

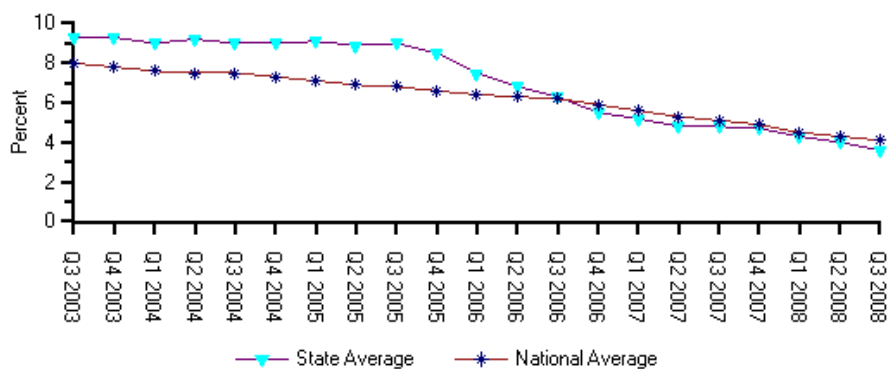
# HSAG Physical Restraints Collaborative Report

HSAG Physical Restraints Collaborative  
Learning Session 3  
April 28, 2009

Presented By:  
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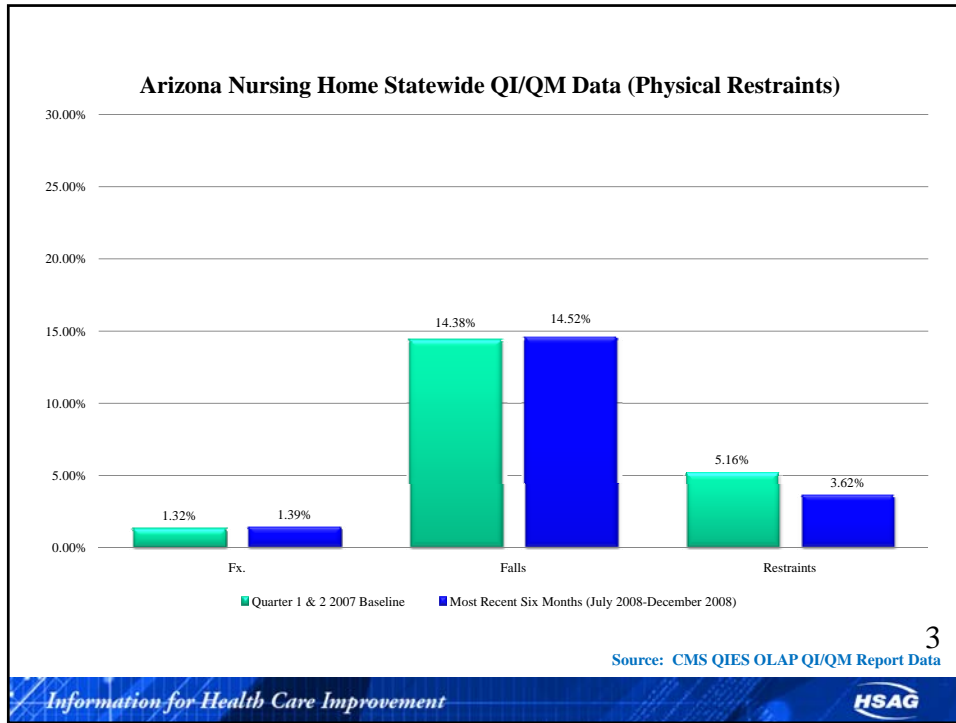
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## Arizona Percentage of Residents Who Are Physically Restrained

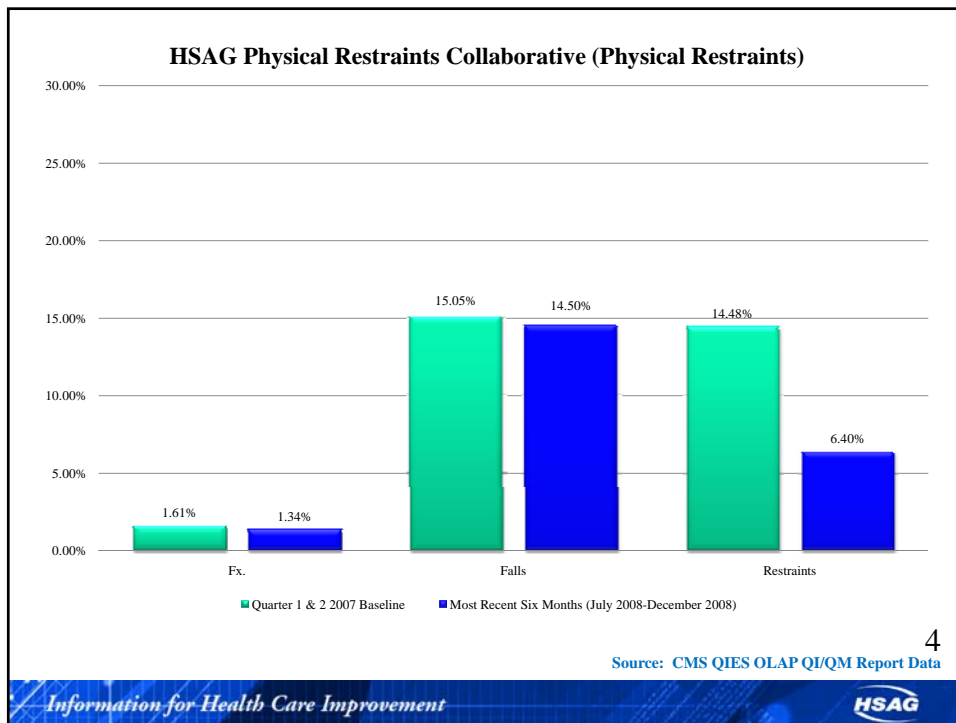


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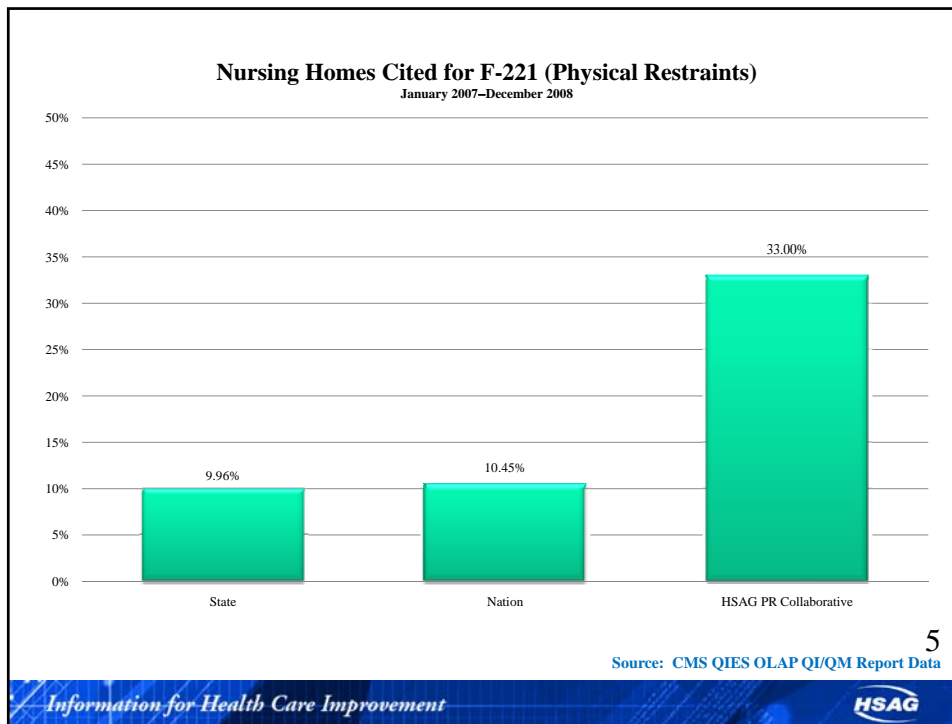


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## Thoughts to Consider . . .

- In light of significant restraint reduction efforts, falls and falls with fractures have remained static.
- Historically, HSAG Physical Restraints Collaborative nursing homes received F-221 (Physical Restraints) citations more than two-thirds as often as nursing homes statewide and nationwide.
- Based on the presented data, physical restraints are not preventing falls and falls with fractures in Arizona nursing homes.
- Physical restraints do not and cannot restrain the human spirit.
- Time spent on restraint management . . .

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## ***Time Spent on Restraint Management***

- Release physical restraint for 15 minutes every 2 hours (or 8 times during the resident's 16 waking hours).
  - 2 hours per restraint
- Release physical restraint for 30 minutes for each meal (3 meals per day).
  - 1.5 hours per restraint
- Release physical restraint for 30 minutes for morning/evening personal care
  - 1 hour per restraint

**Total = 4.5 hours ppd PER RESTRAINT!**

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## ***Final Thoughts to Consider . . .***

- Great progress has been made. Since Q1 & Q2 2007, HSAG Physical Restraints Collaborative nursing homes have collectively untied 500 residents from physical restraints!
- During the same time frame, these same nursing homes have collectively cared for 308 MORE residents!
- 500 physical restraints x 4.5 hours of restraint management per day = 2,250 hours. 2,250 hours x 20 days (conservative ALOS) = 45,000 hours saved!
- We can reduce restraints without increasing falls and falls with fractures.
- The answer lies in resident choice and falls management!

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## Questions?

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*Over 1 million drug-related injuries occur every year in health care settings. The Institute of Medicine estimates that at least a quarter of these injuries are preventable.*

**To find out how to prevent medication errors, go to**

**<http://www.hsag.com/drugsafety/>.**



**[www.hsag.com](http://www.hsag.com)**

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