The Effectiveness of the over 24 Hours Physical Restraint Indicators in Hospitalized Patients
Yichun Chen, BS, RN
Nursing Department, Chi Mei Medical Center, Liouyng , Tainan, Taiwan

Purpose
A physical restraint is frequent initiatives in the hospital patients. However, there are few studies on the indications of physical restraint. The aim of this retrospective study was to explore physical restraint rates in a hospital and to investigate the effectiveness of the intervention. It is hoped that the over-24-hour physical restraints of patient can be reduced in long term.

Methods
We analyze the Physical Restraint Reporting System between January 2013 and December 2013 and extracted data of the prevalence of the over-24-hour physical restraint among inpatients to collect the over-24-hour physical restraint events (Figure 1.) . Physical restraint rates before and after the interventions were compared. The reasons for the over-24-hour physical restraints were summarized as follows. 1. Systemic problems: After the discharge, the restraint records were not deleted. 2. The classification defined based on Taiwan Clinical Performance Indicator. 3. Utilization of Team Resource Management to discuss alternative restraint programs. 4. Continuous analysis of data and comparison with restraint rates and compared with the restraint time.

Results
The results revealed that the over-24-hour physical restraint rates were the max 82.19 percent, the min 13.73 percent.

Conclusion
The over-24-hour physical restraints is an important issue in a hospital setting. The results show that different care should be taken to prevent interventions in physical restraints so as to improve quality of patient care.

Key words: over-24-hour Physical Restraint, restraint, inpatient