

## PURPOSE

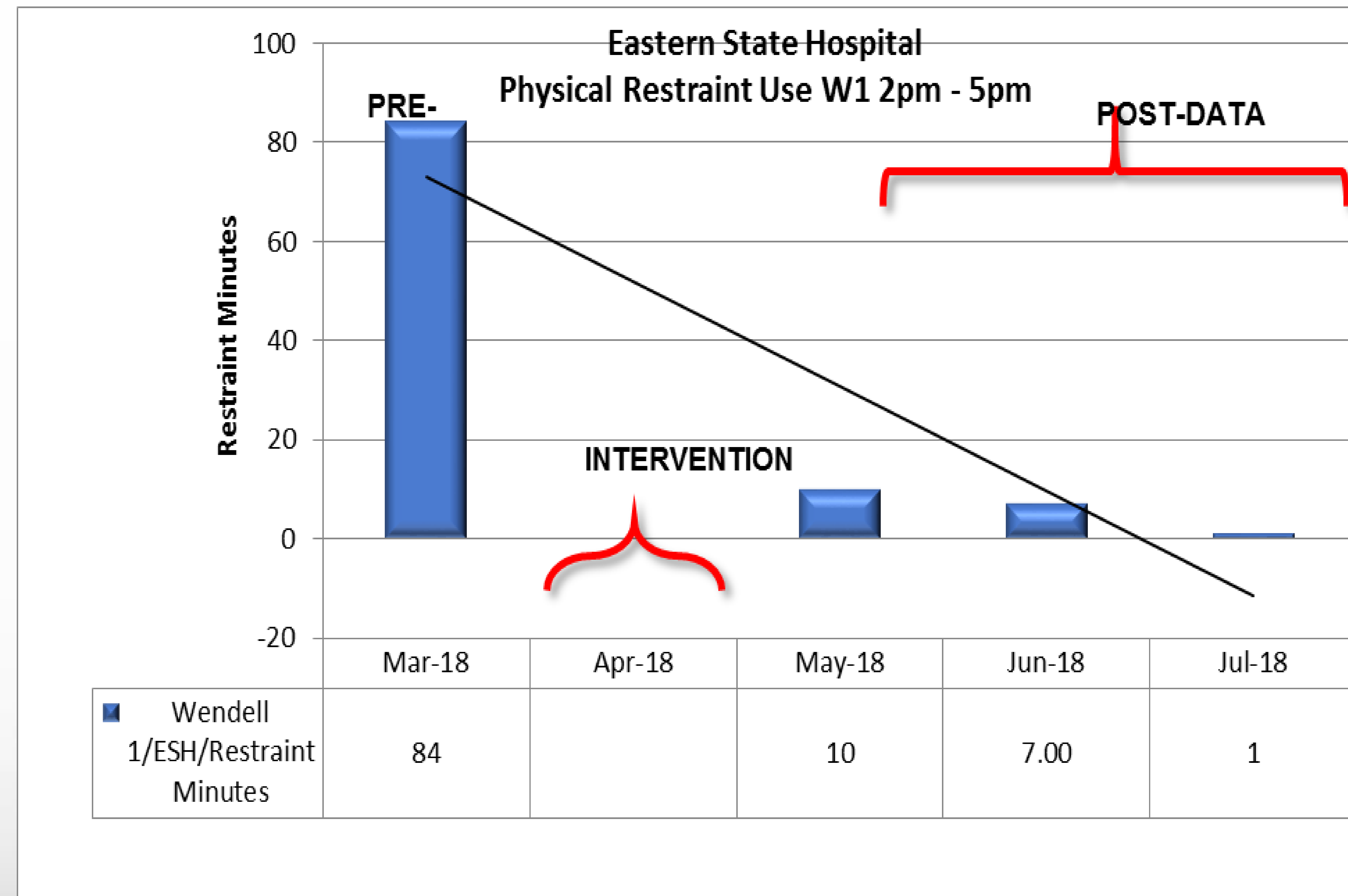
- The purpose of this project was to determine if the introduction of an afternoon snack would decrease the number of seclusion and restraint minutes from 2pm-5pm while increasing patient satisfaction.

## DESCRIPTION

- ESH's Professional Governance Unit Council piloted providing a 2pm snack on one of five behavioral health units beginning in April of 2018 and number of minutes of seclusion and restraints was collected and compared to seclusion and restraint data collected prior to initiation of the snack program.
- The snack program was initiated hospital-wide in November 2018 after data showed that seclusion and restraint metrics decreased following introduction of the 2pm snack on the pilot unit.

## SUMMARY OF EVIDENCE

- Data collected in the month prior to the initiation of the snack program showed that the pilot unit had 84 minutes of restraints from 2pm-5pm.
- Additional data showed that patient satisfaction decreases when seclusion and physical restraint minutes increase.
- Staff injuries were also shown to increase as the rate of seclusion and physical restraints increased.



## OUTCOMES

- Following the introduction of the snack program, a drastic reduction in physical restraint numbers from 2pm-5pm was observed with 84 minutes recorded in March 2018 and 1 minute recorded in July 2018.
- By the end of the pilot period, restraints from 2pm-5pm decreased 98% over a 5 month period.
- The initiative is now being implemented hospital-wide.

## IMPLICATIONS

- The snack project was able to show a marked decrease in seclusion and restraint minutes from 2pm-5pm with an intervention that is cost-effective and easy to implement.
- Reduction in restraint minutes is correlated with increased patient satisfaction and decreased staff injuries.
- After hospital-wide expansion a 49% decrease in seclusion and physical restraint minutes for all five units.

## CONTACT INFORMATION

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