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Title: Emergency Nurses' Knowledge, Attitudes and Practice towards the use of Physical Restraints in Hong Kong

Abstract

Restraining patients to prevent injury and reduce agitation was a common practice in Accident & Emergency (A&E) department in Hong Kong. Critically, physical restraints have the potential to raise serious consequences; therefore, healthcare professionals need to be knowledgeable about the associated risks with their use. The aim of the present study was to explore emergency nurses' knowledge about and attitudes towards physical restraints and clinical practice relate to physical restraint in A&E settings in Hong Kong. This study was exploratory and cross-sectional descriptive in nature, and used a quantitative approach. Data were collected using a modified Janelli's questionnaire. Content validity index for the questionnaire was 0.96. Total 56 emergency nurses from United Christian Hospital were asked to complete the questionnaire about the knowledge, attitudes and practice towards physical restraint. Data were analyzed by both the descriptive and inferential statistical methods. The result demonstrated a moderately positive attitude and favourable clinical practice towards the use of restraints were found among emergency nurses; however, they have slightly adequate knowledge in that particular area. Significant differences among various nurses' position and various years of experiences were found concerning attitudes towards the use of restraints; registered nurses and enrolled nurse demonstrated the least negative attitudes (were most prone to use restraints) and nursing officers and ward in-charge the most negative; junior nurses appear to be more comfortable using restraints than senior nurses are. As well, significant correlations between nurses' attitudes towards restraint use and practice relate to restraints were found. The finding expressed that the more positive attitudes about restraint emergency nurses had, the more favourable practices toward restraint they had. However, there was no significant difference in nurses' knowledge among various education levels, various clinical experiences and various positions. Further study investigation of nurses' decision-making processes related to restraint use and alternatives measures to restraint in A&E settings is recommended. The findings of this study demonstrate that emergency nurses must be advance their knowledge

towards restraints use being the best way to maintain patient safety and provide quality critical patient care in A&E setting.