



Restraints and Seclusion

Test

Multiple Choice (circle the best answer)

1. Restraints are prohibited that:
 - A. obstruct an individual's airway
 - B. interfere with an individual's ability to communicate
 - C. both of the above
2. Placing an individual alone in an area that he/she is prevented from leaving is:
 - A. a time out
 - B. seclusion
 - C. a training tool

True/False (write T or F in the space next to each statement)

- _____ A restraint is an act that keeps someone under control or within limits.
- _____ Seclusion can be used in certain circumstances.
- _____ Restraints should be used only as a last resort.
- _____ A restraint may be necessary if there is an emergency situation and it is absolutely necessary to protect the individual and/or others from injury.
- _____ A doctor may order the use of a restraint.
- _____ Golden Rule nurses will provide staff with special needs training if a restraint is to be used.
- _____ If a staff has to use a restraint, they must notify a nurse (with Golden Rule) as soon as possible following the use of the restraint.
- _____ Restraints can be used as a disciplinary tool.

I confirm that I am the person who completed this training and the follow-up test.

Print Name: _____

Date: _____