

Promotional: Restraints and Seclusion

You **MUST print this for Continuing Education purposes and keep with your certificate of completion.

Requirements:

For successful completion of this educational activity and receipt of 0.25 contact hour(s), the learner must:

1. Participate in 15 minutes of continuous learning. Course time is calculated using the Mergener Formula.
2. Complete a quiz with a minimum score of 85%.
3. Complete an evaluation form.

Educational activity description:

This is an interactive learning activity focused on identifying least-restrictive, person-centered alternatives to restraints and understanding when common safety devices may function as restraints. Learners practice applying CMS guidance to support safety, dignity, and freedom of movement.

Target audience:

The target audience for this educational activity is all direct care staff. This is an introductory level educational activity.

Learning outcome:

At the completion of this educational activity, the learner will be able to demonstrate knowledge about restraints and seclusion by passing a quiz with 85% or greater accuracy.

Learning objectives:

At the completion of this educational activity, the learner will be able to:

1. Recognize when a device may function as a restraint
2. Select least-restrictive alternatives
3. Respond appropriately to fear or distress related to safety devices

Author:

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Amanda Keith, MSN, RN, PHN, serves as a Clinical Content Manager for Healthcare Academy. Amanda has 8+ years of experience in Nursing Leadership and Management in the domains of SNF, AL, Homecare, Occupational Health, Nursing Education, and Infection Control. Amanda is a PhD Candidate in Nursing with a focus on Population Health. Her areas of interest are respiratory disease outcomes in the rural environment and the influence of the Social Determinants of Health on the Rural/Urban gap. For several years Amanda has focused on the creation of educational content based on health equity principles and diverse learning needs of frontline health care workers.

Planning committee:

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ANCC continuing professional development information:

Healthcare Academy is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

ANCC disclosure and program information:

Participants will be required to complete the entire educational activity, quiz, and evaluation form. There will be no endorsements of products or off-label use.

There are no relevant financial relationships for any individual in a position to control content of this activity.

EXPIRATION: The expiration date for this educational activity is February 24, 2029. No contact hours will be awarded to participants who fail to submit evaluation forms. Please contact Healthcare Academy with questions.

Disclaimer: Time in Course

If you intend to use this course for continuing education credit, you **MUST** be in the course for the stated amount of time. If you do not meet the required time, your certificate may be deemed invalid.

Disclaimer: Content Advisory

Some courses may touch upon sensitive, controversial, or uncomfortable topics that could evoke emotional or psychological distress. Our goal at Healthcare Academy is to foster a respectful and inclusive learning environment and provide educational topics to support your work and your facility. We understand that these topics can elicit strong emotional responses. We want to ensure that you are aware of this before proceeding. If at any point you find the content overwhelming or distressing, we encourage you to take a break, seek support from a trusted individual, or discontinue participation in the course if necessary. By continuing with this course, you acknowledge and understand the potential triggering nature of the content. You take full responsibility for your engagement with the material, and the course creators, instructors, and platform including Healthcare Academy shall not be held liable for any emotional, psychological, or other adverse effects experienced because of your participation. If you have any concerns or questions regarding the course content, please contact your organizations Healthcare Academy representative for further guidance.

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