Enhancing Patient Safety Through Reduction of Restraints in the ICU

Kelly Betsinger, DNP, RN
Samford University

Project Purpose
Evaluate research to identify best clinical practices to reduce restraint use in the ICU with corresponding implementation of an evidence-based restraint management bundle (RMB).

Problem/Background

Theoretical Framework:
The Iowa Model

Methodology
- Review of Literature
- Create a Task Force
- Education & training of staff
- Pre & Post Nursing Survey
- Educational brochures for family
- Daily Notebook of Assessment to include RMB
- IRB approval not required by Baptist Medical Center & Samford University due to this being a quality improvement project.

Restraint Management Bundle
- Comprehensive approach to restraint use and reduction in the ICU
- Education of patient care team
- Alternative management options patients without restraints
- Proper documentation and assessment of care

Objectives
- Evaluate the use of restraints in the ICU & associated adverse sequela.
- Hold key stakeholder interviews with administration, physician, & nursing staff.
- Educate caregivers & staff on restraint alternatives.
- Implement and evaluate alternative protocol to restraints for management of ICU patients.

Sentara Restraint Usage Audit Tool

Pre-Education Survey
Post-Education Survey

Results

Contact Information
References available upon request

Sentara Healthcare ©, 2013. Reprinted by permission (2019) DKHall@sentara.com
SentaraCarePlex Hospital 3000 Coliseum Drive, Hampton, VA 23666

Audit tool was not effective due to 4 of the 6 categories contained no documentation

Implications for Practice
Physicians & Nurses will be able to
- Enhance knowledge with evidence-based practice utilizing alternative measures to decrease use of restraints
- Early identification of when to remove restraints
- Proactive intervention to reduce the use of restraints
- Awareness of risks for patients to be in restraints

References available upon request