



**Service Priorities and Programmes  
Electronic Presentations**

**Convention ID:** 115

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**Evidence Based Project on Restraint Minimization**

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**Keywords:**

Physical restraint

Minimization

Service enhancement

**Introduction**

Use of physical restraint is considered efficacious in preventing injury and reducing agitation when caring for individuals with severe psychiatric symptoms and injurious behavior. However, the use of restraint varies widely across different organizations and countries and regions. The project aims to review, strengthen current and collect different strategies for reducing use of physical restraint for implementation in the Department while maintain patient and staff staff.

**Objectives**

1. Review the current situation on the use of restraint 2. Explore and develop strategies in minimizing the use of restraint in Departmental Level

**Methodology**

The project consist of three components 1. Literature review of use of physical restraint and minimization of physical restraint 2. Survey on the profile of physical restraint 3. Experiential sharing workshop with nursing staff in the Department

**Result**

There is a decrease in number of restraint episodes per 1000 inpatient beddays in 2012. It is foreseeable that a further decrease on use of physical restraint in 2013. (Report pending in February 2014)