Program Evaluation: Reducing Restraint Utilization

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PROBLEM

- Increased utilization of physical restraints in the Trauma Intensive Care Unit (TICU)
- Restraint Reduction program implemented in January 2024.

PURPOSE

- The purpose of this program evaluation is to complete a comprehensive evaluation of the restraint reduction program implemented in TICU to assess quality and effectiveness.

PICO

- What is the effect of evidence-based practice program to reduce the utilization of restraints for patients in a TICU compared with no focus on restraint reduction within a 1-year period?

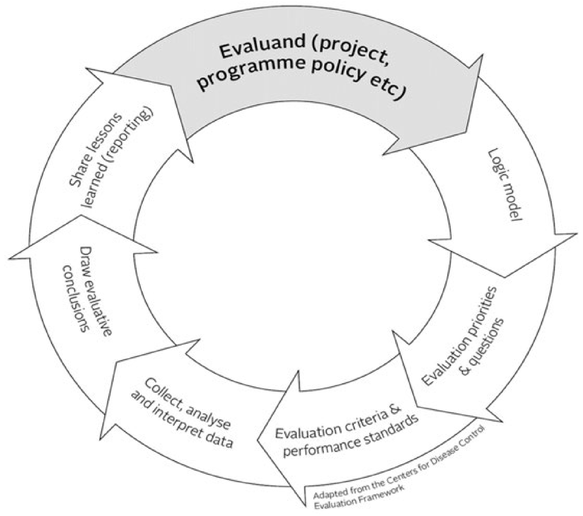
OBJECTIVES

1. Collect and analyze quantitative data for a 1-year period after program implementation. The quantitative data will be inclusive of all patients restrained in TICU and include restraint hours, patient days, restraint hours per 1000 patient days, and restraint episodes.
2. Develop and distribute a survey to all TICU bedside nurses to evaluate their perceptions of the program such as the tools implemented, education style utilized, and overall outcomes of the program.
3. Evaluate program priorities selected by the key stakeholders. The priorities will be measured against a developed rubric and performance measures.

DESIGN

The Easy Evaluation framework was utilized. This framework consists of seven key steps:

1. Describe the project
   - Evaluation of the restraint reduction program implemented in the TICU.
2. Develop a program logic model
   - Identification of key interventions and display in a flow diagram – Education, increased staff awareness, and ABCDEF bundle.
3. Establish evaluation priorities and questions
   - Priorities were restraint utilization reduction, staff knowledge retention of the ABCDEF bundle, and EBP review of ABCDEF bundle.
4. Develop evaluation criteria and performance standards
   - Development of rubrics to evaluate identified evaluation priorities.
5. Collect, analyze, and interpret data
   - Quantitative data collected from the EMR included restraint hours, patient days, restraint hours per 1,000 patient days, and restraint episodes.
6. Draw evaluative conclusions
7. Share lessons learned



OUTCOMES

- Physical restraint application monitoring in this program evaluation included all patients in the TICU.
- Evaluation included data comparison over a one-year period.
- This monitoring period totaled 1188 physical restraint episodes being recorded during post-implementation.
- Comparison of post-implementation data to pre-implementation data showed;
- 49.1% reduction in physical restraint episodes
- 5.6% reduction in physical restraint hours
- 8% reduction in restraint hours per 1,000 patient days.

RECOMMENDATIONS

- Results of the program evaluation should be disseminated internally and externally.
- Assess other units for implementation of the restraint reduction program.
- Future research should include additional interdisciplinary team member involvement with a focus on medication interventions.
- Future research should include identifiable data to specify restraint reduction per patient, trending patient length of stay related to restraint utilization, and patient related adverse events. This identifiable data could be utilized to calculate a cost-benefit analysis.

LESSONS LEARNED

- Staff participation was voluntary.
- Staff survey completion numbers were lower than expected.

REFERENCES