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**Nurses' knowledge, attitude and practices on use of restraints at State Mental health care setting: an Impact of in-service education programme**

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Physical restraints using in mental health-care settings is a common and is to be considered a complex process as it has psychological, judicial, ethical, and moral obligations. Psychiatric Nurses are the persons play an important decision maker to use physical restraints to their patients at hospitals. Lack of understanding and negative attitude of nurses in the use of physical restraints will hamper patient safety. With this background the present study was conducted to evaluate the effectiveness of in-service education program in improving nurse's knowledge, attitude and self-reported practices related to physical restraint use. A one group pre & post-test study was conducted involving 52 nurses working at a tertiary mental health care setting. They attended a 3-day intensive restraint management education with a follow-up assessment after 1 month. The standard questionnaires on knowledge, attitude and practice regarding physical restraints were used as tools for measuring the impact of in-service education program. Data were analyzed using paired t-test and Pearson correlation. 52 nurses who participated in the study, 52% were male, 58.5% had a baccalaureate degree. The mean age of respondents was 33.29 years (SD=7.39), the mean work experience was 6.71 years (SD=6.80). The mean knowledge, attitude and self-reported practice scores improved significantly following their participation in the in-service education program ( $t=-6.48, p<.00$ ;  $t=-3.77, p<.001$ ;  $t=-5.72, p<.001$ ). There was a significant correlation between post-test knowledge, attitude and practice scores. The study concludes and suggests in-service education may lead to more effective restraints usage at mental health care settings.

**Biography**

Sunanda Govinder Thimmajja has completed her Ph.D in nursing. She is the Assistant Professor at DIMHANS, Dharwad, Karnataka, India. She has more than 12 years of working experience in mental health care settings as a nurse educator and psychiatric nurse expert. She has published more than 20 research papers in reputed journals.

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