

USE OF PHYSICAL RESTRAINTS IN A LONG-TERM GERIATRIC NURSING HOME IN TRES CANTOS.

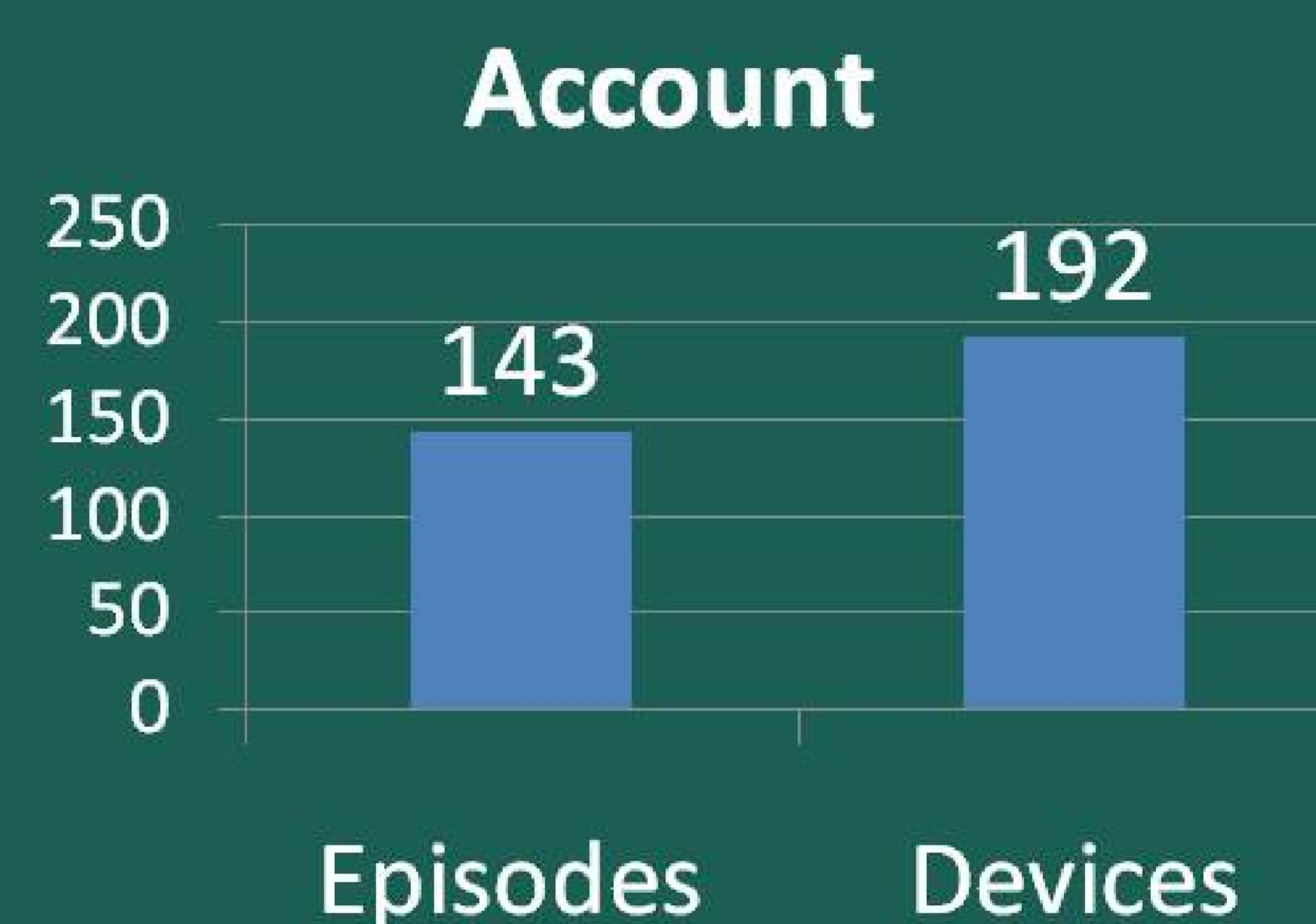
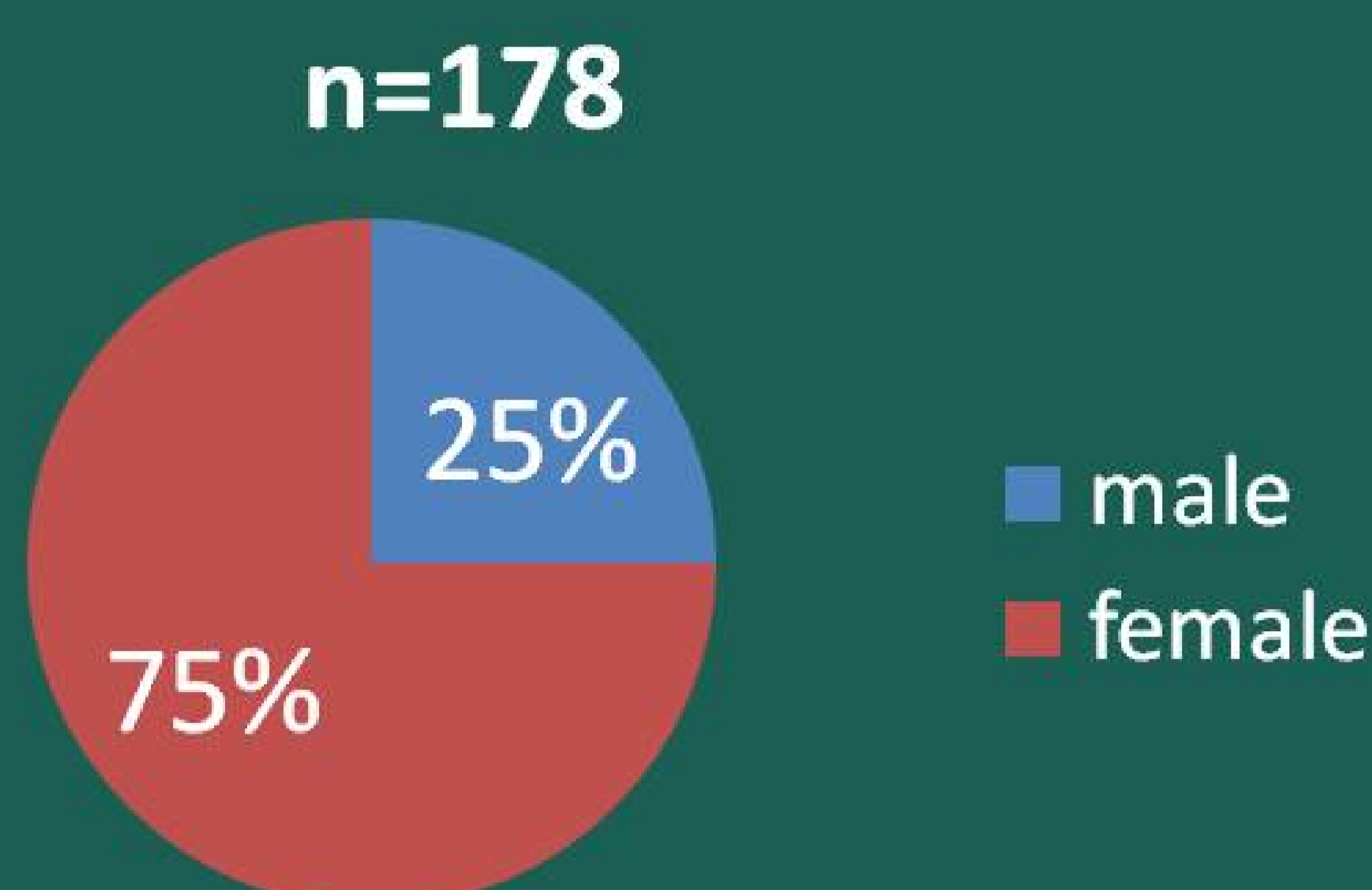
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Aim: to study the prevalence of physical restraints in an elderly long-term geriatric population at a nursery home.

Material and methods: observational and cross study including a total sample of 178 residents (25% male, 75% female), all of them nursing home inpatients during the year 2010.



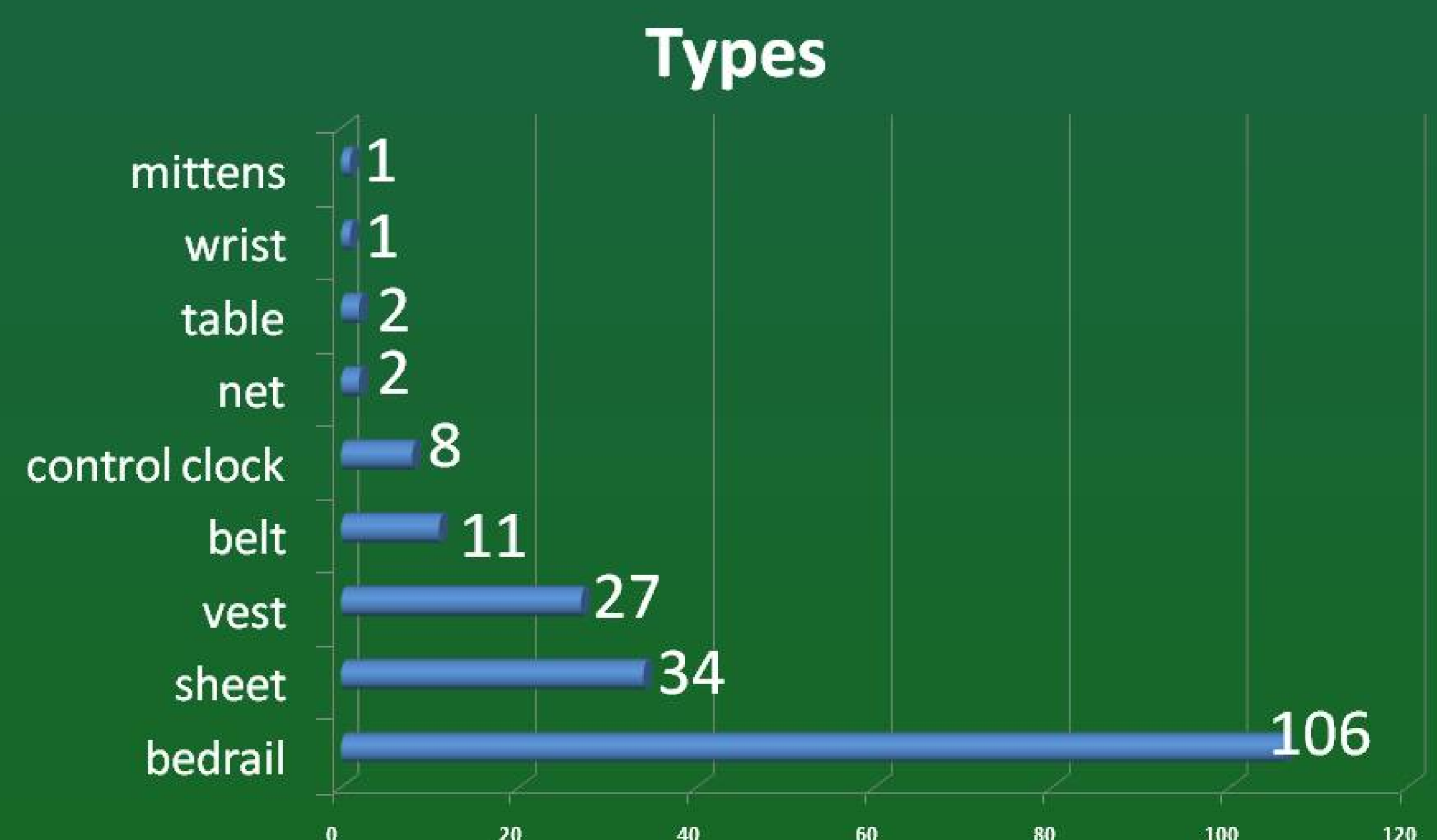
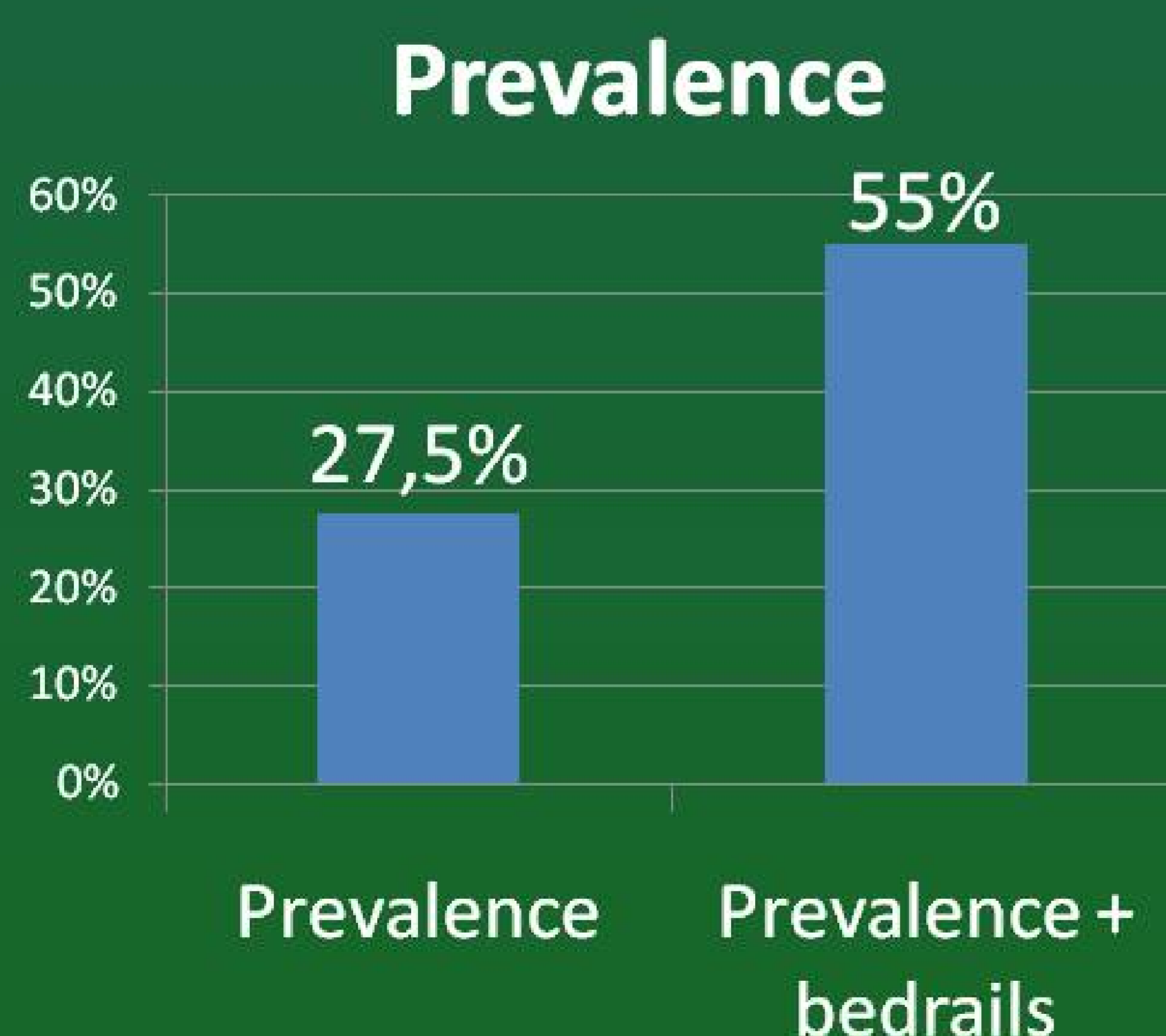
143 physical restraint episodes were accounted in which 192 restraint devices were used along 2010

Results:

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

Use of physical restraints prevalence was 27,5% (49 users needed at least one type of restraint device). Including bedrails, restraints prevalence increases up to 55% (98 users).

In 106 (55,2%) occasions bedrails were used; in 34 (17,7%) sheet restraint; in 27 (14,1%) day vest; in 11 (5,7%) pelvic belt; in 8 (4,2%), wandering control (clock), in 2 (1%) restraint net, in 2 (1%) geriatric table, in 1 (5%) wrist restraint and 1 (5%) mittens.



Conclusions: The results allow us an approximation to the current use of physical restraints in this Centre. The prevalence is high compared to that obtained in other studies. The bedrails are the most used restraint. Greater cognitive and functional impairment of the elderly may be associated with an increased prescription of these devices. To adapt its use we have designed a protocol that we are systematically applying.