

# 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

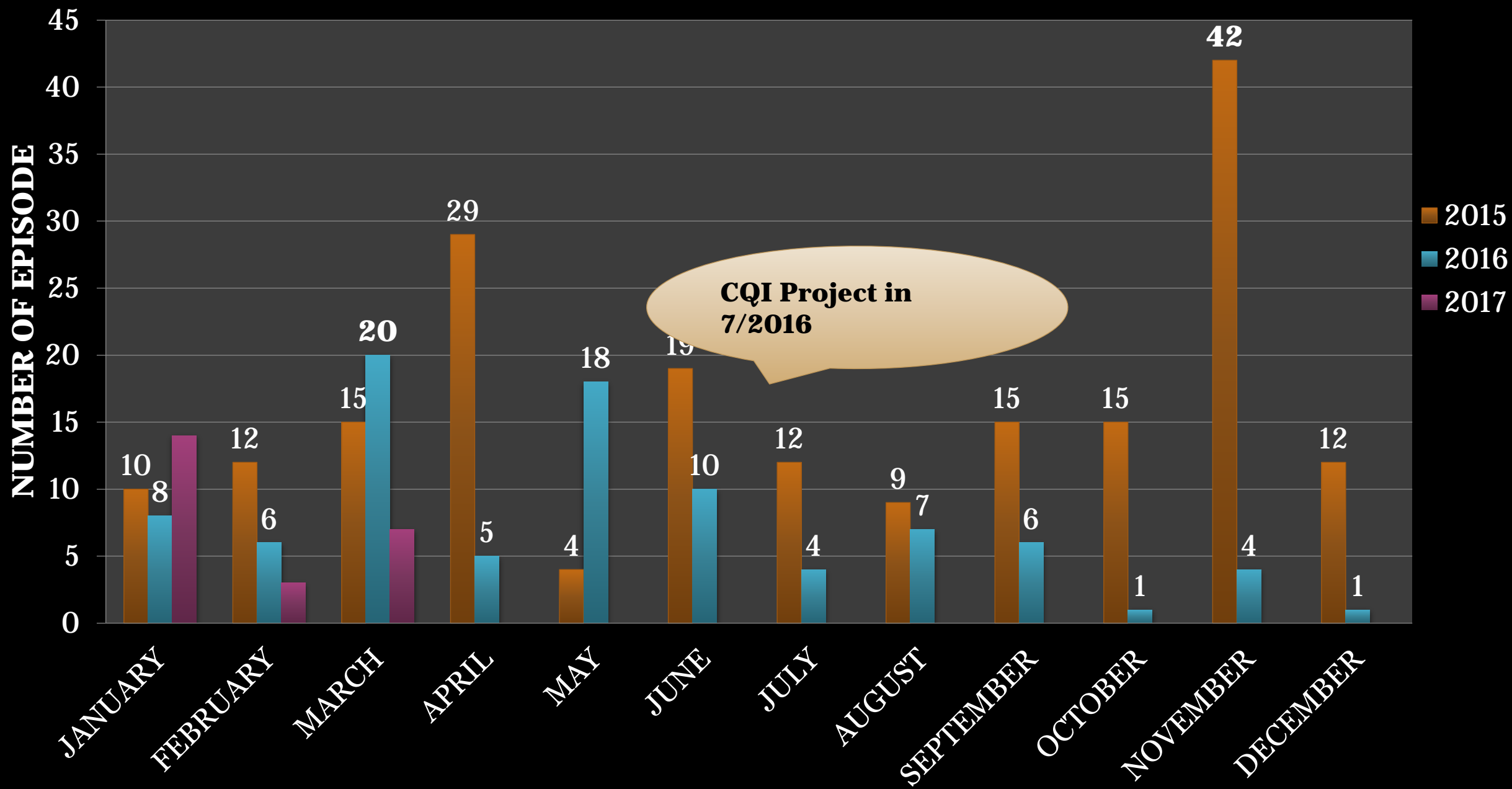
# Background:

- 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



# 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**