



# IOWA FOUNDATION FOR MEDICAL CARE

## 10 Ways to Improve Your Restraint Quality Measure Score

1. **Understand the quality measure.** This measure is the percentage of residents who are restrained daily utilizing a seven-day look back period. This does not include PRN restraints. This measure also does not include bed or side rails.
2. **Develop an organizational commitment** to restraint reduction and eventually elimination.
3. **Educate residents, family members, physicians, and all staff** on the hazards surrounding the use of restraints, as well as the benefits of being restraint free.
4. **Develop a restraint and falls committee** to review all resident activity on a weekly basis.
5. **Develop systems for the team to perform basic assessments.**
  - a. Assess and treat medical conditions precipitating the use of restraints.
  - b. Analyze the circumstances surrounding the inappropriate or unacceptable resident behavior.
  - c. Involve the resident and family members in the decision process.
6. **Properly care plan any necessary restraints and include approaches for elimination and prevention of complications.**
7. **Provide continual reassessment and revisions to the plan of care until the restraint is safely eliminated.**
8. **Consider appropriate interventions prior to removing or decreasing restraints:**
  - a. Physiological interventions
  - b. Psychosocial interventions
  - c. Activity interventions
  - d. Environmental modifications
9. **Implement a policy geared toward a restraint-free environment** and follow procedures that ensure staff continually evaluates restrained residents for use of the least restrictive type of restraint for the least amount of time possible.
10. **Implement restraint reduction in one part of the building and then spread the process throughout the entire home.**