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**The innovate restraint strategy reduce physical restraint rates in general medical ward****Chia-Te Chen, Pi-Ju Liu and Chun-Jung Wu**  
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**Background & Aim:** Physical restraints were often used to ensure patients safety and to decrease unexpected accidents in clinical practice. But improper use of physical restraints was associated with an increased risk of pressure sores, edema in extremities, agitation, cognitive decline, nonsocial behavior, confusion and depression. The Taiwan Clinical Performance Indicator (TCPI) considers the use and incidence of physical restraints as an important indicator of medical quality. According to the statistics on the number of inpatient in general ward National Cheng Kung University Hospital (NCKUH) in 2016, a total of 18,380 patients admitted to our ward and 185 patients were physically constrained. The physical constrain rate was 1%, which exceeded all the other units in hospital. This aim of this study was to see if some strategies can reduce the rate of high use of physical restraints.

**Method:** From July 1, 2017 to September 30, 2017, several strategies were implemented and this included the following, the properly fixed medical tube, reconfirming the necessity of restraint during the nursing handovers according the clinic practice guideline, in-service education, experiencing of being restraint and development of modified restraint glove.

**Result:** The patient's physical restraint rate was followed for three months and the rate of restraint was reduced from 1% (pre-study period) to 0.26% (study period).

**Conclusion:** The modified restraint glove can contribute patient's safety and comfort. Besides, the nursing administration could plan course of physical constraints to increase team consensus on restraints to reduce use of physical restraint and improve the quality of medical care.

**Biography**

Chia-Te Chen has completed his/her Master's degree in Nursing from National Taipei University of Nursing and Health Science. His/Her research focuses on aging, nutrition status, skin integrity, emergency medicine, cardiovascular nurse and quantitative research. He/She has worked in General Ward of National Cheng Kung University Hospital. He/She is also working as a Lecturer in Chinese Emergency Medicine Educator Association.

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