

CAUSES OF GREATER USE OF RESTRAINTS AND INFLUENCE OF COGNITIVE AND FUNCTIONAL IMPAIRMENT IN PRESCRIPTION

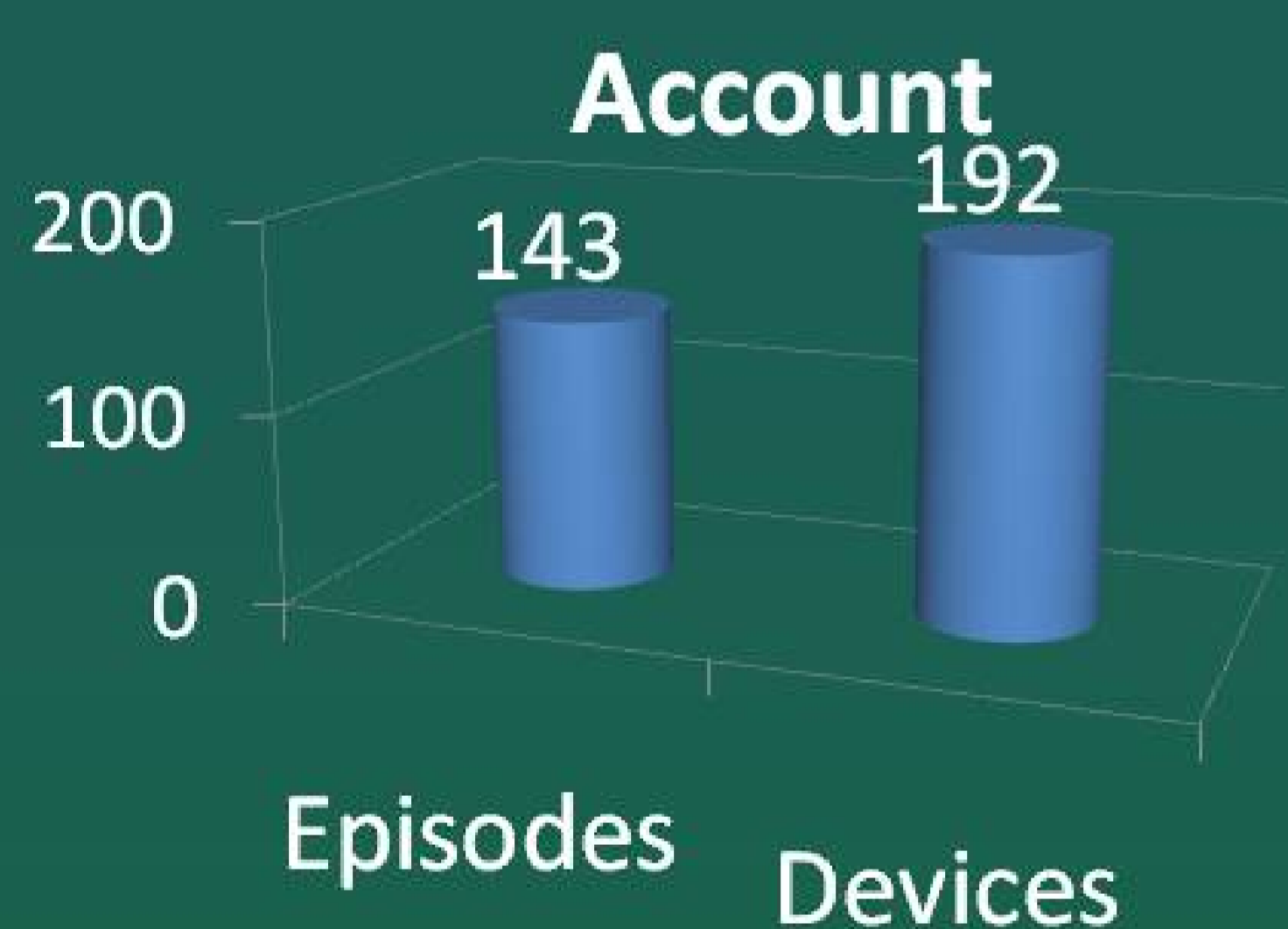
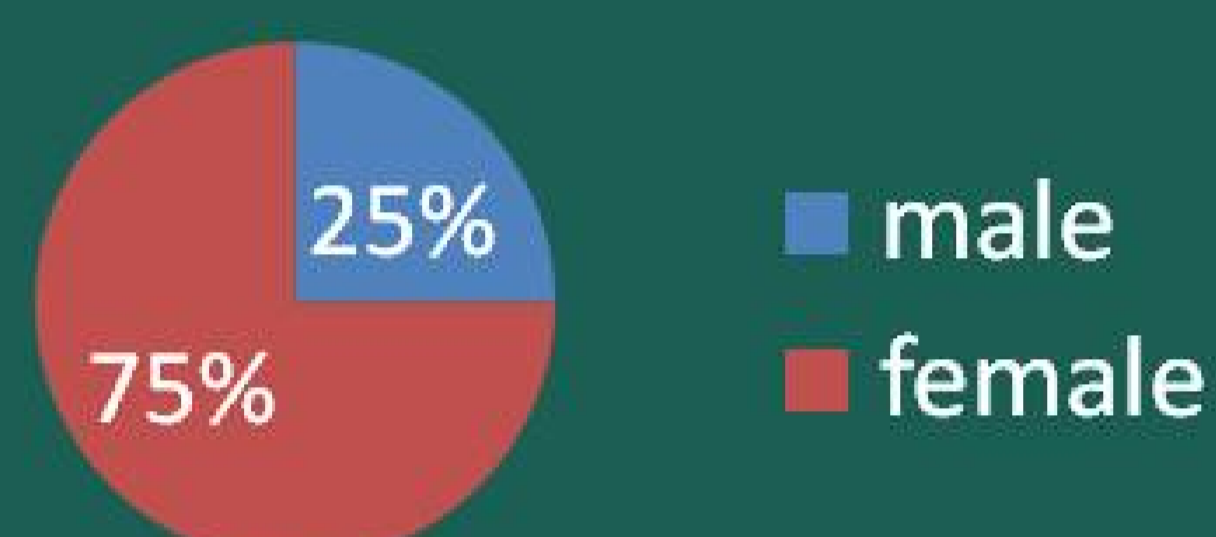
M. Cabrera Sierra (1), C. Muñoz Alustiza (1), M. Camacho Camacho (1), A. Ayuso Aparicio (1), J. P. Mafundisho Makila (1), V. Moreno Jiménez (1), M. Villaceros Durbán (2).

(1) Centro Asistencial San Camilo, (2) Centro Humanización de la Salud.

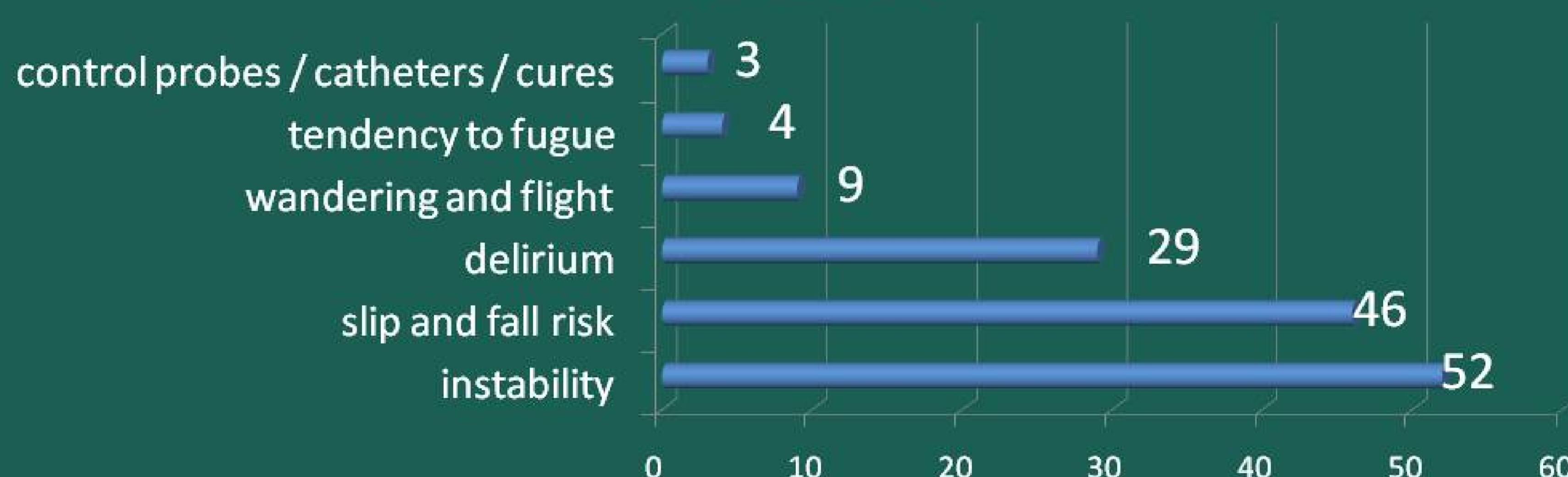
Aim: to determine the prevalence and causes of physical restraints use in a nursing home for dependent elderly people by assessing whether greater cognitive and functional impairment of the elderly was associated with increased prescription of these devices.

Material and methods: 143 physical restraint episodes were accounted in which 192 restraint devices were used. Qualitative variables were compared using chi square test by setting a significance level of 0.05 as the limit of statistical significance.

n=178



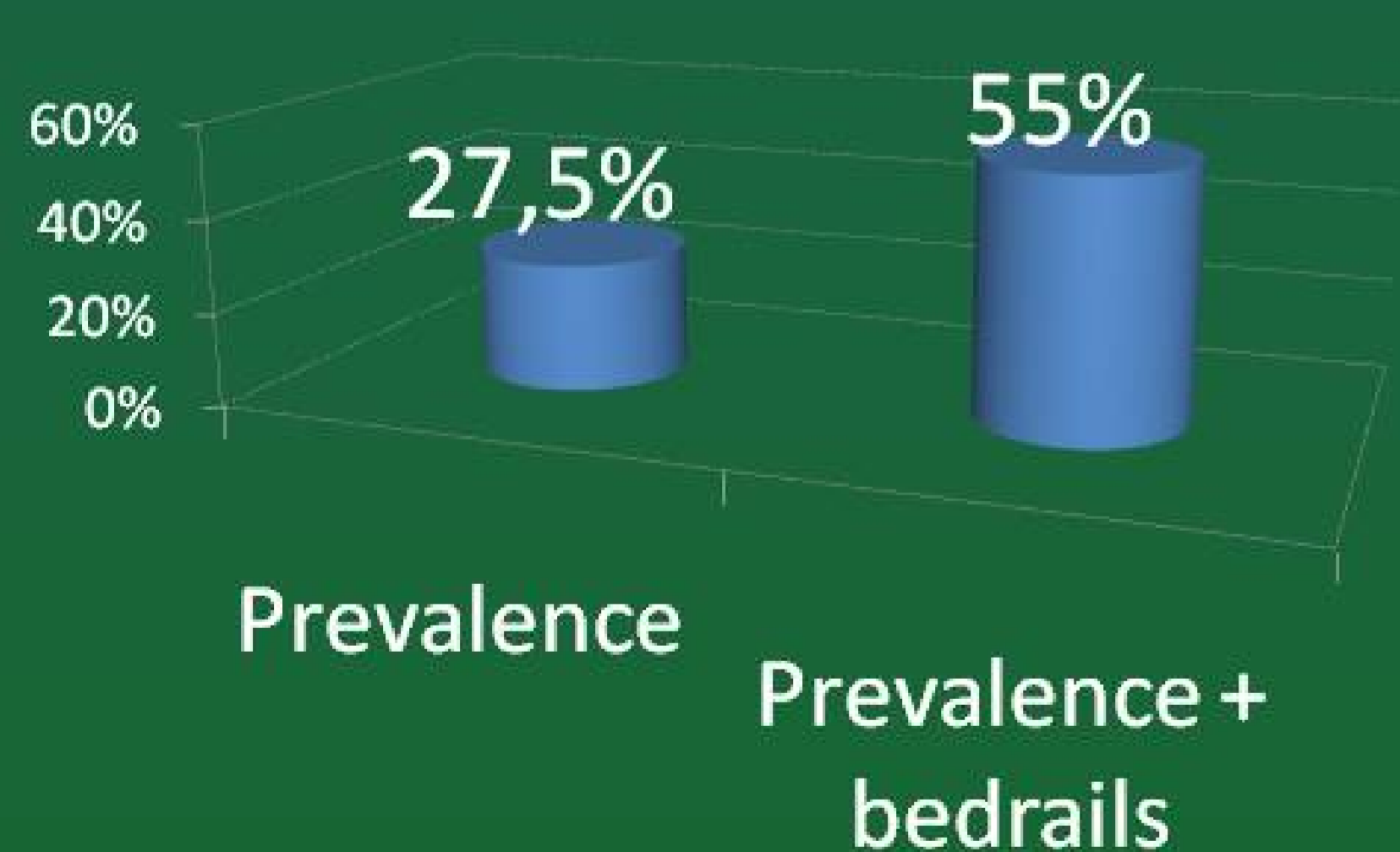
Indications



Causes of the 143 episodes; instability 52 (36.4%) of cases, slip and fall risk 46 (32.2%), delirium 29 (20.3%), wandering and flight 9 (6.3%), a tendency to fugue 4 (2.8%) and control probes/catheters/cures 3 (2.1%).

Results: By removing the bedrails of the analysis, 49 residents are "without restraint", of which 45 were functionally independent and 33 cognitively normal. Greater cognitive and functional impairment of the elderly is associated with increased prescription of these devices: $p = 0.0001$ and $p = 0.0001$ respectively.

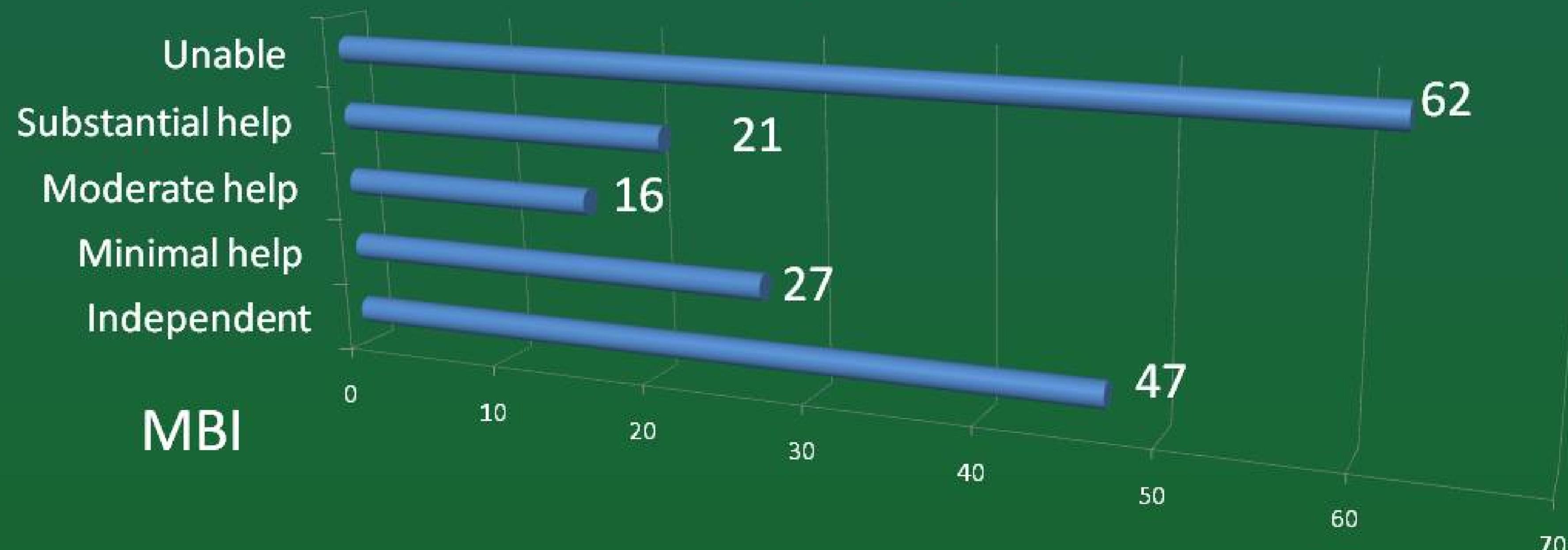
Prevalence



Use of physical restraints; 27,5% (49 users) needed at least one type of restraint device). If we include the use of bedrails, it increases up to 55% (98 users).

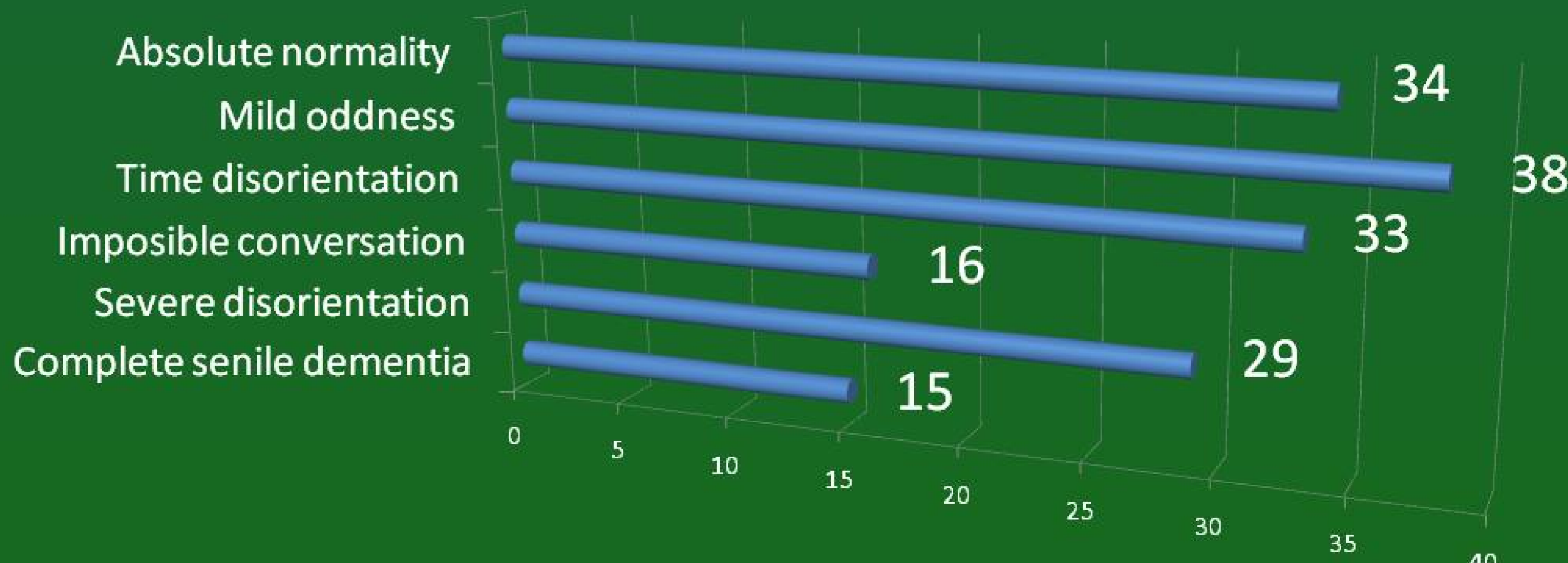
According to MBI only 47 (27.2%) of our elderly people are functionally independent and 34 (20.6%) cognitively normal according RC.

Frequency



Red Cross

Frequency



Conclusions: There is a probably excessive use of bedrails which affects elderly with no cognitive impairment or physical dependence for which there is a need of research on the causes. To ensure the best care in cases where restraints are indicated, it is necessary to implement a protocol and to conduct periodic reviews.