

Abstract

Aim: The aim of the study is to examine current practices and attitudes of staff towards physical restraint and restraint-free care for older people with and without dementia and residing in residential care homes.

Design: A descriptive qualitative approach and critical incident technique.

Settings: Two non-government organizations and a private aged home will provide residential care home service for the elderly in Hong Kong.

Participants: Purposive sampling will be used to recruit staff in residential care homes. Selection criteria include those providing physical or social care to the residents with and without dementia; at least one staff member from each grade; has worked in this home for more than 3 months; and has used restraints before. It is estimated to recruit around 70 staff.

Methods: Participant observations and audio-taped interviews will be used to collect data. An interview guide will be piloted before collecting data. Staff will be invited to provide information about their own experience of using restraints in order to understand the incidents. Content analysis will be used to analyze the data.

Results and Conclusion: The findings will provide data to help us to understand the current practices adopted and attitudes of staff towards the use of physical restraints of older people with and without dementia in institutionalized settings. Situations warranting restraint-use and situations when restraint-free care can be considered will be identified and compared. This study will provide a basis for further research and teaching into proper restraint use and restraint reduction for older people in Hong Kong.