

Problems Related to Restraint Use

Reduced blood circulation
Stress on the heart
Incontinence
Constipation
Weakened muscle and bones
Loss of bone mass
Muscle atrophy
Pressure sores
Risk of suffocation
Pneumonia
Less activity leading to poor appetite
Sleep disorders
Loss of dignity
Loss of independence
Increased agitation
Increased depression and/or withdrawal
Poor self-esteem
Possible death