The Use of Restraint Mitts in the Intensive Care Unit; A Service Evaluation

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Dissertation Topic – Why?

Loss of dignity
Family distress
Nurse anguish
Frightening for all
MSc Advanced Nursing Practice

Oxford Brookes University

Literature review
Research
Audit
Service Evaluation
Research Question

In one District General Hospital what do ICU nurses know and practice in relation to restraint mitts?
What is Restraint?

‘Intentional restriction of a person’s voluntary movement or behaviour’ (RCN 2008)

Restraint mitts – restraint or protection?
- restrict fine motor skills
- unable to grasp at lines/tubes
- limit possibility of self-harm
Other forms of Restraint

Medication (85.7%)
Hand holding
Bed rails
‘Presencing’
BACCN Position Statement on the use of Restraint

- Facilitate best care
- Not alternative for inadequate resources
- Try other strategies first
- Detailed MDT assessment
- Develop protocol/guideline
- Continued assessment
- Clear, concise documentation
- Patient/family discussion
- Education and training programmes

(Bray et al. 2004)
Nurse Questionnaire

April 2018
Piloted
Convenience sample
44% response rate
Posters
Return box
Permission gained

Royal Berkshire
NHS Foundation Trust
**Questionnaire Summary**

Good knowledge of:
- Rationale for use
- Assessments prior to/during use
- Alternate strategies
- Justifying use to patient/family
Adverse Events

Reported by 46% nurses (Band 7/8 70%)
- Skin damage
- Increased frustration/agitation
- Psychological effects

Displaced arterial lines/cannula/NGT even when patient wearing restraint mitts
Training

65% None
29% ‘On the Job’
6% Formal
Retrospective Patient Data Collection

01/09/17 – 28/02/18

ICCA
IT Analyst
14 patients
> 2 hours
Patient Data Collection Summary

100% patients pulling at lines/tubes or exhibiting violent behaviour
100% pain score, RASS, skin checks
Good examples free form notes telling patient story
1 of 14 patients’ families informed of rationale
Alternate Strategies

91% reassurance
50% distraction
44% look other causes of distress

However,
No explicit documentation that alternate strategies employed on ICCA
CAM-ICU

56% complete before use
53% complete during use

Compliance 71.4%
Based on 12 hourly assessment
Recommendations and Progress

- Work with a patient leader
- Explore mesh mitts/freedom sleeves
- Guideline
- Restraint rounding
- Education/training
- Leaflet for family
- ICCA changes
- Re-audit Jan 2020
- Repeat questionnaire Jan 2020
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This work uses data provided by patients and collected by the NHS as part of their care and support.
#datasaveslives