

Expanse TIP SHEET

Restraints Initiative Update Ordering Process



Inappropriate restraint utilization has heightened regulatory risk with inconsistent practices and outcomes for managing restraints effectively. As part of the 2025 Strategic Priorities, we have identified ways to drive appropriate restraint utilization by optimizing both the ordering of restraints and subsequent nursing documentation.

RESTRAINT ORDERING PROCESS

The screenshot shows the 'Orders' screen in the Expanse software. A new restraint order is being created. The 'Order phase' dropdown is set to 'Initial'. A red arrow points from this dropdown to a blue 'Message' box that displays an error message: 'Order Phase of 'Renewal' cannot be selected in the absence of a current 'Initial' Restraint Order. Please enter an Initial Restraint Order.' The 'OK' button is visible in the message box.

Note: An error message will occur if the *Order Phase* of 'Renewal' is selected in the absence of a current 'Initial' Restraint Order.

In the **RESTRAINTS ORDER** the first **required*** field is the *Order Phase*: with the following response options:

- Initial
- Renewal

The screenshot shows the 'Restraints' screen in the Expanse software. A restraint order is being viewed. The 'Level of restraint' dropdown is set to 'Non-violent'. A red box highlights this dropdown. Below it, another red box highlights the 'Violent/self-destructive' option.

The *Level of restraint* is a **required*** field with the following response options:

- Non-violent
- Violent/self-destructive

The screenshot shows the 'Restraints' screen in the Expanse software. A restraint order is being viewed. Four red arrows point to specific fields: 'Non-violent restraint device', 'Non-Violent restraint time limit', 'Clinical justification for non-violent restraint', and 'Criteria for release of restraints is met when patient stops'.

Note: Restrictive positioning and Tightly tucked sheets are no longer approved Non-violent restraint devices.

If 'Non-violent' is selected, the following multi-select fields will become available and **required***:

- Non-violent restraint device
- Clinical justification for non-violent restraint
- Criteria for release of restraint is met when patient stops.

Note: Bedrails, Freedom splints, Geri-chair, Mittens, Seclusion/restraint, Tightly tucked sheets, and Waist are no longer approved Violent restraint devices.

Once all **required*** fields have been completed, the **Order Summary** screen will display the following fields for review:

- Restraint order time
- Restraint order exp Date
- Restraint order exp time
- Restraint order date

If 'Violent/self-destructive' is selected, the following multi-select fields will become available and **required***:

- Violent restraint device
- Violent restraint time limit
- Clinical justification for violent restraint
- Criteria for release of restraint is met when patient stops

Clinical Justification
Non-violent level of restraint, the following options may be selected:

- Attempts remove device
- Handle wound/ dressings
- OOB extreme inj risk

Violent/self-destructive level of restraint, has the following options:

- Attempts self-harm
- Combative
- Destructive
- Physical aggression

Non-Violent restraint time limits:

Initial order phase = 24 hrs.

Renewal order phase = 1 calendar day.

Violent restraint time limits:

"Physical Holding" = 15 minutes

Age \geq 18 yo = 4 hours

Age 9-17 = 2 hours

Age < 9 = 1 hour