



health. care.

Restraint Collaborative Overview

Beth Hercher, CPHQ
Learning Session 1



Restraint Collaborative Overview

What is a Collaborative?

- ◆ Time-limited initiative
- ◆ Everyone learns and everyone teaches
- ◆ Share common goal
- ◆ Potential for spread



Restraint Collaborative Overview

Why a Collaborative?

- ◆ Rapid rate of improvement
- ◆ Teamwork
 - Within organizations
 - Among organizations
- ◆ Measurable results



Restraint Collaborative Overview

Ten Elements of a Collaborative

1. Established set of best practices
2. Identified gap between best and current practice
3. Examples of real success stories
4. Common aim for all teams
5. Set of key changes based on best practices



Restraint Collaborative Overview

**Ten Elements of a Collaborative
*continued...***

- 6. Method for quality improvement
- 7. Measurement strategy
- 8. System for tracking measurement
- 9. System for sharing among participant teams
- 10. Expectation of spread beyond participant teams



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A Collaborative is Not

- ◆ Research project
- ◆ Benchmarking project
- ◆ Consulting project
- ◆ Series of small refinements to existing systems



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What Makes a Collaborative Work?



- ◆ Good ideas
 - Change package
- ◆ Focus on results
 - Monthly reports
 - Real-time data
- ◆ Peer support
 - Everybody teaches
 - Everybody learns
- ◆ Brilliant successes
- ◆ Spectacular failures
- ◆ Action oriented




Restraint Collaborative Overview

Change Model

- ◆ Represents an ideal system
- ◆ Identifies elements to redesign the current system
- ◆ Mirrors the ideal

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Change Model

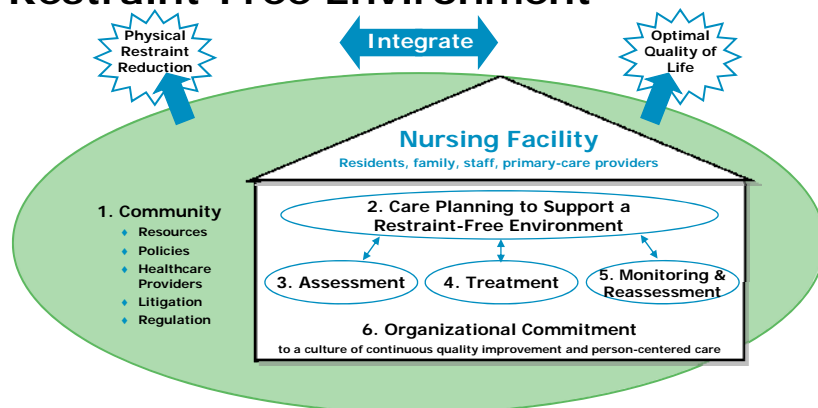
Six components that must be addressed to provide an ideal, restraint-free environment:

1. Community
2. Care Planning
3. Assessment
4. Treatment
5. Monitoring and Reassessment
6. Organizational Commitment



Restraint Collaborative Overview

Change Package for Supporting a Restraint-Free Environment



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Table 1
Key Improvement Strategies and Changes

Improvement Strategy	Key Changes Supporting a Restraint-Free Environment in the Long-Term Care Setting
1. Community	<p>Instill principles of person-directed care such that residents and families understand a) the risks and consequences of physical restraints and b) the facility's commitment to a restraint-free environment.</p> <p>Work actively with other healthcare organizations (e.g., with other nursing homes, hospitals, home health, medical transporters, adult day care, assisted living facilities, etc.) to reduce physical restraint use across clinical settings.</p> <p>Use local and regional networks of healthcare organizations (e.g., Quality Improvement Organizations, corporate resources, long-term care ombudsmen, state survey and certification agencies, long-term care trade associations, long-term care advocacy groups, professional healthcare associations, low restraint-use states, and successful restraint-free nursing facilities) as resources for supporting a restraint-free environment.</p> <p>Use community-based restraint alternative expertise (e.g., recreational therapists, occupational and physical therapists) to augment facility resources if needed.</p> <p>Mobilize community resources and engage families and volunteers to meet the daily activity needs of residents.</p> <p>Include personal injury defense attorneys, insurance company attorneys, and/or risk managers in redesigning policies and procedures that support a restraint-free environment.</p>



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Small Tests of Change

PDSA Cycle

- Plan
- Do
- Study
- Act



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What makes a Collaborative team successful?

- ◆ Leadership
- ◆ Relationships
- ◆ Alignment with organizational mission
- ◆ Tests of change
- ◆ Measurement



Restraint Collaborative Overview

What to expect from learning sessions?

- ◆ Introduction to Collaborative elements and other teams
- ◆ Team sharing and interaction
- ◆ Teams are the experts for each other
- ◆ Outcomes Congress
 - Celebrate achievements



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Action Periods

- ◆ The time between Learning Sessions
 - Conduct tests of change
 - PDSAs
 - Implement and spread improvements
 - Inside and outside of facility
 - Measure and report results
 - Senior Leader Report (SLR)
 - Tracking Tool
 - Share with others
 - Conference Calls
 - Newsletter
 - Storyboard



Restraint Collaborative Overview

Confidentiality Issues

- ◆ Cannot share information about or from collaborative peers without their permission - **NO EXCEPTIONS**
- ◆ Participants are expected to share and borrow from each other freely



Restraint Collaborative Overview

Spreading Ideas from a Collaborative

- ◆ Collaborative refines the change package
- ◆ Best ideas transferred to other units and/or organizations
- ◆ Methods for spread are not the same as for collaboration
- ◆ Senior executives plan and take responsibility for spread



Restraint Collaborative Overview

Tennessee Nursing Home Improvement Collaborative

Learning Session 1: October 2011

Learning Session 2: March 2012

Learning Session 3: August 2012

Outcomes Congress: February 2013

Regional Meetings

Nashville, Knoxville, Memphis



thank. you.

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