



LTC

EDUCATIONAL

BON BONS

F tags are numbers assigned to specific Federal Regulations for Long Term Care.
Example: F 309 Quality of Care

Did you know...

F 222 Restraints

- ▶ A restraint is anything that restricts freedom of movement or normal access to ones own body
- ▶ Any thing can be used to enable a resident or become a restraint.

Consider this...

- ▶ Duct tape is very useful
 - ▶ It can be used to repair a leak in a radiator hose allowing you an opportunity to get to the garage
 - ▶ It can be used to bind your hands and feet, preventing you from escaping
- ▶ Side rails are the same
 - ▶ They can be used to enable a resident to transfer or move easily in bed
 - ▶ They can also be used to keep a resident from being mobile or “falling out of bed”
 - ▶ If your resident is immobile, and can not use a side rail to assist movement, it is not an enabler.