CAUSES OF GREATER USE OF RESTRAINTS AND INFLUENCE OF COGNITIVE AND FUNCTIONAL IMPAIRMENT IN PRESCRIPTION

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**Aim:** to determine the prevalence and causes of physical restraints use in a nursing home for dependent elderly people by assessing whether greater cognitive and functional impairment of the elderly was associated with increased prescription of these devices.

**Material and methods:** 143 physical restraint episodes were accounted in which 192 restraint devices were used. Qualitative variables were compared using chi square test by setting a significance level of 0.05 as the limit of statistical significance.

**Results:** By removing the bedrails of the analysis, 49 residents are “without restraint”, of which 45 were functionally independent and 33 cognitively normal. Greater cognitive and functional impairment of the elderly is associated with increased prescription of these devices: p = 0.0001 and p = 0.0001 respectively.

**Conclusions:** There is a probably excessive use of bedrails which affects elderly with no cognitive impairment or physical dependence for which there is a need of research on the causes. To ensure the best care in cases where restraints are indicated, it is necessary to implement a protocol and to conduct periodic reviews.