

Proper Use of Physical Restraint at Private Nursing Homes in HKEC

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Introduction (1)

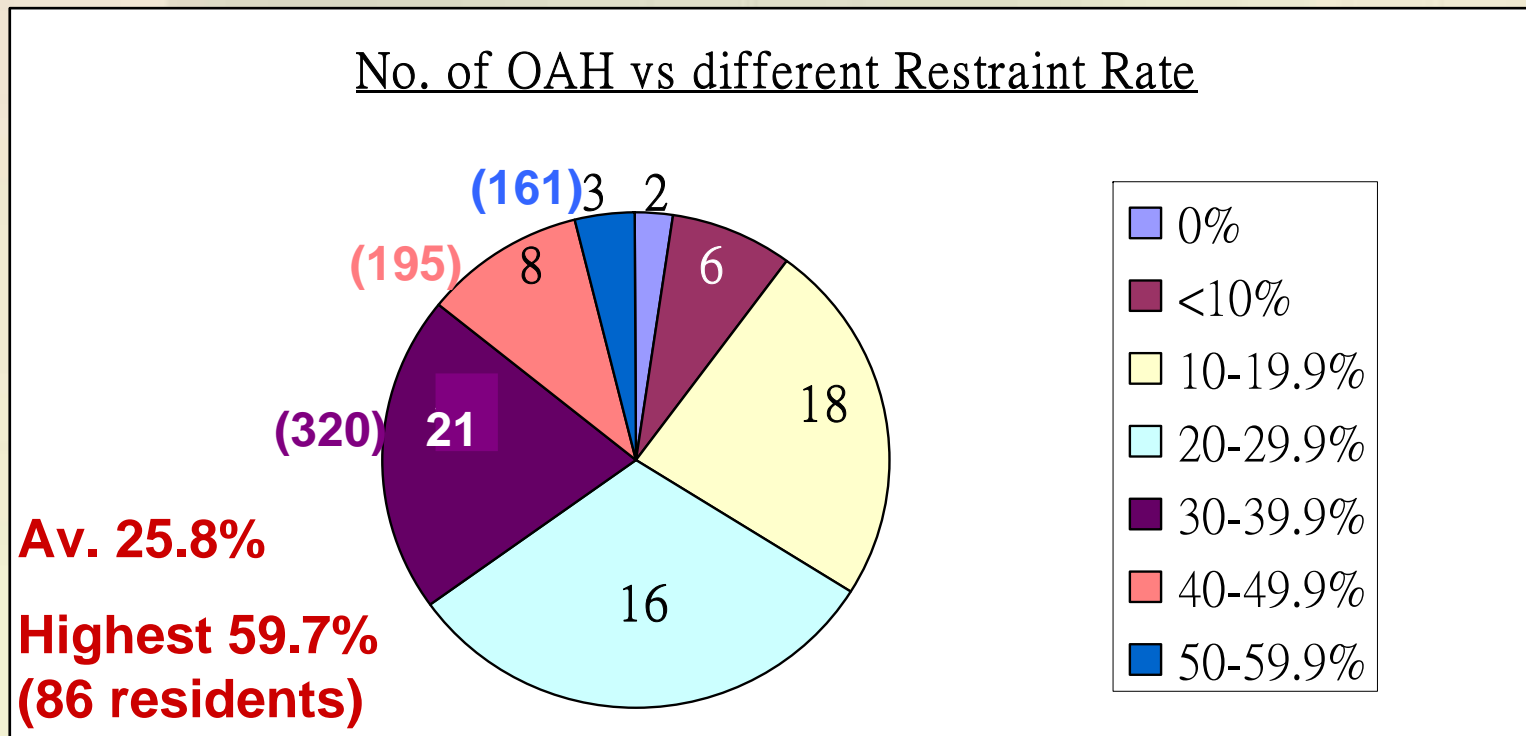
- HK was among the highest restraint rate in long term institutional care for the elders.
- Physical restraints were used in approx. 25% of residents of 14 homes (1820 residents). *(Woo et al. 2004)*

Introduction (2)

- The proper use of restraints may be an indicator of quality of care in institutional setting (Wool et al. 2004)
- Studies showed that restraint will increase the severity of falls, confusion, induce chronic constipation, incontinence, decubitus ulcer, muscle atrophy, loss of bone mass, anxiety..... (Ho et al. 2004)

The issue (1)

- Survey on 77 PNH (3475 residents) in HKEC in Oct 2005:



The issue (2)

- 1486 pieces / pairs of restraints were used on 1056 residents
- Av. 1.4 pieces / pairs per residents





Mission

- Least restraint philosophy –
Restraint is the last resort in patient; for example in the condition of potential for suicide, violence and protection of life sustaining treatment (Briggs et al. 2004)
- Enhance quality nursing care in private old aged homes

Purpose of the Project

- To improve the knowledge and skills of the care givers in proper use of physical restraints
- To eliminate overuse and misuse of physical restraints
- To prevent complication of physical restraints thus enhance quality of life of elderly at old aged homes

Flow of project (Oct 05 – Feb 07)

Pre-study survey on 77 PNHs (3475 residents)

Pre-test on knowledge and skills in physical restraint (125 PNH staff)

Lecture on proper use of physical restraint (Mar 06)

Post-test

**Excluded PNHs with restraints
to residents ratio < 1:2**

Recruited 17 PNHs with restraints to residents ratio > 1:2
(850 – 870 residents at different phases of the study)

1st Post education audit (3 months after ed.) (857 residents)

2nd Post education audit (9 months after ed.) (853 residents)

What made the change?

Educational package

educational workshop

on-site coaching/demonstration

Continuing education



Educational Lecture

- Attendants 125 from 77 PNHs



Wrong Video 1

減低約束程度



減低約束程度(續)



運用代替約束的方法



現實導向



思考訓練及音樂治療



消閒及康樂活動



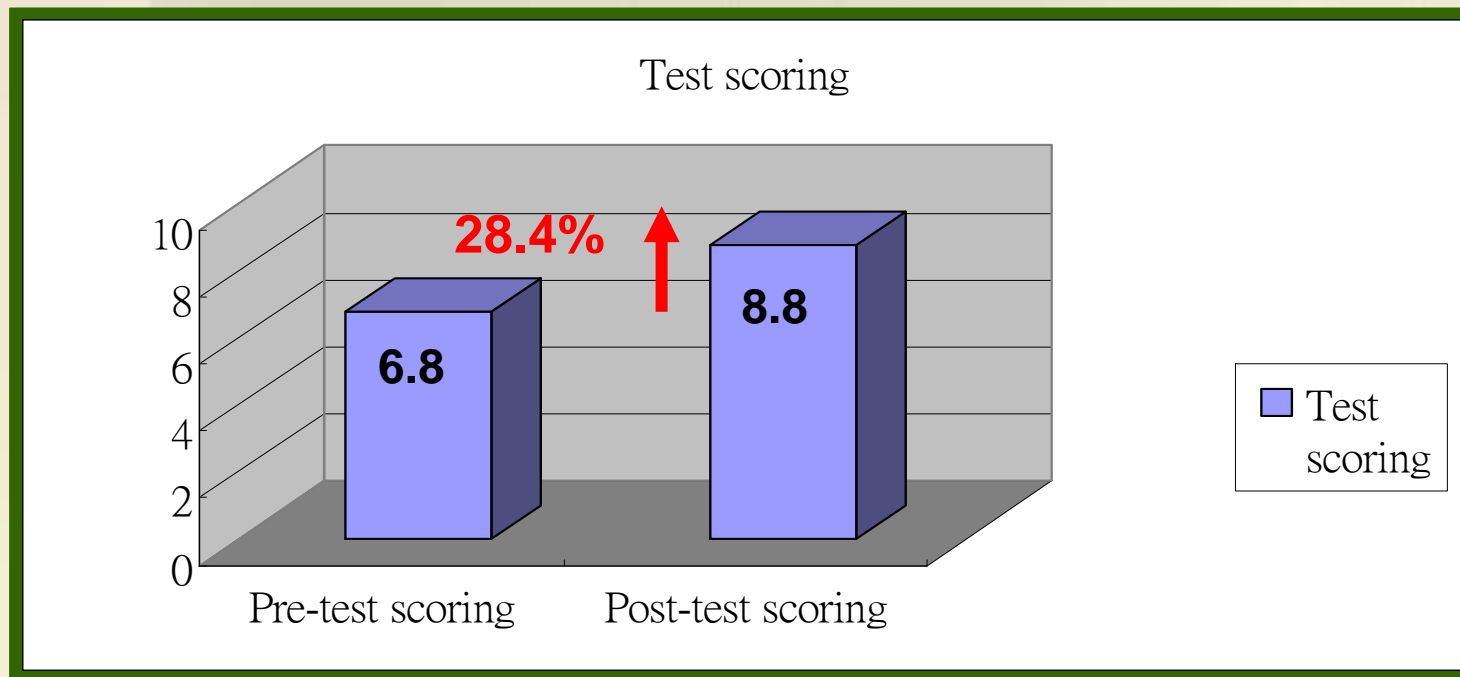
分散治療

Proper documentations



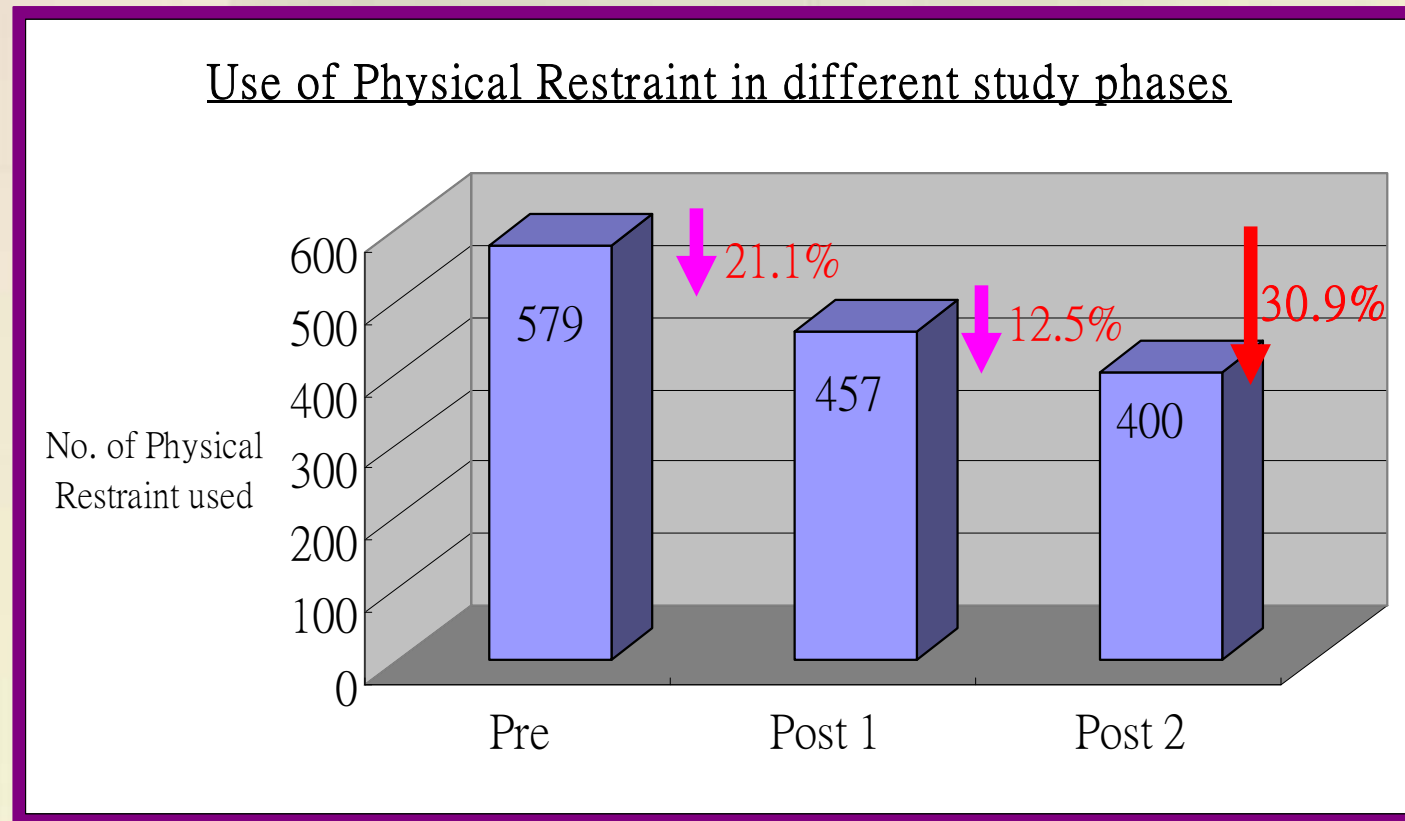
RESULTS

- 1. Enhancement of knowledge and skill of care giver in proper restraint method

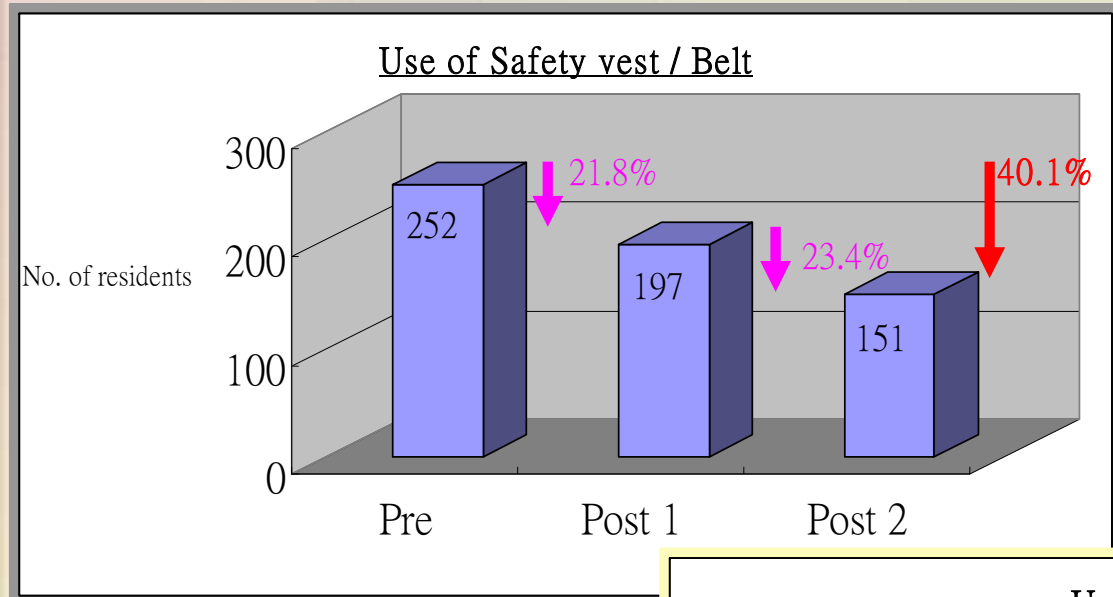


RESULT

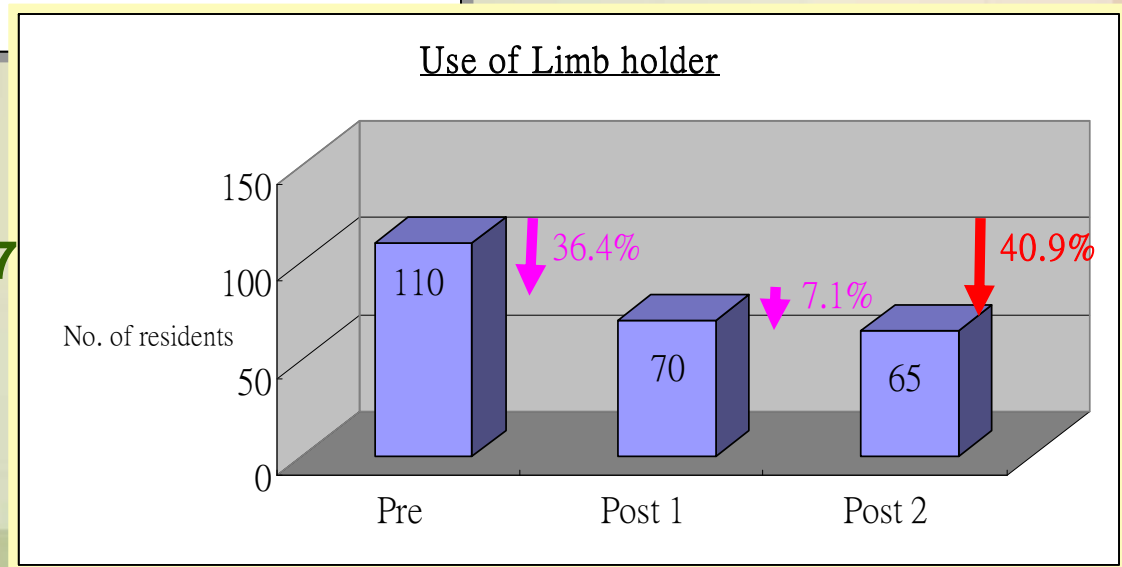
- 2. Reduced use of physical restraint



RESULT

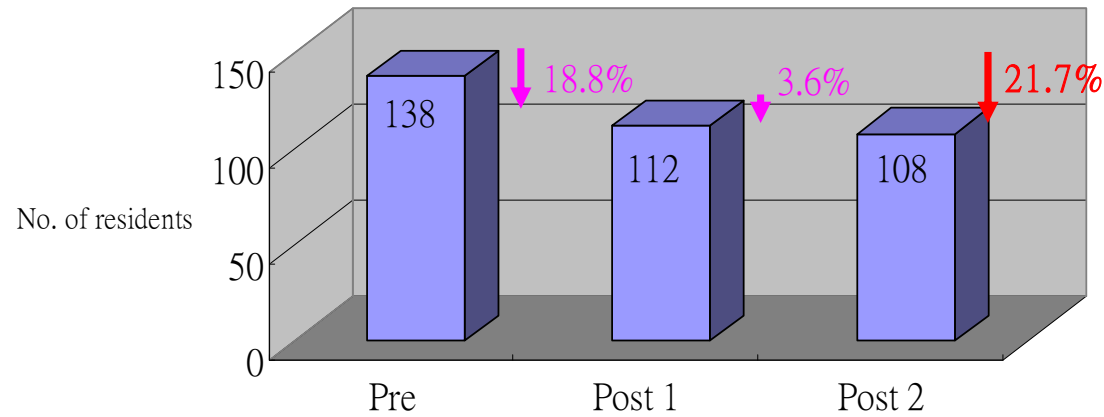


P=0.027



RESULT

Use of Pelvic holder

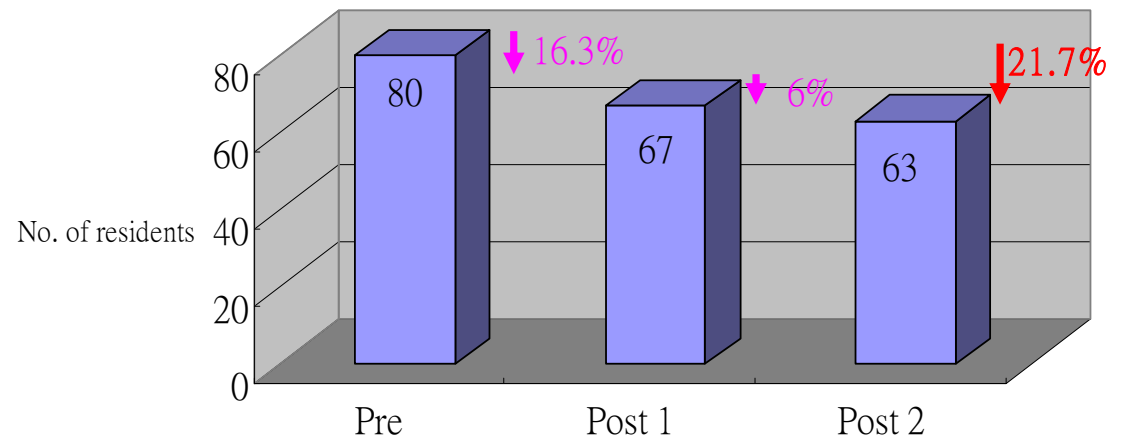


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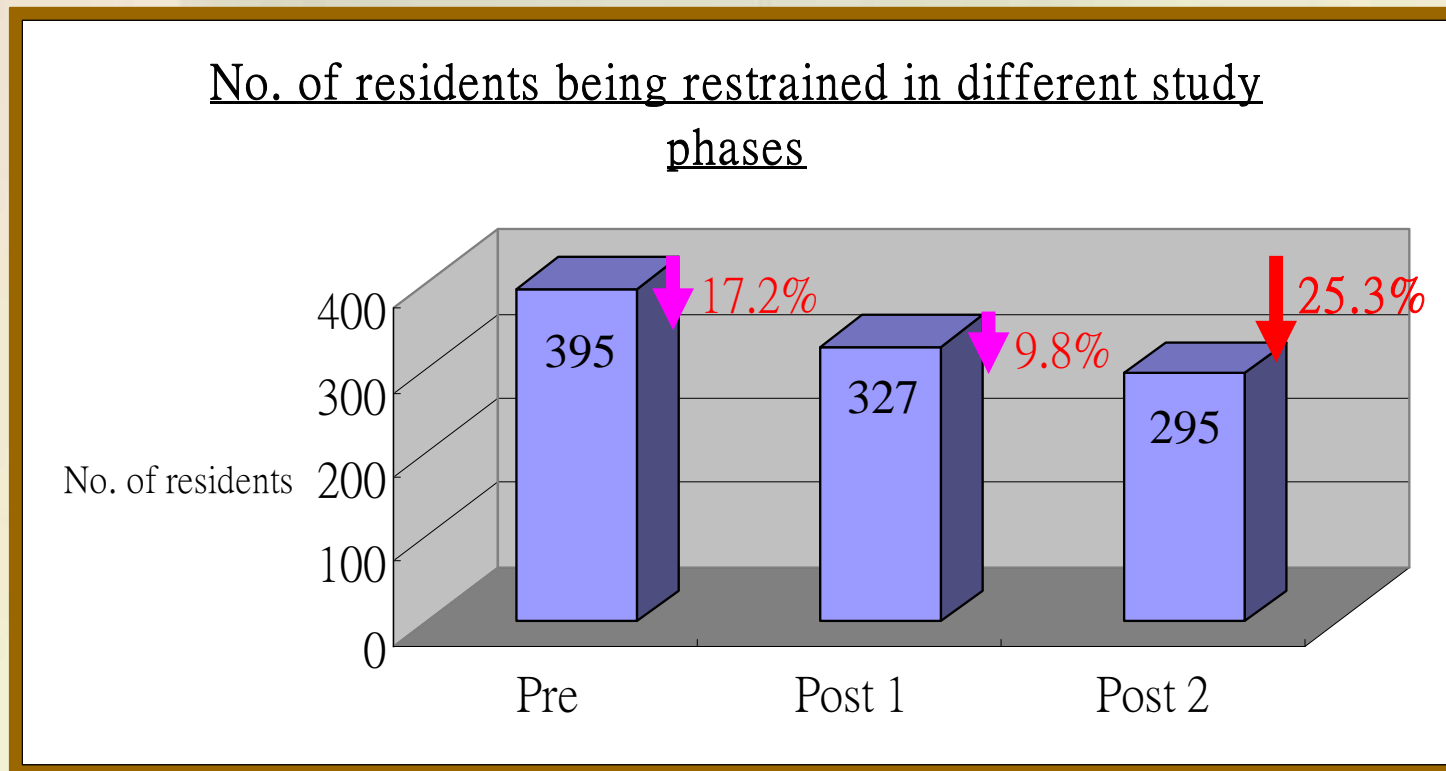
Not sig.

Use of Hand control mit



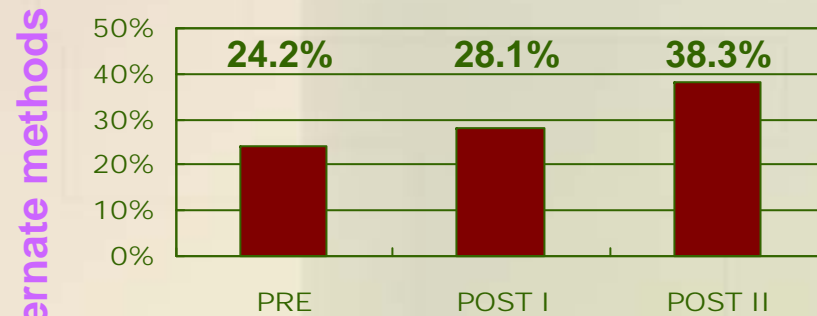
RESULT

- Less residents being restrained

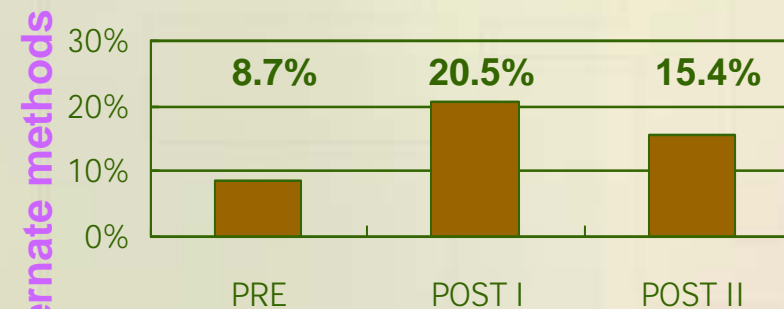


Least restraint – Use of alternate methods

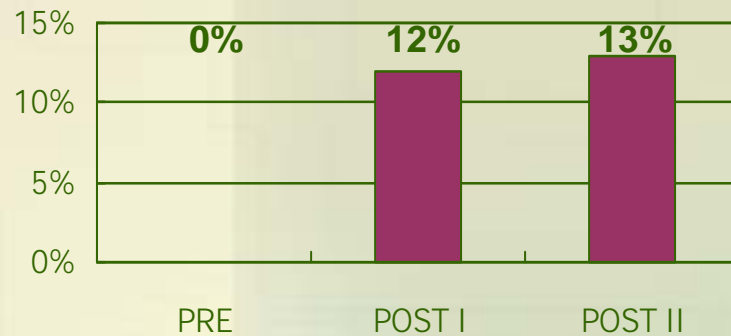
Cognitively Impaired



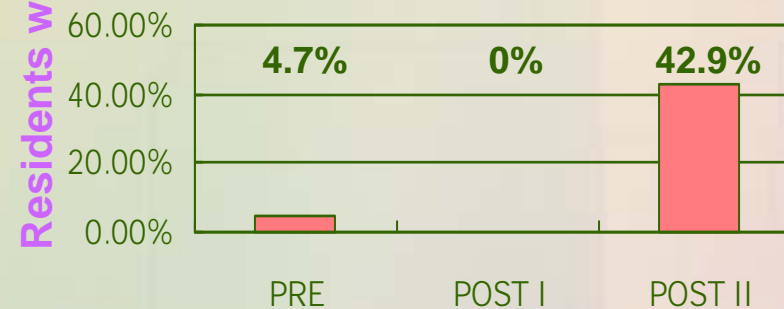
Physically Impaired



Non compliance to treatment plan

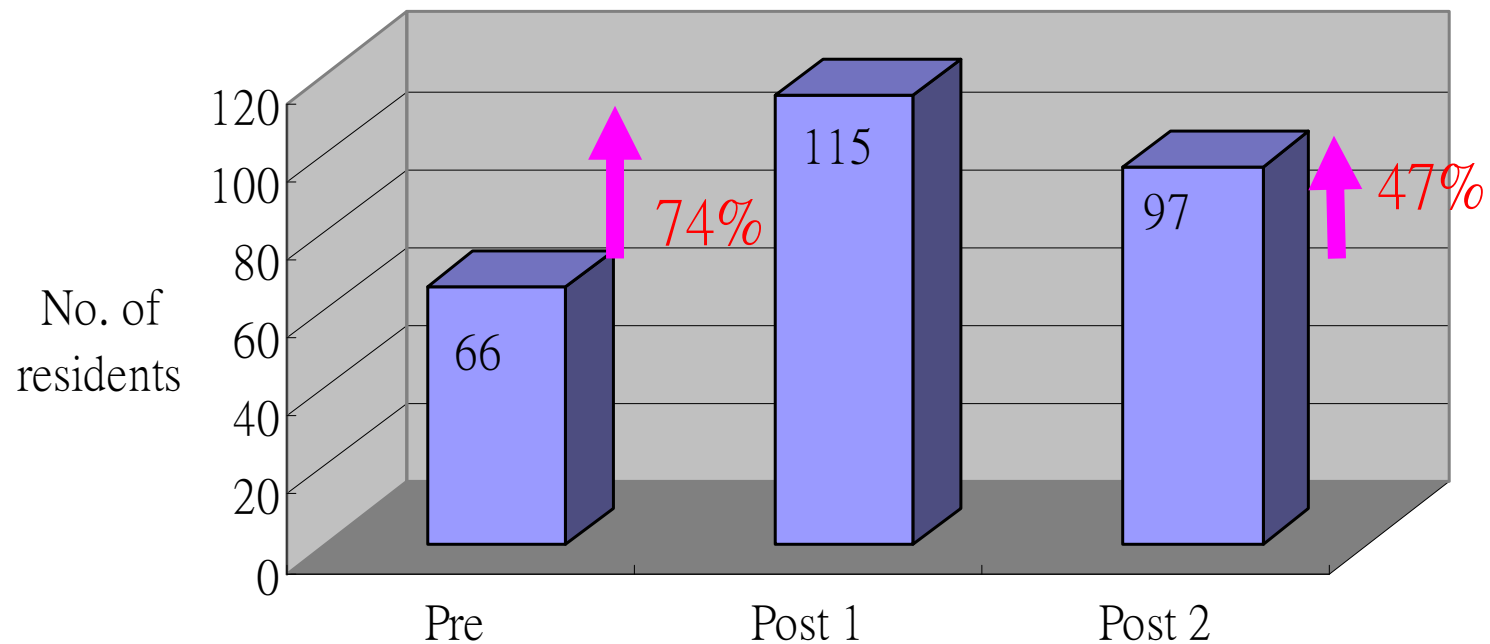


Maintenance of skin integrity



RESULT

No. of residents received alternative therapy
in different study phases



Conclusion

- The educational program was effective to enhance proper use of physical restraint in PNH
- ↑ awareness of staff on malpractice related to use of restrainers
- ↓ use of restrainers
- ↓ no. of residents being restrained
- ↑ use of alternate method in physical restraint
- The program was rolled out to all PNHs covered by HKECGAS

Recommendation

- Carry out the educational program **periodically** to meet the training need of staff in PNH, because staff turnover is frequent; thus to enhance sustainable quality care.

THANK YOU