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## **Nurses knowledge, attitudes and practices related to the use of restrictive care interventions**

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**Background:** It is evident from previous research studies that a number of factors exist which can influence the uptake of restrictive practices in the management of challenging behavior. Variability in the use of restrictive interventions across countries has been found, suggesting that their continued use is likely to be driven by factors other than the behavior of patients. This study surveys the perceptions of nurses working in various settings in The Bahamas with respect to their knowledge, attitudes, and practices related to the use of restrictive care interventions.

**Method:** A convenience sample was used to self-administer questionnaires to 130 nurses working in the psychiatric, geriatric and emergency settings. The questionnaire examined nurses' knowledge, attitudes, and practices related to the use of restrictive interventions including seclusion, physical restraints, forced medication and the removal of patient privileges.

**Results:** Participants were predominantly female (79.5%) and fell in the 41 to 50 years age group (32.8%). Of nurses surveyed, only 29.7% indicated that they fully understood the concept of using the least restrictive alternative in clinical practice. Nurses' attitudes were found to generally reflect a tendency towards the use of restrictive interventions. There was also a high incidence of restraint use observed among emergency nurses.

**Discussion and Conclusions:** The findings of this research, revealed that nurses could benefit from additional training. The study also draws attention to the need for changing nurses' attitudes if any strategy for reducing restrictive practice is to be successful.

### **Biography**

Daphne completed her Master's Degree with distinction in Nursing Leadership/Management from The University of the West Indies, Trinidad in 2016. Her thesis was selected for oral presentation at the International Congress at King's College, England and has since been published in the Journal of Clinical Nursing. She currently serves as the coordinator for nursing research and chair of the research committee at her institution. Her professional interests center on nursing research and the promotion of evidence-based practice in nursing.

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