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Assessment of intensive care unit nurses' knowledge, attitude, and practice of physical restraint use

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Background: The use of physical restraints is a major challenge in all healthcare systems throughout the world. The present study aimed to investigate the knowledge, attitude, and performance of intensive care unit nurses toward the use of physical restraints and to determine the factors affecting the mentioned variables.

Methods: In this descriptive-analytical research, the study population included nurses working in intensive care units of teaching hospitals in Hamadan, Iran. Questionnaires containing demographic characteristics and knowledge, attitude, and self-report practice of physical restraint usage were developed to collect data. Descriptive and inferential statistics were used to analyze the data in SPSS/16.

Result: Most nurses were female (81.7%), aged 31-40 years (58.5%), and held a Bachelor's degree in nursing (90.0%). Moreover, 87.8% of the participants had an experience of physical restraint use and facing its complications. The nurses' mean scores of knowledge, attitude, and practice were 6.65 ± 1.73 (out of 13), 26.32 ± 4.94 (out of 52), and 20.79 ± 4.17 (out of 30). Knowledge and attitude were significantly related with education and practice. Furthermore, significant positive relationships were observed between of gender and practice and also practice and attending an educational course.

Conclusion: Nurses did not show acceptable levels of knowledge, attitude, and practice of physical restraint use. Therefore, nurse education programs need to pay more attention to the significant issue of physical restraint usage.

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