

## Checklist for Implicit Bias in Restraint Use:

*Check your implicit biases prior to ordering chemical and/or physical restraint*

1. Have I tried to listen to the patient's desires, employ verbal de-escalation, and other alternatives to chemical/physical restraints (such as offering food/drink)?
2. Is a different staff member, outside of myself or the patient's primary care team, better at de-escalating this patient based on demographic similarities (or differences, such as agitated male patient who responds better to female staff)?
3. Is my fear of this patient exaggerated by their appearance?
4. Are there cultural differences in the patient's expression of frustration and control?
5. Am I using racial, gender, socioeconomic, or other potentially harmful bias in determining my agitation care plan for this patient?

Jin RO, Anaebere TC, Haar RJ. Exploring bias in restraint use: Four strategies to mitigate bias in care of the agitated patient in the emergency department. *Acad Emerg Med.* 2021 Sep;28(9):1061-1066.



RETURN TO  
THE BEGINNING