“Freedom to Move”
Promoting Therapeutic Alternatives to Restraint Use to Manage Falls at Montefiore

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Current Research Findings on Restraint Use

- Physical restraints found to **exacerbate agitation levels, distress, & increase risk of falls** in nursing home facilities\(^1\).

- Restraints (physical & chemical) found to be **excessively used for convenience** and protection of the facility over the needs of residents\(^2\).

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2. Report by Senate Committee Community Affairs, March 2014: Care and Management of Older Australians living with dementia and behavioural and psychological symptoms of dementia, Senate Community Affairs Committee, Parliament House, Canberra.
Randwick
Hunters Hill
Woollahra
Camelot
Philosophy of Living (POL) Rising/Settling Programme

• Rather than a task focused approach – staff allow the residents to get-up from bed when they choose too

• Inter-disciplinary Team (IDT) involvement - care staff, catering, allied health and cleaning

• Hurdles - medication timing

• Results - reduction in antipsychotic medications, reduction in sedations, reduction in discretionary elder abuse incidences, less interrupted nocturnal sleeping patterns
Diversional & Creative Therapies

• Creative Therapy department including music therapy, art therapy, and dance therapy works to encouraging resident expression and well being through the use of creative arts.

• Diversional Therapy Department focused on improving our residents quality of life through engagement in meaningful activities.

• Residents social engagement taken into account when an individuals Fall Risk Assessment or Post Falls review is being completed.

• After hours Recreational Activities Officers (RAO’s)
Physiotherapy Programs

• Post Fall Review for all falls completed by Physiotherapist

• Individual exercise programs
• Group Exercise programs including better balance classes
• Exercise programs for residents from Non-English speaking backgrounds

• Prescription of injury/falls prevention equipment e.g. hip protectors and footwear

• Hydrotherapy
Occupational Therapy Holistic Interventions

- Fall Risk Assessment & Post Falls Review of Individual Factors
- Environmental Assessment
- Falls Prevention Equipment Prescription
- Staff User Tips
- OT After Hours Service
Occupational Therapy Holistic Interventions

- Training and Education for Staff & Residents
- Involvement in Montefiore’s Falls Working Party
- Involvement in fortnightly IDT meetings
- Allen’s Cognitive Level Assessment
HH Dementia Project

- Develop an in-depth understanding of the individual impact of Dementia on the resident and their everyday activities
- Facilitate and enable residents to function at their optimal level, through holistic assessment, development of appropriate interventions, and integration of these within the care plans.

Randwick

- The effect of an integrated cognitive and sensory program on residents with dementia in a residential aged care setting
Clinical Outcomes

Reduced use of physical restraints (monitored via clinical indicator tools & monthly restraint registrar update)
Clinical Outcomes

Moving average graph
Randwick Units February 2014 - March 2015

- Total Falls
- Number of Residents who fell
- Number of Authorised Physical restraints

Number of restraints used across all four sites...
Thank you

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