

A CQCEI Program for Proper Use of Physical Restraint at Private Nursing Homes in Hong Kong East Cluster

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Introduction

This CQCEI study adopted the least restraint philosophy as the mission in nursing care delivery and looked into the use of physical restraints in private residential care setting of Hong Kong East Cluster. It was a pilot study of 17 private nursing homes, to evaluate the effectiveness of a quality improvement program. It aimed at enhancement of the knowledge and skills of the health care workers in proper use of physical restraints so that the complication caused by the restraints could be minimized.

Purpose of the Project

1. To improve the knowledge and skills of the care givers in proper use of physical restraints.
2. To reduce the number of physical restraints applied on residents of residential care settings.

Methods

The FADE cycle was employed as a framework. An education package was the main intervention of this quality improvement program. A pre-study survey was carried out to identified problems related to physical restraint while the post-audit was done for data collection.

Results

1. Enhancement of knowledge and skill of care giver achieved.
2. Reduction of use of physical restraint by 30.9% after the implementation of the program. The use of safety vest / belt, limb holder and pelvic holder were reduced more significantly.
3. Reduction of the numbers of residents being restrained by 25.3% and increase the numbers of residents who received alternative therapy by 47% - 74%.

Conclusion

The CQCEI program was effective to enhance proper use of physical restraint in the targeted private nursing homes: it reduced the inappropriate use of physical restraints, minimized the numbers of residents being restrained at nursing homes. The CQCEI program was then rolled out to all nursing homes of the HKEC that the quality of life of the residents improved. Since the staff turnover of the private nursing homes is so frequent, it is recommended to carry out the educational program periodically to meet the needs of staff training so as to reduce the complications causes by physical restraint.

