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Restraint Free in 2023

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Restraint Free in 2023

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Problem

In the SICU at RGH, restraint usage has become an initial response to patient safety instead of a last intervention. This practice concerns both nursing and providers as a culture of care.

Background

Restraint use has been linked to longer lengths of stay and other undesirable patient outcomes. This evidence-based project explored the impact of a restraint management bundle on the rates of restraint utilization. Staff RNs believe there will be negative outcomes when restraints aren't used, such as unplanned extubations or line removal. The literature is clear that the use of restraint alternatives does not increase adverse events.

PICOT

Population: Hospitalized adult patients on Sands 800
Intervention: Restraint management bundle
Comparison: Current restraint practice
Outcome: Reduce restraint use
Time: Hospital admission

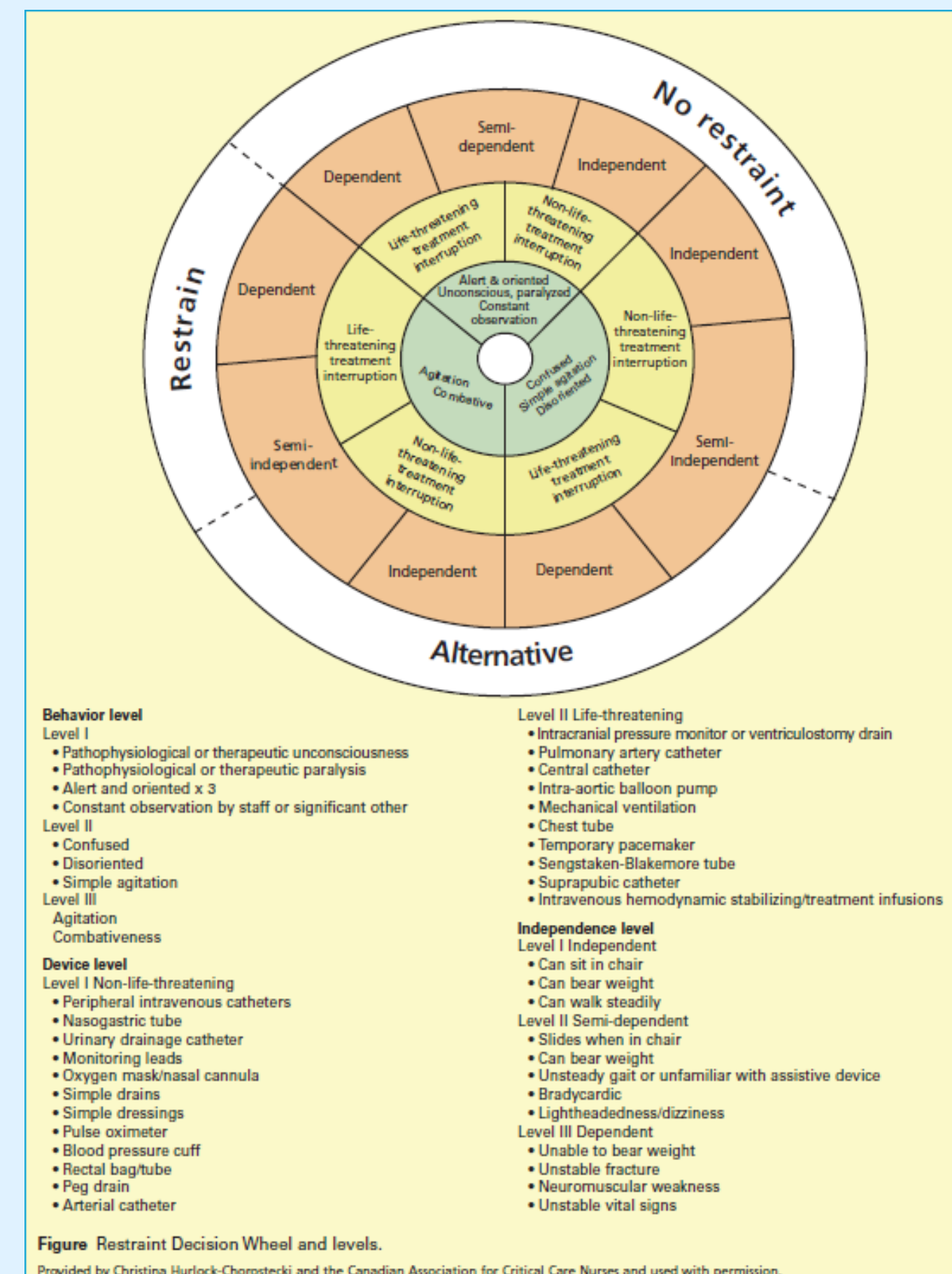
In hospitalized, adult patients on Sands 8000, does the use of a restraint management bundle decrease the use of restraints during the inpatient admission compared to current restraint practices?

Bundle Components

- Nurse residents scheduled themselves to round in the SICU during the intervention period to observe for education opportunities.
- 1:1 RN education was provided.
- Discussed project, tool, and restraint alternatives in staff huddles.
- Hung up tool for restraint alternatives at each RN work station.
- Pre/post data on restraint utilization was gathered from the EMR for comparison.

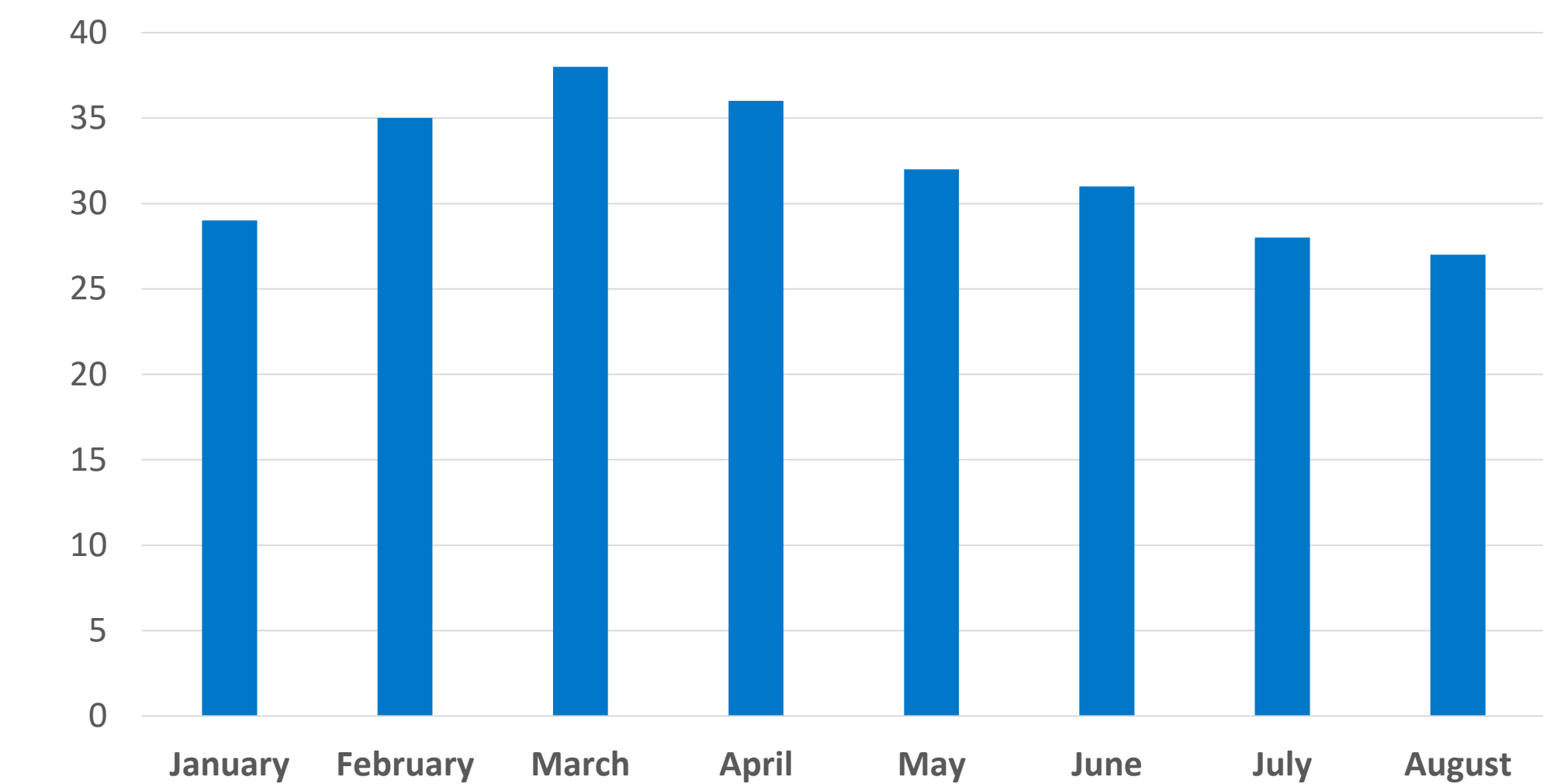
Timeline

Implemented from the last week of June 2023 through the end of July 2023.



Restraint alternative tool provided to the SICU RN staff from Hevener et al. (2016).

2023 Total Patients Restrained



Future Implications and Opportunities

- Investigate other types of hand mitts that provide therapeutic benefits.
- Continue to study both restraint use and if lesser restrictive alternatives are used more frequently.
- Study if there is a change in adverse events, delirium, and length of stay.
- Expand to other units.

References

- Hall, D. K., Zimbardo, K. S., Petrovitch, D., Maduro, R. S., Ver Schneider, P., & Morgan, M. (2018). Impact of a restraint management bundle on restraint use in an intensive care unit. *Journal of Nursing Care Quality*, 33(2), 143-148.
<https://www.doi.org/10.1097/NCQ.0000000000000273>
- Hevener, S., Rickabaugh, B., & Marsh, T. (2016). Using a decision wheel to reduce use of restraints in a medical-surgical intensive care unit. *American Journal of Critical Care*, 25(6), 479-486.
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