

# RESTRAINT FREE FACILITY

## "A SUCCESS STORY"

SANTA CLARITA CONVALESCENT

HOSPITAL

### RESTRAINT FREE FACILITY "A SUCCESS STORY"

ASSESS

EDUCATE

REINFORCE

TROUBLESHOOT

INVOLVE

MAINTAIN

# ASSESS

> Residents on non-release seatbelt were re-assessed to determine the least restrictive measure in accordance with their current abilities.

1. Monitor each resident without a non release seatbelt.
2. Resident is provided with an activity of choice for their leisure time.

# EDUCATE

> Licensed Nurses and Certified Nursing Assistants, along with family members involved in resident care were introduced to a new plan to include maintaining resident freedom, dignity, and safety

1. Provide staff with examples of what could happen if resident's mobility becomes limited, such as:
  - a. Patient may suffer from depression, hopelessness, or loss of dignity.
  - b. Patient may have decline in muscle function, weakness, or pressure sores.
  - c. Patient may have increased confusion or defiance.

# REINFORCE

> Awareness is key to communication

1. Interviewing staff regarding resident response to the new plan of care that has been implemented.
2. Monitoring resident's behavior and participation in activities.
3. Keep all parties involved in the resident's care, and aware of any change in condition.

# TROUBLESHOOT

> Identify potential hazards.

1. Staff were made aware to report any change of resident mobility function and to refer resident to be seen by Physical Therapist and Occupational Therapist and be placed on appropriate program to improve mobility functions.
2. Staff monitoring to include report of any attempt to stand up unassisted.

# INVOLVE

> An 'open door policy' between not only our staff but HSAG, assures a healthy input from all responsible parties.

1. HSAG involvement has made Santa Clarita Convalescent Hospital very successful, providing us with brochures, literature, and ideas on how we can be a restraint free facility.
2. HSAG's consistent involvement in our progression has motivated our staff to succeed.

# MAINTAIN

> Monitor!! Monitor!! Monitor!!

1. Being aware of the resident's needs; independence, self reliance, maintaining dignity.
2. Continuing to develop resident's program to reflect their continuing progress.
3. Use the HSAG provided literature as a reinforcement of the previous training.

# Physical Restraint Use June 2008 to February 2010

