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When Should Nurses Use Restraints Versus Alternatives to Restraints?

Rosa Garza Moore, SN & Motunrayo Ogunkua, SN

Improving Nursing Care in the Use of Restraints

Patient safety, education level and training, adequate staffing, and access to essential resources are the guiding factors in determining who, when, and in which situations restraints should be used. As the nurse advocate, a holistic approach to providing adequate patient care centers on patient safety. The nursing community must assess and determine written guidelines for nursing interventions in the use of physical restraints, because there is a lack of current nurse literature to address this need.

Introduction

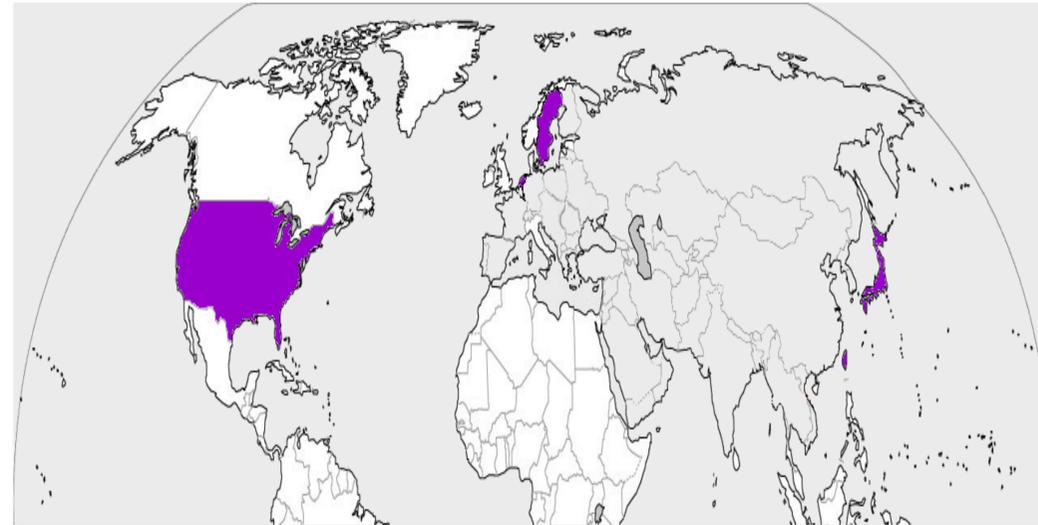
Outdated nurse literature claims that the use of restraints is poor clinical practice. In the most current research studies performed in the United States, Japan, Sweden, and Taiwan, researchers explore the benefits of restraints and the efficacy of their use.

Purpose - to explore current guidelines and clinical policies for the use of restraints in nursing homes with geriatric residents diagnosed with moderate to severe dementia.

Methodology

- Research papers published 2008-2014
- Search terms: “elderly patients”, “patients with dementia”, “physical restraints”, “alternatives to restraints”, “incidence of falls”, “incidence of injuries”
- Sample: Four articles from Taiwan, Sweden, the Netherlands and the United States in which the sample population consisted of, or included, elderly nursing home residents, ages 65 years or older, who were diagnosed with dementia

Results



Three factors determine the need for restraints

- Fear and concern that the patient will get hurt.
- The level of staff training in the use of restraints.
- Staffing, and availability of alternative resources that can be used in place of restraints.

Alternatives to restraints are costly and do not prove to be better or worse than physical restraints. Adverse effects of the use of alternatives are not known

Conclusion

- Patient safety is a primary factor in the decision to use restraints.
- Staff must be adequately trained to correctly use restraints or alternatives to restraints in order to ensure patient safety.
- Inappropriate use of restraints, due to inadequate staff training and education, causes injury.

Discussion

- Frequent use of restraints warrants new guidelines.
- Current nurse literature is sparse on this topic.
- Further investigation is needed on the use of restraints.

Acknowledgments

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