State of the Science – Best Evidence: Physical Restraint Use in the Critical Care Environment

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Prevalence, Definition and Types

- Wide variation in prevalence – by country, by unit
- Definition – CMS
  - Is this accurate??
- Types of restraints
  - Safety intervention vs. true restraint
- Use of chemical restraints
  - Meds are NOT true restraint alternatives
Physical Restraints – What Are They?
TYPES OF PHYSICAL RESTRAINTS
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Physical Restraints – What Are They?

What great minds can do.
PR Use in the Critical Care Environment

• Why needed?
  
  • High usage of invasive modalities, stress of illness, ICU confusion / psychosis (Dolan and Dolan Looby, 2017; Eskandari et al., 2017; Penelo et al., 2018).
  
  • High propensity for fear, pain, anxiety (80% pts during ICU stay) (Langey et al., 2011).

• Outcomes with use
  
  • Wide variety of injuries (Johnson et al., 2014; Mehler et al., 2012; Stinson, 2016; Zolot, 2016).
PR Use in Critical Care

Some see PR use as a “necessary evil” with nurses providing positive attitudes toward their use as they can promote patient security (Griffiths, 2014; Eskandari et al., 2017).
Nurses’ Role in PR Use

• Nurses make decision to use PR (Lach, Leach and Butcher, 2016; Lane et al., 2011) despite negative feelings toward their use (Mohler and Meyer, 2014)

• Factors that influence decision
  • Staffing
  • Experience level
  • Education level
  • In-service education
  • Nurses’ attitudes toward PR use

(Barton-Gooden, Dawkins and Bennett, 2015; Eskanderi et al., 2017; Gurdogan et al., 2016; Luk et al., 2015; Johnson et al., 2016; Rose et al., 2016; Staggs et al., 2017; Stinson, 2016).
Future Research and Education – Focus of Patient Safety

- Restraint-free environment is recommended as the standard of care (Mehler et al., 2012; Staggs et al., 2017).
- Culture change through more research
- Instrument for data collection
  - Accurate usage rates
  - Establish guidelines and protocols
What is the Key to Patient Safety? 

... Culture Change and Education

- Physical restraint education
  - Nursing curricula
  - Nursing units
  - QI projects
  - Improve critical thinking skills of all nurses
  - Optimize use of PR alternatives
Thank You!!

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