

**CANADIAN INSTITUTE FOR HEALTH INFORMATION -
LONG-TERM CARE QUALITY INDICATOR**

Restraint Use in Long-Term Care

What this means:

This indicator measures the percentage of long-term care residents that are physically restrained daily by a device, material or equipment. For example, this can include devices that are placed around their arms or around their chest, or chairs that prevent them from getting up or rolling out. It does not include side rails on beds as a form of restraint. Physical restraints can have negative consequences for residents, like loss of muscle mass and social isolation. Residents may also be injured if they try to get out of their restraints. Physical restraints should be used as a last option for resident safety after other options have been tried, including additional care support.

Alberta results:

In 2014/15, 8.6% of long-term care residents in Alberta were restrained daily. This is lower than the last four years.

Steps for continued improvement:

Alberta Health Services is completing a policy aimed at reducing the use of daily physical restraints, with a focus on the care and safety of residents.

For more information:

www.health.alberta.ca/services/continuing-care-CIHI-RAI.html

