

# % OF RESIDENTS WITH A RESTRAINT: LONG TERM CARE

Northwood

Northwood believes in an environment of “least restraint” whereby the least restrictive method of restraint is used, with resident / family consent, for the shortest period of time possible, and only when necessary.

## Northwood Measures

[# of residents with a physical restraint / total # of residents] x 100.



A physical restraint is anything which restricts a resident's movement/getting to their body.

Examples of physical restraints include a tray table, pin seatbelt, bed rail, and hand mitts. Northwood ensures that there is a balance between safety and a resident's quality of life; therefore, physical restraints are always used as a last resort.

Northwood's inter-professional team uses evidence-based approach implementation strategies through education, research, and information sharing. The team also uses a quality improvement process, providing advice, expertise and input to the broader care team while monitoring overall program indicators of success.

