

## Identifying Restricted Extremities

### TriHealth Patient Bands

#### Pink- Restricted Extremity



The restricted extremity pink band is placed on the **affected** extremity.

NOTE: Only the RN assessing the patient can put on a restricted extremity band. If it comes off, the RN will replace the Restricted Extremity Band on the affected extremity.

A **restricted extremity** is one that a medical procedure such as taking a blood pressure, drawing blood or starting an IV in the specific extremity can potentially result in harm or injury to the patient.

#### Reasons for extremity restriction may include:

- Lymph node removal (not exclusive to mastectomy) - the National Lymphedema Network recommends making a reasonable attempt to protect any limb the patient identifies as being at risk for lymphedema
- Dialysis graft or fistula in extremity
- Designated arm for future dialysis fistula or graft
- PICC / extended dwell catheter in extremity
- Impeded blood flow to extremity (i.e., deep vein thrombosis, flaccid extremity, vascular surgery to arm)
- Infected extremity (i.e., cellulitis)

A **pink "restricted extremity"** alert bracelet may be applied upon admission by the assessing RN after or when an extremity has been deemed restricted.



The restricted extremity bracelet serves as an alert to inform staff that the extremity should not be used for blood draws, blood pressures or IV insertion unless approved by the physician. A note may be entered in the FYI section of EPIC identifying which extremity is restricted, supporting continuity of care.