

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. Adopt Policies that mandate restraint avoidance and restraint reduction** and require use of the least restrictive device if avoidance is not possible.
- 3. Have an Education Plan.** Educate residents, family members, physicians, and all staff. It should identify the benefits of being restraint free as well as the hazards. Maintain awareness by providing resources and discuss during orientation, staff meetings, resident council and family councils. Educate all staff at least twice per year.
- 4. Develop a restraint and falls committee** to review all resident activity on a weekly basis, and assist with the Education Plan.
- 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. Commit to the Care Plan Process.** Make certain data is collected across all shifts and is interdisciplinary. Clearly identify the problem/need, and include approaches for the elimination and prevention of complications. Provide continual reassessment and revisions until the restraint is safely eliminated
- 7. Look at the root cause of why the restraint is being used** and address this cause to see if the need really exists. Consider medication side effects that contribute to balance or behavior issues, physical conditions that may warrant other treatment, etc.
- 8. Consider appropriate interventions prior to removing or decreasing restraints:**
 - a. Physiological interventions
 - b. Psychosocial interventions
 - c. Activity interventions
 - d. Environmental modifications
- 9. Implement restraint reduction in one part of the building** and then spread the process throughout the entire home.
- 10. Communicate:** Update all staff (physicians, therapists, consultants, nurses, dietary staff, maintenance, rehab, activities staff, social services, environmental services etc.) on current progress, successes and barriers.

Visit The Iowa Foundation for Medical Care's Web site at www.internetifmc.com for resources to assist with your Quality Improvement efforts.



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