

# Island Health Performance Measures

## Daily Physical Restraint Use in Long-term Care



Year to Date  
Performance

**5.7%**

Island Health  
Target

**Less than  
6.5%**

Performance  
Assessment



**Green**

Performance is within the acceptable range;  
continue to monitor.

### What do we measure and why?

This indicator reports the percentage of long-term care residents who were physically restrained on a daily basis at the time of their quarterly clinical assessment.

The rate is calculated by dividing the number of residents who were physically restrained daily on their target assessment by the number of residents with valid assessments. The calculation excludes those who are comatose or quadriplegic. This indicator is a rolling average of the previous 12 months.

Restraints are used to manage behaviours and prevent falls. There are potential physical and psychological risks associated with applying physical restraints to older adults. Use of physical restraints raises concerns about safety and quality of care.

Daily Physical Restraint Use in Long-term Care is also one of the nine key Long-Term Care indicators that the Canadian Institute for Health Information (CIHI) is monitoring on "Your Health System", and a key indicator monitored by the Office of the Seniors Advocate.

### What is the target?

Island Health has set a target of less than 6.5% based on the 2016/2017 Canadian average reported by CIHI.

### How are we doing?

Island Health is meeting the target.

### What actions are we taking?

Every long-term care facility must have a quality improvement plan in place for at least one of the five long-term care quality indicators on the Island Health Performance Dashboard, and report on that plan quarterly.

Networking and education opportunities have been created for facilities, including monthly teleconferences on specific indicators. Island Health owned and operated facilities have weekly 'Plan of Care' meetings, and education sessions as needed. Long-term care staff receive education about quality improvement methods.

Quarterly performance reports are shared with facilities and have led to improvement of indicator results at some sites. Reports have been developed to identify which individuals most significantly influence the quality indicators and require additional care.