

Name: _____
 MRN: _____
 DOB: _____

Sample Refrains™ Log

Order Date/Time: _____ Start Time: _____ End Time: _____

Ordering Provider: _____

Frequency: Continuous

Duration: 1 Day

Priority: Routine

Refrain reason:

☐ Allowance of mobility and freedom that avoids entanglement in attached vital tubes, catheters, and/or other medical equipment which would otherwise require restraint/immobilization.

☐ Other: _____

Refrains must be completely removed when patient no longer meets criteria to require them. Orders must be renewed every calendar day.

Extremity ☐ Bilateral Upper Limbs ☐ Right Upper Limb Only ☐ Left Upper Limb Only

Starting Bed Strap ☐ No Bed Strap ☐ Exercise Bed Strap ☐ Restraint Bed Strap

Bed Strap Rationale

Exercise Strap: ☐ Resistance exercise ☐ Low Level restraint*

****Restraint Strap:**

☐ Dislodgement of device that may threaten life and/or interferes with medical devices/equipment - (e.g., pulling at or removing lines, tubes, catheters)

☐ Observed actions or behaviors that place patient at high risk for injury - (e.g., dangerous movement, procedure requiring stillness)

***IF THE EXERCISE BED STRAP IMMOBILIZES THE PATIENT RATHER THAN ALLOWING RESISTANCE EXERCISE, THEN IT IS A *RESTRAINT* AND MUST BE DOCUMENTED AS SUCH**

****IF *RESTRAINT* STRAP APPLIED, REVERT TO YOUR INSTITUTION'S *RESTRAINT* FORM**