

RESTRAINT FREE ZONE

Restraint and Injury FREE Environment in ESCC – M2

INTRODUCTION

In May 2016, the **restraint-free** environment of Unit M2 have won in the **Institute for Healthcare Improvement in the Middle East Forum securing 1st Place in the category of Transforming Clinical Interventions** bringing pride and joy to Enaya Specialized Care Center and HMC.

Enaya Specialized Care Center (ESCC) is in the heart of the Hamad Bin Khalifa Medical City situated in Building 330 and 331. ESCC is a 24/7 long term care facility with 156 bed capacity under Rumailah Hospital.

Unit M2 is an 18 bed capacity unit which caters to male residents whose cases mostly vary from Dementia, CVA, Mental Retardation, Road Traffic Accident (RTA) and some repatriation patients.

Having achieved a restraint-free environment makes the residents and family members highly satisfied of the care being given in ESCC. Increased staff awareness and participation that residents have the right to be free from restraints imposed for discipline or convenience, and not required to treat medical symptoms.

By creating a restraint-free environment, it created a culture that epitomizes a patient centered care.

With the success of the project and the award it achieved, it was therefore deemed necessary to continue the quality and safe practices that promotes high standard of care. The project was then continued and improved.

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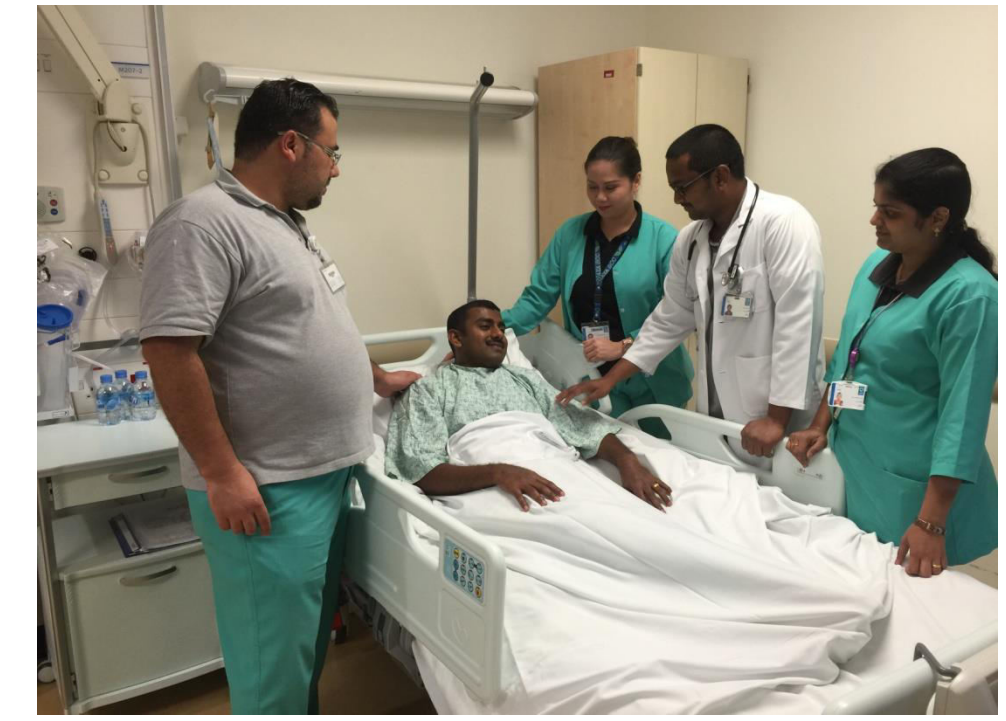
To maintain **100%** restraint and injury free environment in ESCC – Unit M2 by the end of December 2017.

OBJECTIVES

1. By creating a restraint free environment as it epitomizes a culture of patient centered care.
2. By promoting a safe environment free from psychological and emotional trauma caused by application of restraints.

INTERVENTIONS

After the initial brainstorming and meeting with the team, it was decided to monitor the needs of the residents having restraints. Unique and specific interventions were done to initially reduce the use of restraints and to eventually removing the use of restraints all together to achieve a restraint-free environment.



Plan of Action was then created to implement the project.

1. Proper education and training to nursing staff, multidisciplinary team and family member/ attenders on the appropriate use of restraint and seclusion, and on the alternatives to these restrictive interventions;
2. Ensure sufficient nursing staff to monitor and individualize care with the goal of only using restraint when no other viable option is available;
3. Ensure policies and environmental support services are in place to provide feasible alternatives to restraints;
4. Move progressively toward a restraint-free environment while providing a therapeutic sanctuary for all;
5. Enforce documentation requirements and education about what should be documented at all times.



OUTCOMES

1. Increased staff awareness and participation that residents have the right to be free from restraints.
2. Increased resident and family satisfaction.
3. Promotes optimum level of functioning (physical, emotional, and psychosocial)

INTERVENTIONS:

General Principle:

- Apply the 5 MAGIC Tools (Knowing what the resident likes to See, Smell, Touch, Taste and Hear)
- Be calm and self assured. Encourage Independence.

Therapeutic Interventions:

- Evaluate medications that may produce lethargy or sluggishness
- Evaluate physical needs such as toileting, comfort, pain.
- Provide companionship.
- Active listening. Address potential issues identified.
- Reduce external stimuli (overhead paging, TV, radio noise, etc.)



Environmental and Equipment Interventions

- Adequate lighting, especially at night.
- Bed on lowest position, with alarms.
- Visual cues for staff on the patient's/resident's door to identify patients/residents at risk for falling.
- Relaxation techniques (tapes, videos, music etc.).
- Individualize the environment. Make it homelike. Provide familiar objects.

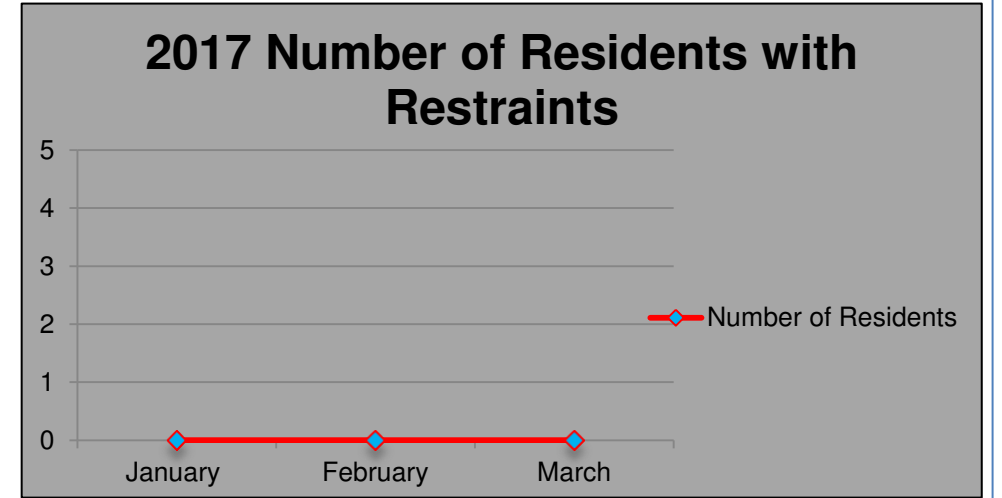
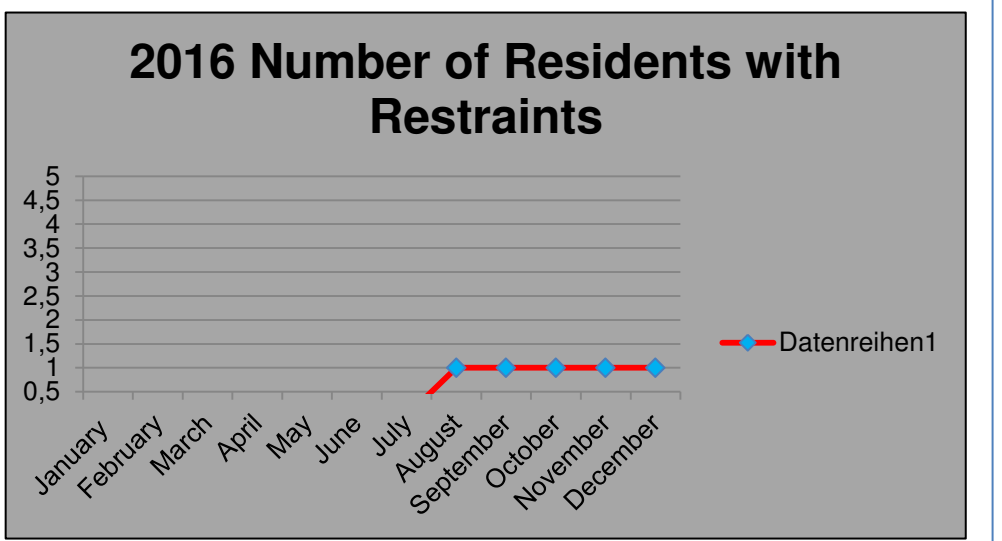
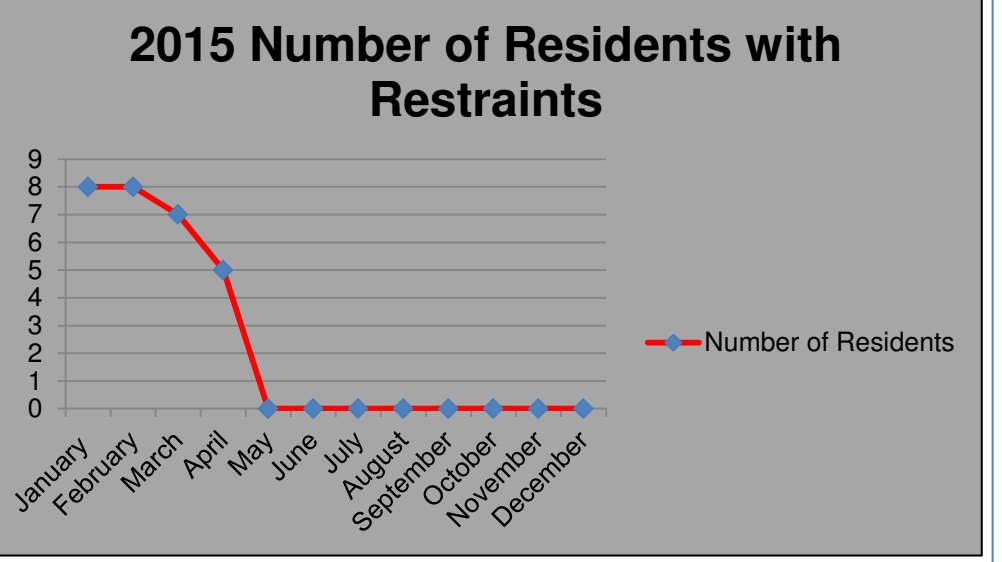
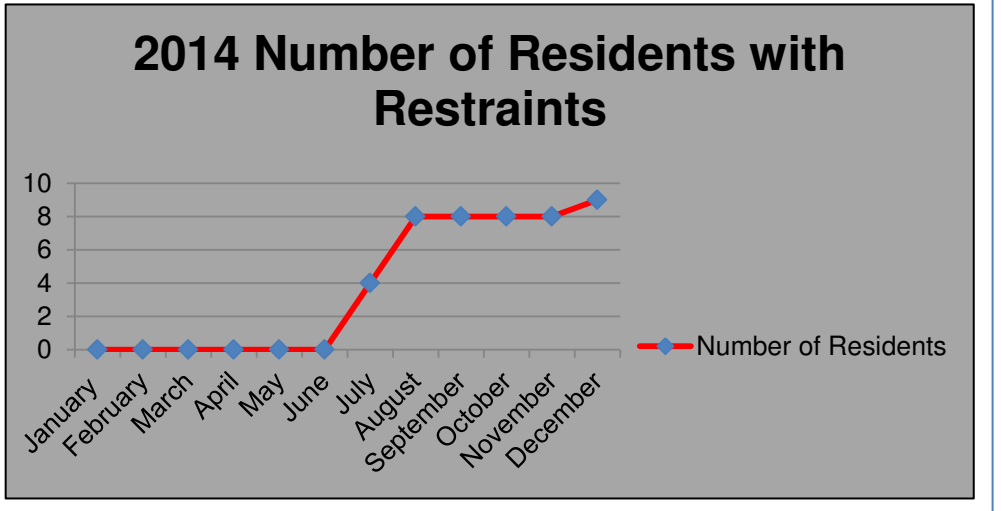


NEXT STEPS

To sustain the continuity of the best practices in the unit, reinforcing the good outcome of a restraint-free environment.

Ensure patients active participation in promoting high level of functioning with regards to their ADLs.

Data collected started from the Unit – M2 was opened last July 2014 up to present.



Since July 2014 up to present, ESCC Unit M2 is **100% RESTRAINT - INJURY FREE ENVIRONMENT.**

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