

# 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](http://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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