

Reducing Restraints: A Patient Safety, Staff Driven Initiative

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Lehigh Valley Health Network, Allentown, Pennsylvania

Abstract

Successfully reducing or preventing seclusion and restraint (S/R) requires leadership commitment, resource allocation, and new tools for staff to improve the patient experience. Substantial savings can result from effectively changing the organizational culture to reduce and prevent the use of S/R. This poster details successful S/R reduction efforts led by a team of mental health nurses and supported by nursing leadership, in a 52 bed, acute adult behavioral health unit and 13 bed adolescent behavioral health unit in an academic, community Magnet™ hospital. According to evidence-based literature, people recover more quickly and experience greater success in the community when violence is extracted from the treatment setting.

Strategies

Assessment on Admission

Identifies triggers which tend to escalate patients into unsafe behavior

What are some things that help you calm down or feel safe?

Describe your warning signs

- what others might notice
- when you begin to lose control.

What type of things (triggers) make you feel unsafe or upset?

- A variety of questions to address aggression history, problem behaviors, triggers, warning signs, and interventions that help a patient regain control of their behavior

Sensory Cart

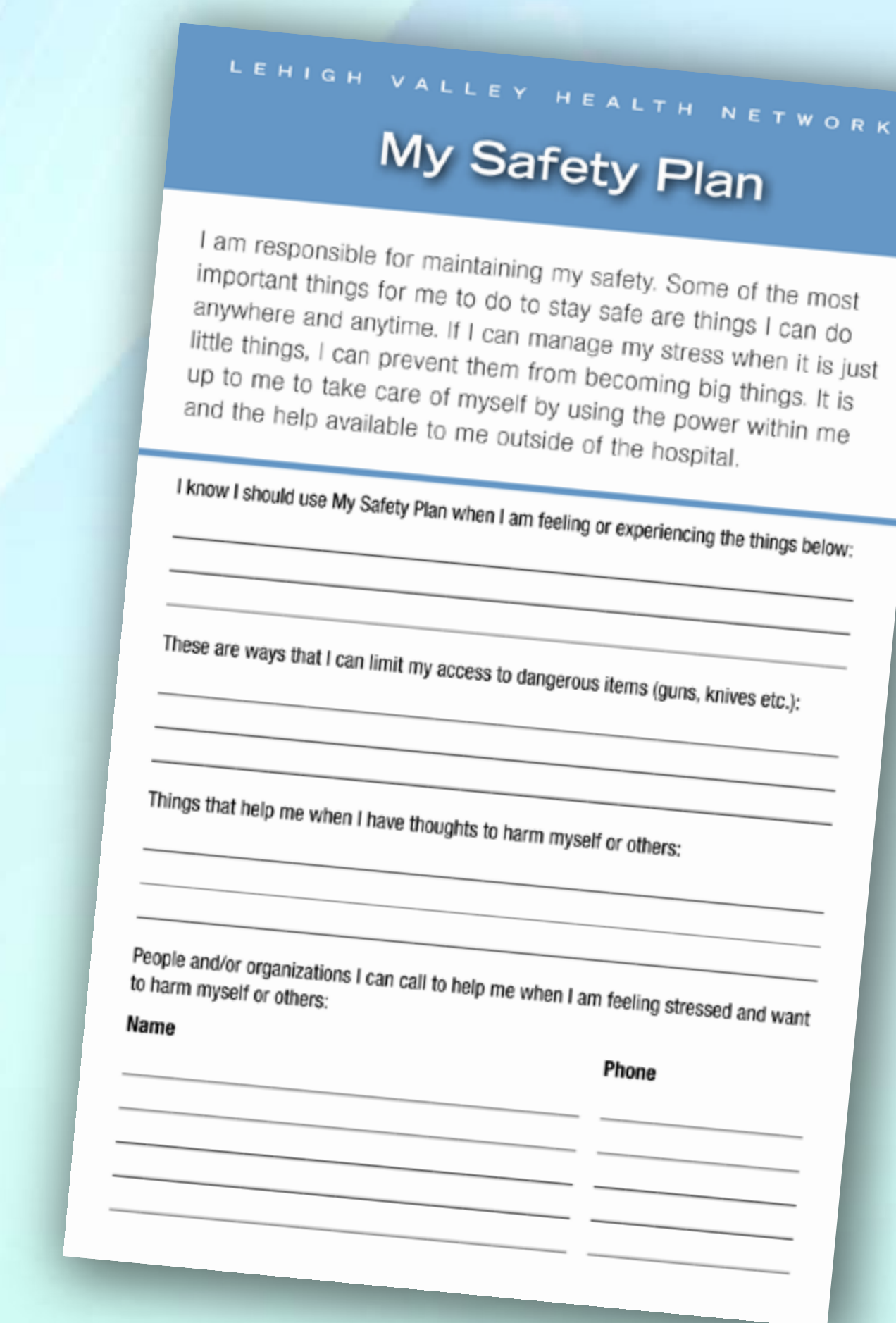
Use of sensory modalities - Engages patients in emotional regulation through individualized soothing measures and grounding techniques.



- Stocked with radios, drawing/coloring books, scented cards, stress balls, weighted animals, salty, sour, and sweet foods

Patient Safety Card

Initiates a safety plan and helps patients recognize their need to take responsibility of their behavior & maintain their own safety



- Wallet sized; easily referenced; used post discharge

Dedicated Staff Assignments

Scheduled staff members
Sole task: perform 15 minute checks; identify early signs of behavior changes

- Patients feel safer
- Significant decrease in patient safety reports

Use of primary nursing

- Provides consistency with treatment; raises a patient's level of trust

Psychiatric Emergencies

Respond with a Hands-off Approach –
“Watch and negotiate, rather than touch”



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Conclusion

Exploration and implementation of innovative interventions can be done very cost-effectively while positively impacting the patient experience.

