

Learning the Ropes: The Rollout of PINEL Restraints at Kootenay Lake Hospital

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Background

Interior Health (IH) has historically avoided physical restraint use and staff practices according to the IH Least Restraint Policy. It has been decided that now there will be implementation of a new physical restraint system at Kootenay Lake Hospital (KLH) for when alternatives to restraint use are ineffective. This physical restraint system will be used in coordination with the Least Restraint Policy. We were assigned to help introduce and implement this new restraint system. Our goal was to provide adequate education and training to staff, in order to ensure safe and appropriate application of the PINEL restraints in coordination with IH policies.

Issue

Implementation of the PINEL physical restraint system at KLH which most of the staff are unfamiliar with or have never used before and have not received any previous education on.

Methods & Materials

We completed a needs assessment of staff, facilitated by the charge nurses of the different units and our field guide. This assessment identified the staffs educational needs in regards to PINEL (physical) restraints. We developed a teaching session for 'super users' and in-services for remaining staff. We created a clinical resource binder where the staff could easily access information about physical restraints pertaining to IH and the PINEL restraint system. Finally, we provided the nurse educator with all of our teaching tools to facilitate future education.



Results

Through our assessment and teaching we identified many knowledge gaps in regards the use of restraints. Furthermore, the introduction and implementation of the PINEL restraint system showed significant challenges for the staff in regards to lack of ongoing education and further retention of knowledge.

Conclusion

After receiving feedback from staff regarding knowledge retention of safe use and application of restraints, we have concluded that there is a need for ongoing education and practice.

Acknowledgements

Instructor: Shannon Shah

Field Guide: Eve Burkart

Practice Partners: KLH & KBRH