



PARRI NEWS

The Pennsylvania Restraint Reduction Initiative

Volume 1, No. 1, December 2000

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Welcome to PARRI News,

a tool for the communication and dissemination of the recent innovative practices of Pennsylvania health care facilities in dealing with eliminating the use of physical and chemical restraints. PARRI News will help support restraint elimination by developing a record of many superb provider practices, and by building a foundation for future progress in this work. The main focus will be on restraint elimination in long term care, with an emphasis on resident-centered approaches and practices, the cornerstone of strong restraint elimination programs.

A Brief History

In 1994, the Health Care Financing Administration (HCFA) brought together representatives of consumer advocacy groups and health care providers to brainstorm possible solutions to lowering physical restraint use in the Commonwealth. Approximately 28% of nursing home residents were experiencing some form of physical restraint, despite regulations limiting restraint use (OBRA, 1987). Out of this meeting, the Pennsylvania Restraint Reduction Task Force was formed with representatives from state and federal government, private industry, professional and provider associations, academia, health care practitioners, and consumer groups participating. With funding secured from the Commonwealth and the County Commissioners Association through an Intergovernmental Transfer Fund, the Task Force created the Pennsylvania Restraint Reduction Initiative which was officially launched on September 5, 1996.

As a first step, nursing homes throughout the state were surveyed to determine their interest in becoming a participating "training" site. The goal was to select a diverse group of eight nursing facilities, one in each Department of Health field office region. Selection was based primarily on relative geography, size, and operating status (i.e.,

nonprofit, for profit, and county affiliated). The selected training sites would then receive ongoing support and education from the Initiative to significantly reduce the use of physical restraints and siderails. In turn, the expectation was that within two years the eight nursing facilities would themselves become official Pennsylvania Restraint Reduction Initiative training sites and facilitate monthly educational sessions for area nursing homes.

Beryl Goldman, director of the *Untie the Elderly* program, a Kendal Corporation entity, was selected to lead the implementation phase. Under her direction, a three-member training team was hired based on knowledge, experience, interest in working with the elderly, commitment to the elimination of physical restraints in long term care, and desire to actively participate in this endeavor.

Of the 1,246 residents living in the eight training facilities in fall 1996, 288 were physically restrained (excepting siderails). The overall restraint rate was thus calculated to be 23%, with self-reported restraint use varying from 2% to 65%.

The Pennsylvania Restraint Reduction Training Team's focus was on four key areas: 1) working closely with restraint reduction committees in developing a systematic process for safe physical restraint reduction and elimination; 2) developing strong assessment skills in nursing home staff in evaluating residents who may be at risk of being restrained; 3) facilitating staff, resident, and family educational sessions across all three shifts; and 4) providing support and technical assistance to the sixteen restraint reduction training sites to ensure quality training programs are being offered.

By January 1999 there were fewer than 24 physical restraints remaining in the eight original training facilities, meaning physical restraints were used with only 2% of the residents. By November 1999, state-wide use of physical restraints had dropped to 12%.

During PARRI's second and third year of operation, eight additional training sites were selected, one in each Department of Health field office region. By

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July of 1998, there were a total of 16 training facilities across the Commonwealth offering monthly restraint reduction training programs and support to their neighboring nursing facilities.

Presently, the four-member training team is providing assistance to many other facilities in Pennsylvania. This assistance includes consultation with on-site visits addressing the areas of fall prevention, psychoactive medication reduction, behavior management, and individualized assessment.

In addition, the training team facilitates close to 30 larger multi-facility educational sessions to caregivers throughout the state each year. Programs have centered on: *Physical Restraint Elimination: Alternatives, Strategies, and Interventions; Chemical Restraint Reduction: Assessments and Interventions; Physical Restraint Elimination: Bringing Families on Board; Keeping Restraints Off: Assessing the Resident Who Falls; and Unlocking the Mysteries of the Restraint-free Nursing Home.*



PARRI Training Sites for Physical Restraint Elimination

EBENSBURG REGION:

DuBois Nursing Home

200 S. 8th Street, DuBois 15801
Sue Greathouse, RNAC • 814-375-9100 x225

Centre Crest

502 E. Howard Street, Bellefonte 16823
Linda Whitmer, Assistant DON • 814-355-6777

HARRISBURG REGION:

Susquehanna Lutheran Village

990 Medical Road, Millersburg 17061
Linda Leshner, LPN, Quality Assurance/IC
717-692-4751

Lebanon Valley Brethren Village

1200 Grubb Street, Palmyra 17078-3513
Lori Kinney, Vice Pres., Nursing Services
717-838-5406

LEHIGH VALLEY REGION:

Chandler Hall

99 Barclay Street, Newtown, PA 18940
Pat Riff, Adm. Ass't. • 215-860-4000 x203

LIONVILLE REGION:

Manatawny Manor

Box 799, Old Schuylkill Rd. • Rt 724
Pottstown 19464
Debbie Dollar-Reid • 610-327-0840 x38

Kendal at Longwood

P. O. Box 100, Rt. 1, Kennett Square, PA 19348
Mary Rodger, RN, Nursing Instructor •
610-388-7001

MEADVILLE REGION:

Sena Kean Manor

Marvin Street Extension, P.O. Box 3307,
Smethport 16749
Pauline Goochie, RN, Director of Nursing •
814-887-5601

Beverly Manor at Titusville

81 Dillon Drive, Titusville, PA 16354
Vicky Weeder, RN, Director of Nursing •
814-827-2727

NORRISTOWN REGION:

Temple Continuing Care Center

5301 Old York Road, Philadelphia 19141
Tim Inverso, Nrs. Ed. Mgr. • 215-456-2982

Emily A. Markle Health Center

2050 S. 58th Street, Philadelphia 19143
Jean Fletcher, Adm. Ass't. • 215-724-2218

PITTSBURGH REGION:

Marian Manor

2695 Winchester Drive, Pittsburgh 15220
Carol Papst, RN, Risk Mgr. • 412-563-1244

Sherwood Oaks

100 Norman Drive, Cranberry Township 16066
Cathy Holfman, DON • 724-776-8100

SCRANTON REGION:

Wesley Village

209 Roberts Road, Pittston 18640
Mary Lou Langdon, RN, Nurse Manager •
570-655-2891

Green Home

37 Central Avenue, Wellsboro 16901-0836
Charlotte Bletz, RN, QI Manager • 570-724-3131

Gold Star Nursing and Rehab Center

303 Schoolhouse Road, Danville 17821
Ann McLaughlin, RN, Quality Assurance •
570-275-4946



PARRI Training Sites for Chemical Restraint Elimination

NORRISTOWN REGION:

St. John Neumann Nursing Home,

10400 Roosevelt Boulevard, Philadelphia 19116
Leslie Stickley, DON • 215-698-5619

HARRISBURG REGION:

St. Annes Home, Inc.,

3952 Columbia Avenue,
Columbia 17512 • Candace Keates, Director of
Social Service • 717-285-5443

PITTSBURGH REGION:

Jameson Care Center,

3349 Wilmington
Avenue, New Castle 16105
Theresa Shaftik, DON • 724-598-3300



Latest News on National Bed Safety Achievements

On October 24 and 25, 2000, *The Hospital Bed Safety Work Group* met to continue its work of reducing the hazards associated with patient entrapment in hospital beds. The DePaul University College of Law hosted the meeting in Chicago.

Patient entrapment with hospital bed side rails can occur in hospitals, nursing homes and at home. The FDA continues to receive reports of death and injury when patients become entangled or trapped between the mattress and bed rail or in the bed rail openings. The patients most at risk for entrapment are frail, elderly or confused.

To date, the work group has primarily focused on raising awareness of the entrapment hazard and educating caregivers and family members on the problems associated with bed rail use. The work group recently issued an educational brochure, "A Guide to Bed Safety" that highlights the benefits and risks of bed rails, ways to meet a patient's need for safety, and patient or family concerns about bed rail use. This brochure is available on the FDA web site for bed safety at:
<http://www.fda.gov/cdrh/beds/>

In addition to the brochure, the work group is developing clinical guidelines for the assessment and implementation of bed rail use. These guidelines will provide a uniform set of recommendations to caregivers in all patient care settings—hospitals, nursing homes and at home. The primary goal of the guidelines is to assist caregivers in assessing when the use of bed rails is essential for patient care.

The Hospital Bed Safety Workgroup has undertaken a variety of activities to address the need to reduce entrapment events. These activities include:

- 1) The completion of dimensional criteria for the bed system configuration developed from over 15 anthropometric data sources,
- 2) The completion of a retrospective validation of the dimensional criteria based on a survey of past hospital events,
- 3) The design of a bed system assessment tool that provides facilities the means to physically measure and then compare existing equipment to the recommended dimensional criteria,
- 4) A decision tree to aid facilities with option analysis once an assessment has been completed.

Two other areas of work under consideration by the workgroup are a pilot of the assessment tool in several Veterans Administration hospitals and the development of an assessment tool training video to assist caregivers in the proper application of the assessment tool.

The Hospital Bed Safety Work Group is made up of representatives of the federal government, national health care organizations, manufacturers of hospital beds and medical researchers.

Note: Readers can also obtain a copy of the brochure by contacting Mary Scharf at 610-388-5580; or at mscharf@kcorp.kendal.org.



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Reminder:

This initiative provides services to all Pennsylvania nursing facilities striving to deliver quality care to their residents. Do not hesitate to contact any member of the training team for assistance. For more information or to submit a newsletter article, contact Mary Scharf at 610-388-5580, or by Email: mscharf.kcorp.kendal.org.



Pennsylvania Restraint Reduction Initiative Task Force Members

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The Pennsylvania Restraint Reduction Initiative sends greetings and best wishes for a happy holiday season to all caregivers. The dedication and compassion that you bring to your jobs make a positive impact on the quality of life of the residents residing in nursing facilities throughout the Commonwealth.

PARRI

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