

PINEL RESTRAINTS

Preparing Pinels . . .

- When putting Pinels on the bed or stretcher, place restraints on the mattress in the position that they would be in once a patient is placed in them
- Making sure they are on the bed correctly saves time (and stress) when putting the patient in
- The long strap fastens to the frame, the short strap goes around the limb
- Always fasten Pinels to the solid frame of the bed or stretcher—the piece under the mattress that raises and lowers with the patient. Never to the bed rails.



Fastening the Limb Restraints

- White over black, hold the little tab on the black
- Notice the angle—it is not a perfect tube but matches the angle of the arm/wrist



- You can fasten each limb with a pin individually



OR fasten the two limbs together across the centre of the body using one pin (this is especially important for the legs)



The **Shoulder Strap**—can be very effective if a patient is using upper body strength — sitting up, rocking the bed or stretcher, etc.

- It is only used when absolutely necessary



Place behind the neck, using the black straps to centre it and put around the front, under the arms to the back



The two long ends can be fed under the neck strap to relieve pressure at the back of the

Things to note from the picture below . . .

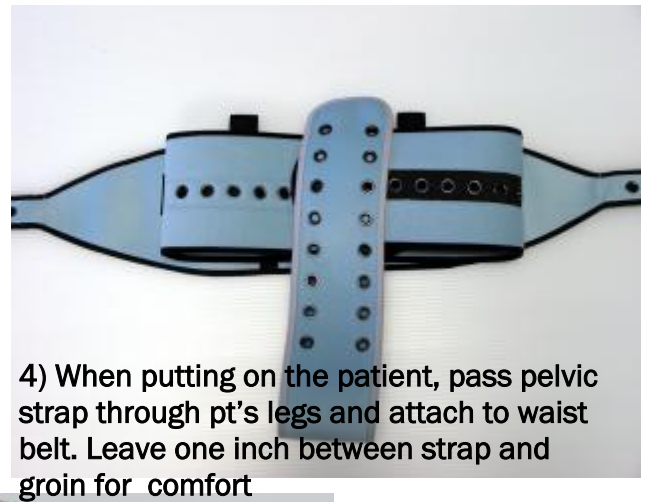
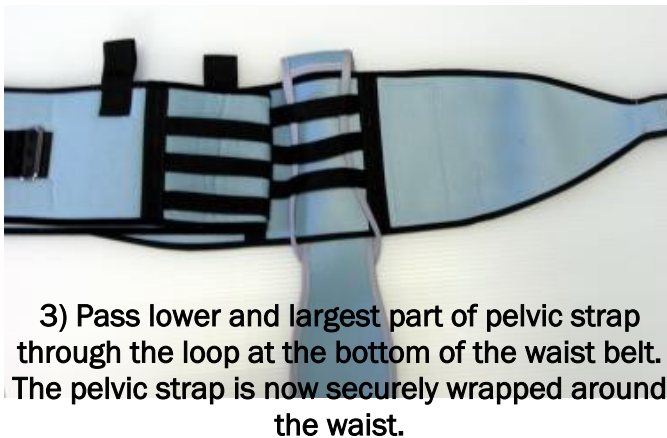
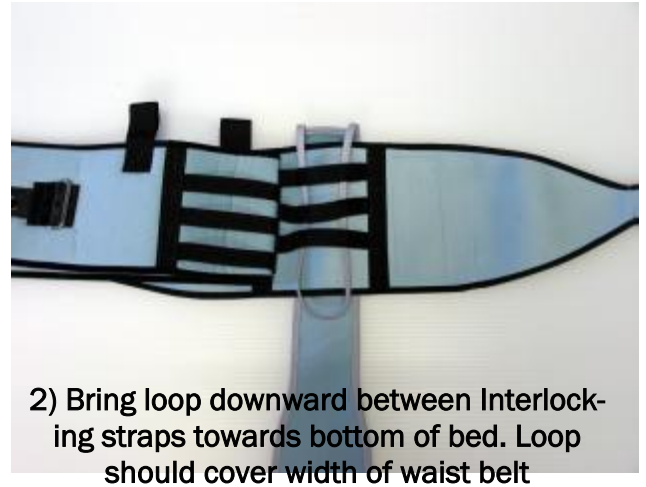
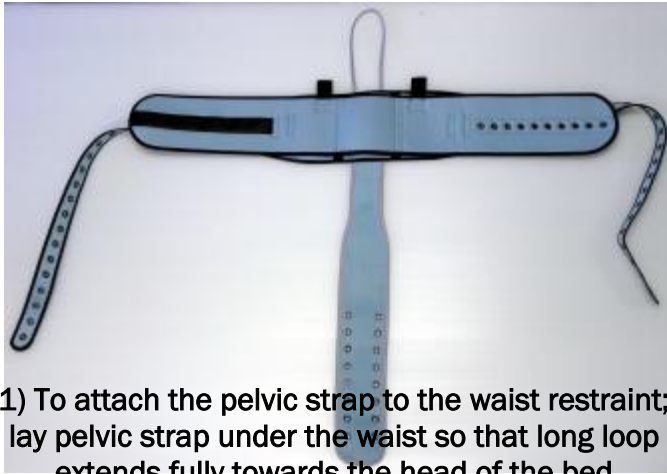
- The patient cannot kick/strike out to the side as the limbs are connected by a pin in the middle
- The patient cannot lift himself to a sitting position due to the shoulder strap
- In this picture the shoulder strap is not fed underneath at the neck therefore, there is more pressure on the neck.
- There is no waist restraint—it would not offer any more restraint than is there already



A patient in 4 point Pinel restraints should never be left alone but requires intensive observation at all times

Intensive Observation definition; “Assessment of a patient more frequently than q15min, which may include assistance from devices such as security cameras and involve the continuous physical presence of a staff member in the same environmental vicinity as the patient “

The Waist restraint must always be used along with the pelvic strap (“Beaver tail”). This prevents the patient wriggling down and risking suffocation



If you have any questions regarding Pinel restraints contact Rosalia Alfonso, Professional Practice Leader, Mental Health (ext 6428) or after hours; the Mental Health Inpatient Unit (1Wf, ext 7058)

