

National Patient Safety Initiative: Reducing Rates of Physical Restraints in Nursing Homes



Resources for better healthcare

Physical Restraints Background

Since the implementation of the Nursing Home Reform Provisions in 1990, the prevalence of restraint use in the United States decreased from an estimated 41 percent nationwide to about 20 percent. Despite this reduction, one fifth, or more than 300,000, of the elderly population in nursing homes remain physically restrained.

Project Background and Goals

As part of the National Patient Safety Initiative (NPSI), CIMRO of Nebraska and other Quality Improvement Organizations (QIOs) across the country are engaging providers to address patient harm for which there is evidence of how to improve safety by improving healthcare processes and systems. CIMRO of Nebraska is working with a select group of nursing homes identified by the Centers for Medicare & Medicaid Services (CMS) to reduce the use of physical restraints.

Nursing homes will be provided education individually and through community networking opportunities creating an “all teach - all learn” environment that will address the needs of residents through a quality improvement framework, clinical best practices and interventions for physical restraint reduction.

Expectations of Participating Nursing Homes

- Commitment of senior leadership of time, resources and guidance in the NPSI quality improvement project on reduction in the use of physical restraints
- Form a multidisciplinary quality improvement team focused on restraint use reduction
- Share barriers and best practices with other participating nursing homes
- Engage in a mentoring partnership with a “restraint free” nursing home that has faced similar challenges
- Conduct the AHRQ Nursing Home Culture Survey in 2009 and 2011. Initiate system improvements based on survey results
- Participate in educational sessions, teleconferences and onsite meetings hosted by CIMRO of Nebraska

Role of CIMRO of Nebraska

- Provide onsite consultation and technical assistance in implementing best practices
- Provide education, tools and resources related to restraint reduction in long-term care
- Promote collaboration, sharing and problem-solving among participating nursing homes through teleconferences and an e-mail discussion list
- Administer the AHRQ Nursing Home Culture Survey with analysis of survey results
- Provide feedback to senior leaders and quality improvement teams on project status, including data-specific information
- Promote mentoring opportunities with Nebraska nursing homes that have successful restraint use reduction practices in place

Questions? Contact a member of the CIMRO of Nebraska Patient Safety Team at 800-458-4262.