Patient Safety and Restraints
At UVMC, our goal in caring for you and your family member is to provide care with dignity and respect. Care will be provided in the least intrusive and restrictive manner possible while always considering the patient’s choices regarding his/her treatment. Our staffs make every effort to keep patients safe without using restraints.

What Our Staffs May Do to Reduce the Need for Restraints

- Change the patient’s position for comfort
- Keep needed items at the bedside, such as phone, bedside table, and water pitcher
- Give pain medication
- Assist patient to the bathroom
- Offer something to eat or drink if allowed
- Provide a quiet room
- Talk to the patient
- Play soft music
- Cover tubes and bandages
- Take patient for a walk/ride in wheelchair to provide a change of scenery
What Can the Family Do?

- Visit/stay with the patient and talk to them quietly and calmly
- Bring in familiar items from home, such as a blanket or pictures
- Read to the patient
- Involve the patient in some activity
- Arrange for family, friends, or church members to stay with the patient, around the clock if needed.

When Use of Restraints May Be Necessary

Your family member may require restraints for protection from behavior that may be harmful to care and recovery. This behavior may be a result of the medical condition, or medications and treatment aimed at helping treat your family member. For example, a ventilator (a machine to help breathing), may be in use, and to keep the breathing tube in place the hands need to be restrained. This way the needed care is given, and your loved one is safe.

We will check the need for continuing use of restraints and will remove them as soon as we safely can. If you have questions, please speak with your nurse and/or physician.
UVMC Mission Statement

UVMC will strive to provide quality care that upholds the dignity of all individuals. Care will be given in a holistic manner without regard to race, religion, creed, national origin, or social status. Our health care delivery system will be structured to optimize the delivery of safe, efficient and cost-effective health care.