

Person-directed care:
the road to restraint-free care
and quality of life

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Mrs. Jones :

- Mrs Jones, a 89 yo with Parkinson's disease and some dementia, values her independence and freedom to move about even though she sometimes uses a wheelchair and is prone to falls. She detests the chair alarms and hides them. Currently she is falling 2-4 times a month, mostly when she tries to transfer herself back to bed from her sling back, sling seat wheelchair, in the evenings.

- Most falls are non-injury falls. She has had some bruising and skin tears.
- She sometimes has used as Merry Walker, but has tried to climb out of it and runs into people so the staff d/ced its use

Realistic goals for Mrs. Jones :

- Support her freedom, mobility and choice
- Reduce evening falls in half to 1-2 per month
- Reduce skin tears and bruising r/t falls
- Reduce or prevent injury falls

Example of documentation:

- “I value my independence and freedom to stand and walk about even though I fall . I don’t like the chair alarms and take them off and hide them. I like using the Merry Walker at times. I want to go back to bed right after dinner and I will put myself back if you don’t.”
- Currently she is falling 2-4 times a month, mostly when she tries to transfer herself back to bed from her wheelchair after supper. Most falls are non-injury falls. She has had some bruising and skin tears.

Example of documentation:

- Assessment:

Because of her wish to be independent and mobile, we expect she may continue to have some non injury falls 1-2 times a month but the benefits of her freedom to move outweighs the burden of further restriction. Since most of falls are related to putting herself back to bed after supper, we have addressed that in our plan .We have shared her safety and mobility plan with her family and protective services.

Mrs. Jones :

Plan is:

- Monitor all falls for time, place, behaviors and degree of injury to determine patterns
- Have CNA offer to help her back to bed after dinner as soon as she finishes eating
- Remove chair alarm
- Keep her elbows and forearms covered with stockinette or clothes to minimize skin tears

Mrs. Jones care plan cont.

- Have PT assess advisability of wheelchair use and purchase of more comfortable wheelchair if appropriate
- Have Pt assess modifying use of Merry Walker
- Have PT assess for proper bed height, shoes, use of transfer pole and placement of bed and furniture in her room
- Discuss realistic expectations with family
- Be sure that care plan and actions match

Mrs. Jones plan cont.:

- Encourage to attend exercise group and walk to meals with assistance (unless too tiring)
- Discuss tx of osteoporosis with Dr
- Consider hip protectors
- Continue restorative care
- If increase in # of falls or severity of injury, reassess
- Contact Protective services, surveyors, ombudsman and family proactively

It is about:

- knowing the person
- finding the root cause of behavior
- honoring the person's wishes while developing safety plan
- modifying risk factors (internal and external)
 - Ex osteoporosis – exercise, meds, hip protectors
 - External – organizational policies