Abstract

Title: The Effectiveness of Education Strategies to the Health Care Professions on Using Physical Restraint: An Evidence-Based Practice Review

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I. Abstract Body

The use of physical restraint is high in prevalence and it is being an important issue in hospital care in Hong Kong. Using of physical restraint is controversial in the past decades owing to the concern on extensive or misuse in daily patient care. Nurses' perception and knowledge on using the physical restraint play a pivotal role on care decision. In view of this, scholarly works had shed light on educational approach to the health care profession on the way of using physical restraint. Research evidence has now been suggested that educational strategies in different approach are beneficial to enhance health care professions' knowledge and practice in using physical restraint. Besides, different levels of evidence significantly shown that there are positive impacts in terms of fall reduction, shift of application mode, increase use of alternatives, practical skills enhancement, and reduce prevalence of restraint-associated injuries. This paper aimed at exploring the best available research evidence regarding the educational strategies to the health care profession on using physical restraint. The selected evidence are critically appraise that follow by the justification for clinical change. Further, recommendations to develop the best evidence-based practice on educate health care profession on using physical restraint are suggested. The possible outcome indicators of the educational strategies including the aspect of knowledge, attitude and practice of the health care profession are discussed. The nursing implication of the proposed practice change can improve patients' quality of life during hospitalization as well as promoting continuing nursing education in patient care.

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