Restraint reduction program by promotion of person-centered practice in in-patient care setting

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Key statement:

The use of cozy corner as an alternative to physical restraint when caring for patients in a mental health crisis.
Cozy Corner

1. To implement person centered care by encouraging self-exploring strategies and strengthening confidence on self-control
2. To reduce physical restraint by exercising self-regulatory strategies when in emotion crisis
3. To encourage and support staff practicing person-centred care by providing safe therapeutic environment and respectful intervention
4. To reduce tension in ward by introducing self-soothing activities and diverting agitation in cozy corner
Background:

• Application of physical restraint could be risky to both staff and patients

• Least restraint, more safe in clinical practice

• Patients in mental health crisis could be cared with dignity and respect

• Empowerment and partnership in care could be a meaningful interaction during the journey of treatment
Target state and implementation plan:

• Apply QOCP funding support for equipping cozy items (~$25,000)
• Develop guide book for the use of cozy corner and cozy items
• Deliver training to staff for promoting appropriate and safe use of cozy corner
• Review the effectiveness of the cozy corner by evaluating the physical restraint data and utilization of cozy corner
• Develop questionnaire for room users for collecting their personal feeling and feedback after use of the room
PHYSICAL RESTRAINT EPISODES

- Number of episodes per month:
  - January: 10
  - February: 12
  - March: 15
  - April: 29
  - May: 18
  - June: 19
  - July: 10
  - August: 12
  - September: 9
  - October: 7
  - November: 6
  - December: 4

- CQI Project in 7/2016

- Comparison years:
  - 2015
  - 2016
  - 2017
Results:

- Staff showed less hesitation and considered the cozy corner as one of means of mitigating irritability.

- The room provides one more person-centred option to both patients and staff when they experience anxious and irritable mood.

- The room provides a tranquilizing place for patients to practice mindfulness exercise.

- There were about 10 sessions of mindfulness exercise practiced in the room and 8 sessions were used for calming mood since mid of July.
Thank you