

Reduction in Afternoon Seclusion and Physical Restraint Minutes Following the Introduction of Additional Daily Snack



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Background

In March 2018, the total duration of seclusion and restraint time at Eastern State Hospital between 2:00 p.m. and 5:00 p.m. was 84 minutes. As the use of seclusion and physical restraint of patients increases, the likelihood that staff will be injured also increases. In addition, when seclusion restraints are used more frequently, patient satisfaction scores tend to decrease.

Definitions

Seclusion: Involuntary confinement of an individual in which the person is physically alone, usually to manage aggressive behavior (American Psychiatric Nurses Association [APNA], 2022).

Restraint: Immobilizes or restrains patient movement to reduce harm to self or others and improve safety (APNA, 2022).

Purpose

The purpose of this study was to explore how providing an afternoon snack reduced the use of seclusion and restraints and improved patient satisfaction for patients at an inpatient psychiatric hospital.

Intervention

In April 2018, the Eastern State Hospital Governance Council initiated a program to provide a daily 2:00 pm snack on one of five behavioral health units. The total number of minutes during which patients were placed in seclusion or restrained was also measured. In November 2018, the snack program was implemented across all units.

Results

After implementing the snack program throughout the hospital, a 49% decrease in seclusion and restraint minutes was observed across all units. For restraints alone, this intervention led to a 98% reduction in one unit over a five-month period (Figure 1). The afternoon snack program was also shown to improve patient satisfaction and reduce staff injuries.

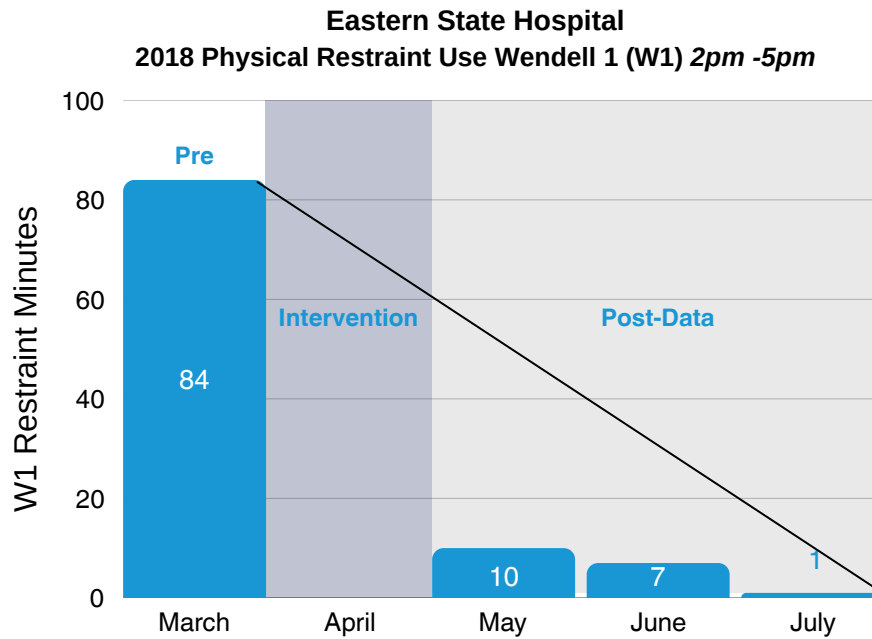


Figure 1: Physical Restraint Use

Conclusion

- Implementing an afternoon snack program in an inpatient psychiatric hospital may reduce the use of seclusion and restraints.
- Implementing an afternoon snack program may be an innovative and low-cost approach to reducing the use of seclusion and restraints.
- Providing a snack program within inpatient psychiatric settings may increase patient satisfaction and decrease staff injuries.

References

American Psychiatric Nurses Association. (2022, March). Standards of practice: seclusion and restraint. <https://www.apna.org/standards-of-practice-seclusion-and-restraint/>