

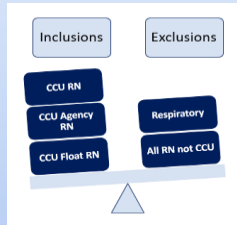


Physical Restraint Use in the Critical Care Unit

Implement targeted interventions aimed at minimizing the use of physical restraint use in the critical care setting

Design: Quality Improvement Project

Participants:



Setting



324 Acute Care Hospital
24 Bed Critical Care Unit,
Princeton, NJ



★ This project focused on educating nursing staff about alternative strategies to reduce the use of physical restraints (PR) and emphasized the impact of nursing perceptions on patient care. By providing education and empowering nurses to advocate for their patients, the project aimed to improve outcomes while minimizing PR usage. Various education methods, collaboration with CCU Intensivists, and modifications to the documentation platform were utilized. The project enhanced nursing knowledge, empowered nurses to employ interventions, and established guidelines for patient evaluation to identify alternatives to PR.

★ Nurses demonstrated increased willingness to explore alternatives and minimize PR use. Chart reviews on 140 encounters revealed decreased patient restraint percentages and improved timing of renewal orders. The project emphasized the importance of considering alternatives before resorting to PR as a last resort.

