

Breaking Down Barriers & Reducing Restraints in the Intensive Care Unit

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PURPOSE STATEMENT

In intubated Intensive Care Unit (ICU) patients, how many unplanned extubations occur in unrestrained patients compared with those restrained with soft wrist restraints?

BACKGROUND

Non-violent soft wrist restraints - total hours in restraints

FY19

2,745.9 hours

FY20

7,742.8 hours

FY21

8,584.3 hours

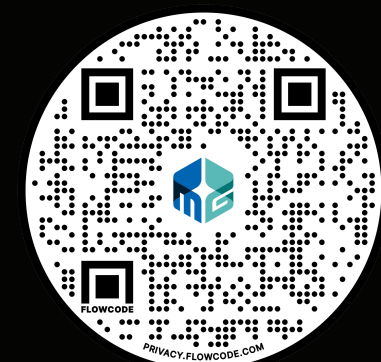
FY22

753.2 hours

FY23

0.5 hours

Documentation compliance consistently <90%



Scan the QR code for references and contact information.

PRACTICE CHANGE & IMPLEMENTATION

AUGUST 2021

Standard of care: Place soft wrist restraints on all patients on a ventilator upon arrival to the ICU, or when intubation occurred for airway protection, and because we felt this was the best way to keep these patients safe. We knew that we had opportunities for improvement and began researching what other organizations were doing, how we could improve our documentation compliance, and how we could improve patient and family experiences in our ICU.

JUNE 2021

American Hospital Association mock survey

JULY 2021 SURVEY RESULTS

Utilization of restraints without regard to physical behaviors
Lack of Physician orders
Lack of updated care plans
Lack of RCA on prolonged restraint use
Policies needed updated

AUGUST 2021

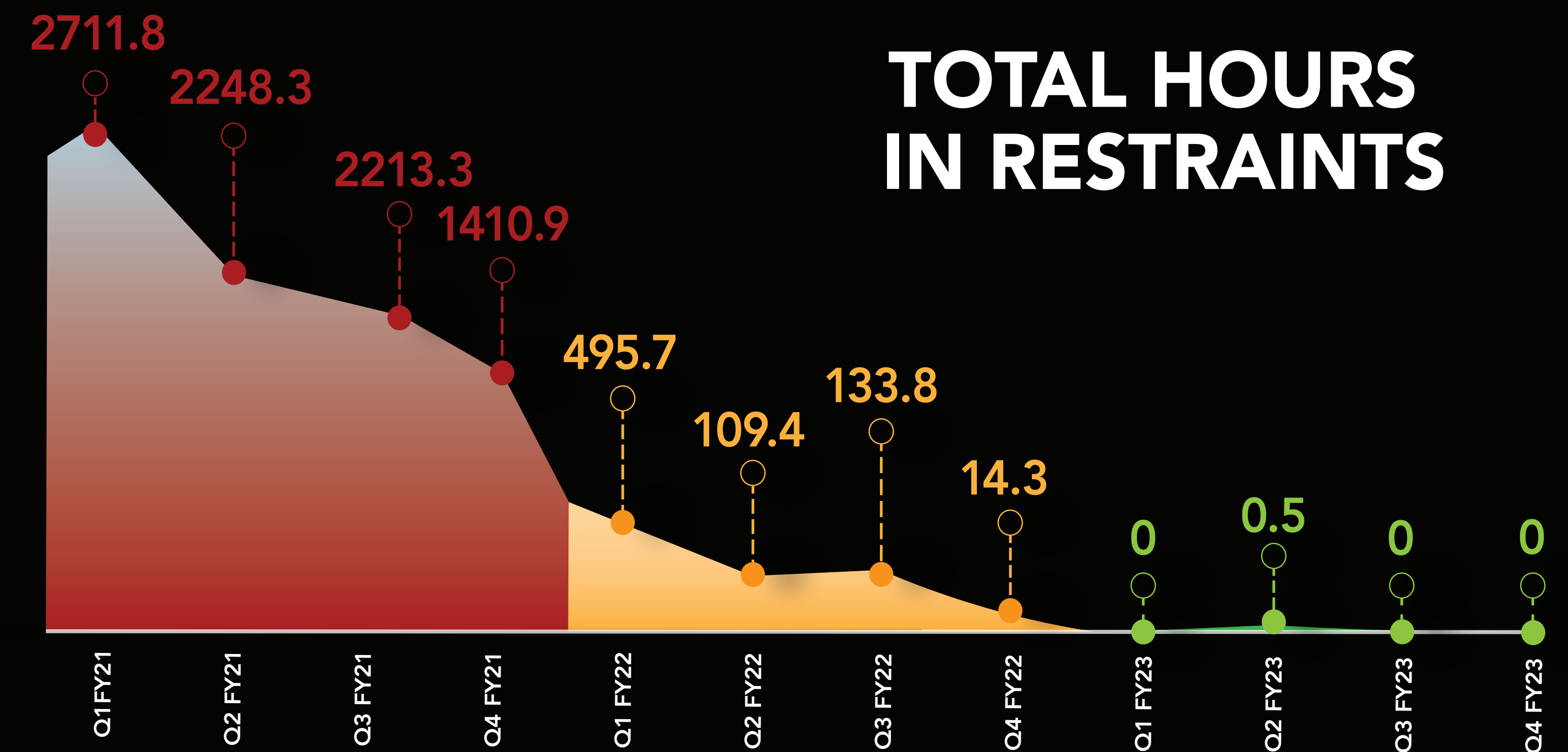
Developed new standard of care
Updated policies (removed unsecured mitts)
Educated staff and providers
Trial with five patients

SEPTEMBER 2021

Full implementation and roll out "No restraint use" standard of care.

EVALUATION

Historically, we have audited charts with patients that have been restrained for greater than 72 hours. However, we recognized that we were unable to prevent prolonged restraint use because they had already been restrained greater than 72 hours when the audit occurred. We also we unable to meet the goal of 90 percent compliance in our documentation. We made the decision to add to our audit tool, and audit charts of patients that have been restrained greater than 24 and greater than 48 hours. This provides us with an opportunity to prevent prolonged restraint use and continue to improve patient outcomes.



CONCLUSIONS & IMPLICATIONS FOR PRACTICE

Soft wrist restraints have been **REDUCED BY >99%**

Q1 2022: 20 patients physically restrained
Q2 2022: 4 patients physically restrained
Q3 2022: 7 patients physically restrained
Q4 2022: 1 patient physically restrained

Q1 2023: 0 patients physically restrained
Q2 2023: 1 patient physically restrained
Q3 2023: 0 patients physically restrained
Q4 2023: 0 patients physically restrained