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## Intensive care nurses' knowledge, attitudes, and practices for the use of physical restraints

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**Purpose:** This study was conducted to determine the nurses' knowledge, attitudes, and practices for the use of physical restraints.

**Introduction;** Security and being safe are among basic needs of human. The fact that an individual experiences any limitation in his/her movements means that the status of being safe is in danger. There are many risk factors in the hospital environment putting the status of patients' safety in jeopardy. The most threatening situation for the individual in the hospital is falling and injury. Especially individuals, who are overweight, are elder, cannot keep their balance, are weak, are agitated, and have orientation disorder, are at high risk for maintaining safety in the hospital environment. Physical restraints are used at the rate of 24-40% in intensive care patients. Recent studies have drawn attention to physiological, psychological, and social complications of physical restraint application which are reported to be useful for patient safety.

**Method;** This descriptive study was conducted with nurses working in the intensive care units at Inonu University Turgut Ozal Medical Center between July and September 2016. It was aimed to reach the whole population without the sampling selection in the study. 103 nurses, who were voluntary to participate in the study, were included in the study. The data were collected by using a questionnaire evaluating the demographic characteristics of the nurses and the "Knowledge Levels, Attitudes, and Practices of Nurses Regarding Physical Restraints Questionnaire". The data were assessed by using the SPSS 21 packaged software. Number, percentage, mean, analysis of variance (ANOVA) in determining the correlation between the independent variables, and independent samples t-tests were used to evaluate the data and the significance level was accepted as  $p < 0.05$  in the study.

**Results;** It was found that the average age of the nurses participating in the study was 28.6, 79.6% of them had bachelor's degree, 52.4% were single, 48.5% had a working period of less than 5 years, 81.6% worked as day and night shift (mixed) and 69.9% did not receive any education about the use of physical restraints. It was determined that the mean score of knowledge of the nurses, participating in the study, regarding physical restraint was  $7.39 \pm 1.65$ , their attitude mean score was  $28.84 \pm 4.77$ , and their practice mean score was  $21.46 \pm 3.94$ .

**Conclusion;** It was determined according to these results that the knowledge levels of the nurses about the physical restraints were high, their attitudes were positive, and their practices were moderate.

### Biography

Completed master's degree in public health nursing at the age of 23. I am a doctoral student in nursing at Inonu University and research assistant at Inonu University.

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