Effectiveness of multifactorial intervention on implementation physical restraint standards in ICU patient

A thesis submitted to the Graduate Studies Office In partial fulfillment of the requirements for The degree of master Sciences in Critical Care Nursing

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**Abstract:**

**Title:** Effectiveness of multifactorial intervention on implementation physical restraint standards in ICU patient

**Background:** In certain cases that other measures may not be possible, it seems physical restraint is only acceptable interventions to protect patient or others. It can be challenging issue for intensive care unit nurses who their duty is provide safety place to agitated patients. Aim of this study is investigating the effect of multifactorial intervention on implementation physical restraint standard in ICU patients.

**Methods & Materials:** In this clinical trail study, 240 restrained patients hospitalized at intensive care units of Rasoul Akram hospital, in control and intervention group, were selected through convenience sampling. At first amount of physical restraint's standards was record with observational checklist. Then multifactorial intervention (education through pamphlets, posters and sheet of record physical restraint) was implemented. Afterwards, the amount of physical restraint's standards at before and after intervention was compared. Collected data was analyzed using SPSSv.16 software and paired t-test.

**Results:** The results of this study showed that rate of implementation of physical restraint's standards for more than halfe of patients (56.7%) was Inappropriate before intervention and in majority of patient (73.3%) was relatively appropriate after intervention. Independent T-test results show significant differences in intervention and control groups. (Pvalue < 0.001)

**Conclusion:** according to results, multifactorial intervention increased implementation of physical restraint's standards in ICU patients. So, it is suggested that to improve patient's safety and reduce complications of physical restraint in ICU, multifactorial intervention (teaching staff, records restraint and posters) will be used.

**Key word:** multifactorial intervention, standards of physical restraint, patient safety, intensive care units.