

Jumpstart Your Clinical Improvement Process

Physical Restraints

- 1** QI/QM reports accessed through the CASPER reporting system will show your nursing home's most recently transmitted MDS data for physical restraints. To access instructions for obtaining your MDS QI/QM reports, [click here](#). To obtain your CASPER reports, go to the CMS MDS internet page used for transmitting data. When running your reports, be sure to select the *MDS QI/QM Package*.
- 2** Within your package report, locate the resident level Quality Measures/Indicator report. Under the *Quality Life* column, phys rstrn; review those residents who triggered the physical restraint measure.
- 3** For each resident identified in Step 2, complete a restraint process review audit. For the audit, [click here](#). Employ [an action plan](#) for any "no" answers identified during the audit.
- 4** Ensure that MDS assessments are being coded correctly. To see which MDS items trigger the measure, [click here](#). Compare the most recent MDS assessment to restraint documentation found within the resident record to make sure the two coincide. For support and further training for coding of MDS, [click here](#).
- 5** Discuss residents who are restrained and progress of above identified actions daily at stand-up meetings and 24-hour resident condition reports. Also include updates/discussions at risk and QA meetings. Update action plans as needed to ensure progress is being made. Challenge your staff to become a restraint-free facility!
- 6** Advancing Excellence in America's Nursing Homes is a national effort to improve quality in key areas, including physical restraints. To join the campaign, go to www.nhqualitycampaign.org and register. Be sure to check out all the physical restraint resources, including risk tools, regulations and education by selecting *For Nursing Homes* and then *Resources* in the left-hand column.
- 7** A great falls program is essential! Become an expert at intervention. To access a falls management resource, [click here](#).
- 8** All staff education on physical restraints with free CEUs is available on KFMC's website or by [clicking here](#).

For further assistance, contact Maureen Kamprath
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