is snug. Slide 1 finger between the restraint and wrist. Adjust straps if restraint is too loose or tight. Check for snugness after each adjustment.
5. Check the person and restraint every 15 minutes and document. Check the pulse, color and temperature of restrained part.
6. Every 2 hours remove or release restraint, measure vitals, reposition person, provide food, fluid hygiene and elimination, give skin care, provide ROM and provide for physical and emotional comfort. Complete a safety check of the room. Record your observations and safety measures provided.

Fig. 14-18. Mitt restraint.