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Proper Use of Physical Restraint at Private Nursing Homes in Hong Kong East Cluster

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Introduction:

Physical restraints have been widely used amongst long term care setting and hospital, argument was rigorous between the use of physical restraint to enhance patient safety and to avoid undesirable consequences due to restrain. The tendency of over use of restraints was profound in old aged homes. This 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.

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
3. To prevent complication of physical restraints thus enhance quality of life of elderly at old aged homes.

Methods:

An education package that composed of classroom teaching and on site coaching on proper use of physical restraints, the use of alternate methods and proper documentations was introduced. Based on a survey on all private old aged home (POAH) residents covered by HKECGAT, 17 POAHs which had a high score on the no. of restraints to residents ratio (i.e. 50%) were chosen as target of this program. The study commenced in October 2005 and completed in February 2007. The no. of samples was about 850 to 870 at different phases of the study. Pre and post training audits were conducted to assess on the knowledge of the care-givers, the restrain rate and the use of alternative therapies.

Results:

Enhancement of knowledge and skill of care giver achieved by nearly 30%.

Reduction of the number of physical restraints by 30.9%.

Reduction of the number 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. It is recommended to carry out the educational program periodically to ensure the sustainability of the least restraint philosophy.