

Topic:

How **NIGHTINGALE**
minimizes the physical
restraint use in acute
geriatric ward?



Mr. TANG lap nin
Advanced practice nurse
Department of medicine & geriatrics
United Christian Hospital

Background:



Objectives:

1. Minimize the physical restraint use
2. Change nurses' perception

Toward a Restraint-Free Environment

*Reducing the Use of
Physical and Chemical
Restraints in Long-Term
and Acute Care Settings*

Judith V. Braun
&
Steven Lipson

 HEALTH
PROFESSIONS
PRESS

3. **T**imely quality assurance

4. Relatives **eNG**agement

5. **A**lliance with fall team

NIGHTINGALE

Nursing **I**n-depth perception

2. **G**iving **H**olistic education

6. **E**nvironmental strategy

Result :

After 12 months,

→ Reduction rate (~37%)

→ 97% meets the standard

→ 100% understands restraint only as the **last resort**.

