



# The Absence of Restraint is Liberty: Sustaining the Efforts of a Restraint-Free Environment

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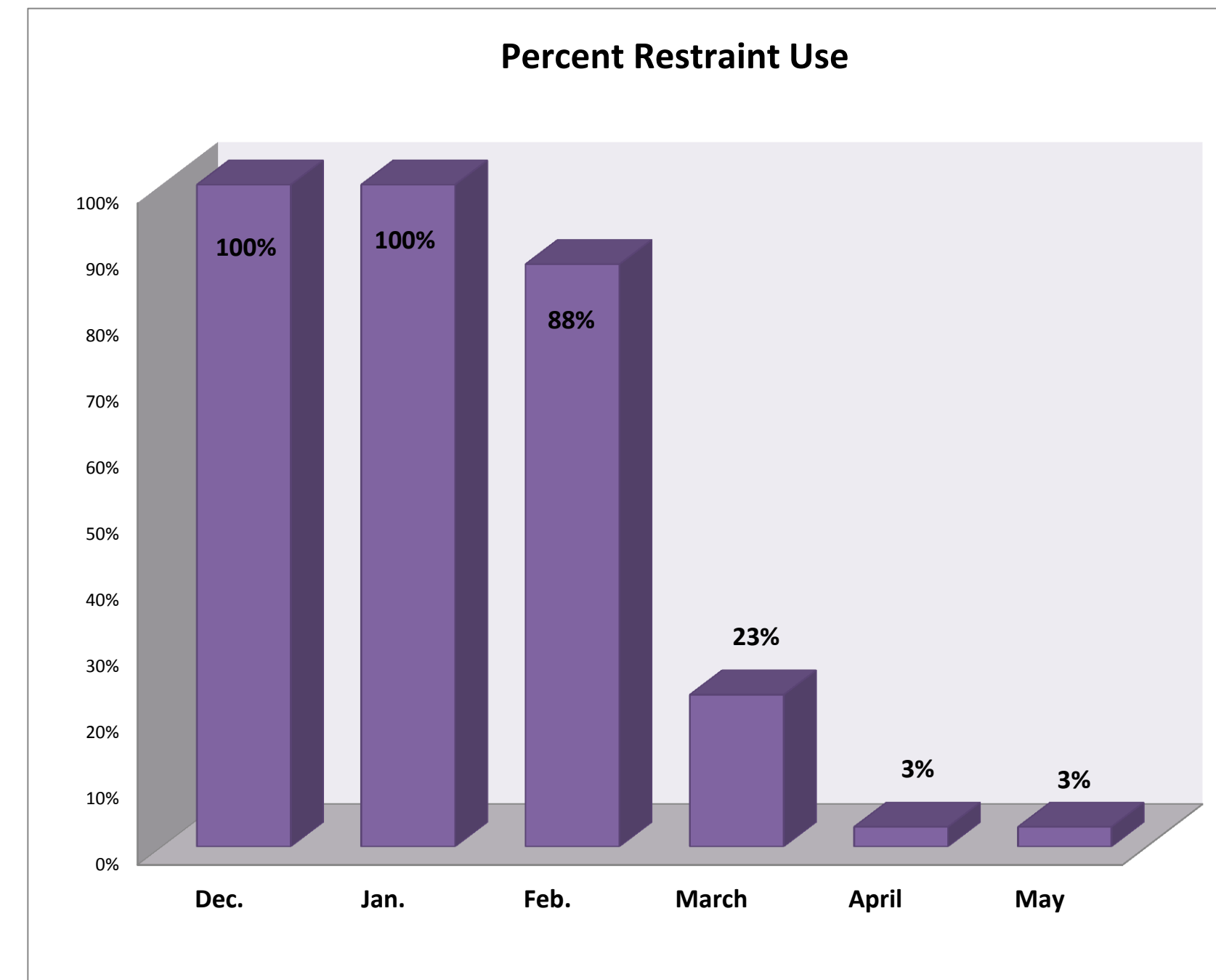
## PROFILE:

- Christiana Care Health System is an 1100-bed tertiary care center in Newark, DE that services northern Delaware and the surrounding areas. We are the only Level 1 trauma center and the only high risk delivering hospital in Delaware offering Level III neonatal intensive care
- We are a Magnet-designated institution, re-designated in 2015
- CVCCC is a 26-bed mixed high-acuity unit – cardiac surgery and cardiac medicine
- Beacon Gold designation 2013
- 76 Registered Nurses
- 88% BSN or higher
- 56% Certified

## BACKGROUND:

- Restraint usage in CVCCC was routine and automatic in patients admitted s/p open heart surgery
- In 2012, we embarked upon a project to reduce restraint usage in this population
- A Multidisciplinary team was formed and we completed a 90-day Lean Six Sigma Rapid Process Improvement project; mapped out process flow for the current and future states
- The data tracked: use of restraints, reportable events, extubation times, medication usage
- This project was highly successful with 90 day results showing a decrease from 100% to 3% in restraint usage
- The process was then extended to cardiac medical population by January 2013

## 90-Day Results (2012)



## DISCUSSION :

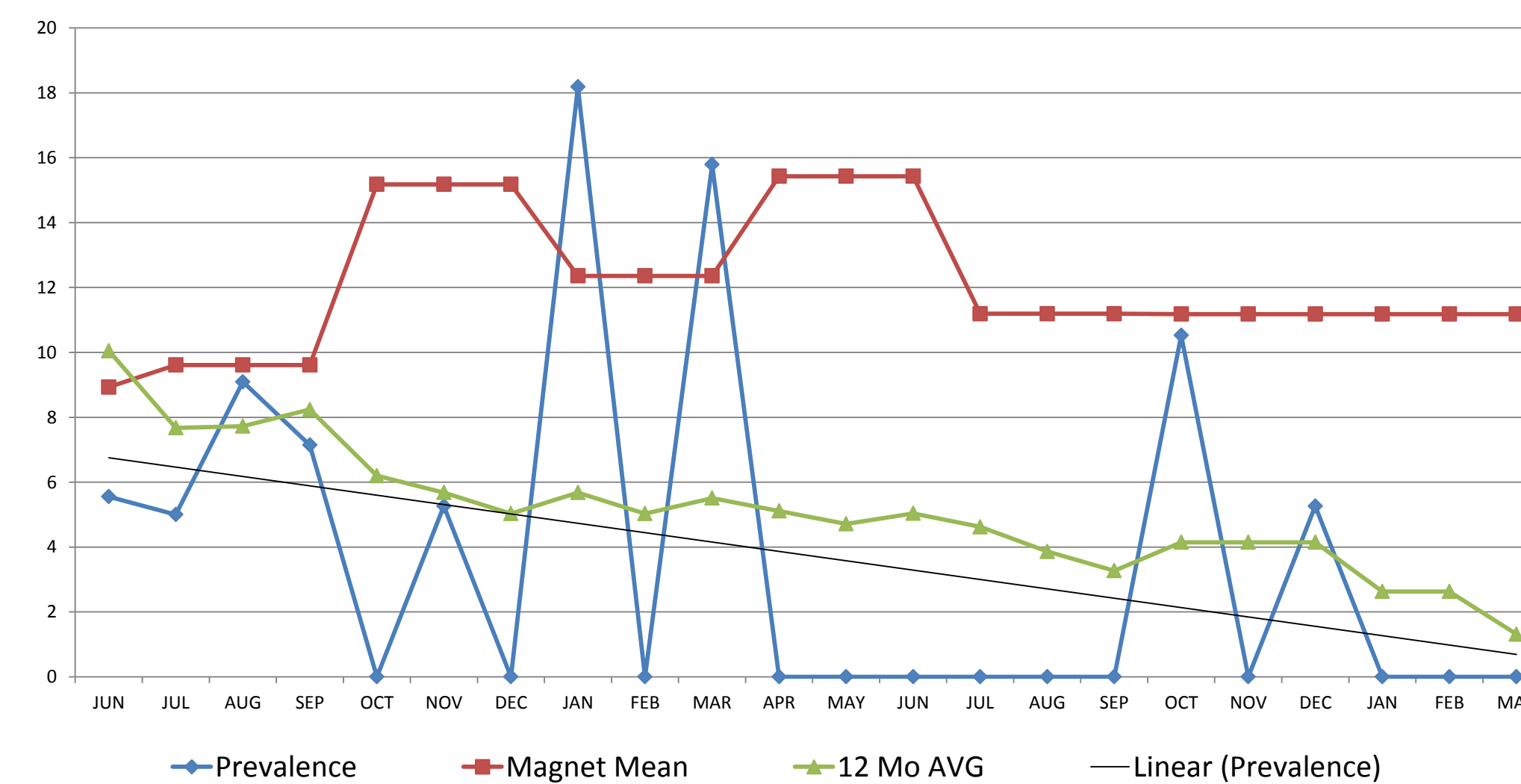
- **Interventions:**
  - Small team of RNs was selected to trial having their patients restraint-free in controlled environment
  - Non-restraint measures used:
    - Mitts
    - Family assistance
    - Guided imagery/music
    - Re-orientation
    - Pain control
  - Expanded to all staff when process was refined and resistance and fear were minimized
- **Results:**
  - Restraint-free efforts applicable to all critically ill populations
  - No increase in self-extubations
  - No reportable adverse

## CONCLUSION :

- **Sustained Efforts:**
  - Restraint use is addressed during morning multidisciplinary rounds/Daily Goals Checklist
  - Ongoing surveillance performed by Value Improvement Team
  - Separate restraint team eliminated because of sustained culture change
  - Purposeful hourly rounding
  - Delirium prevention
  - During the team huddles, high risk patients are discussed and identified; delirium, confused, etc.
  - Early ventilator liberation
- **Clinical Implications:**
  - CVCCC has maintained significant restraint reduction without negative effects
  - The same methodology was applied to different patient populations with consistent results

## Initial Results

June 2012 – March 2014



## Sustained Results

January 2014 - December 2015

