

IDENTIFYING INFORMATION	
Name:	Daily physical restraints
Short/Other Names:	Percentage of residents in daily physical restraints
BACKGROUND, INTERPRETATION AND BENCHMARKS	
Description:	The percentage of long term care (LTC) residents who are in daily physical restraints. This is reported using the Resident Assessment Instrument – Minimum Data Set 2.0 (RAI-MDS) or the updated version, Long-Term Care Facilities (LTCF) assessment. This indicator was jointly developed by InterRAI and the Canadian Institute for Health Information (CIHI).
Rationale:	A physical restraint is a device that restricts a resident’s ability to move, and cannot be removed by the resident. At some long term care sites, physical restraints may be used in situations where the safety of the resident or others (e.g., other residents, family, or staff) is a concern. Using physical restraints can be harmful to residents. Harmful effects include increased potential for falls that result in injury, as well as increased frustration and restlessness for the resident.
Interpretation:	A lower percentage is desirable.
Target/Benchmark:	No benchmarks have been identified.
INDICATOR CALCULATION	
Calculation:	<p>Percent of residents in daily physical restraints =</p> $\left(\frac{\text{Number of LTC residents who were physically restrained on a daily basis}}{\text{Number of residents with a valid RAI-MDS assessment, excluding those who are comatose and/or quadriplegic}} \right) \times 100$ <p>Type of Measure: Percentage (risk adjusted)</p> <p>Adjustment Applied: Risk adjustment is calculated using a predetermined statistical process that adjusts for differences in the populations served as well as the associated differences in risk that come with various conditions. This risk adjustment process allows for comparability between different LTC sites.</p>
Denominator:	The total number of LTC residents with a valid RAI-MDS or LTCF assessment. Residents who are comatose or who are quadriplegic are excluded.

Numerator:	The total number of LTC residents with a valid RAI-MDS or LTCF assessment in a fiscal quarter, who were physically restrained on a daily basis.
DATA DETAILS	
Data Sources:	Canadian Institute for Health Information Alberta Health Services ^{21, 22}
Reporting Frequency:	Quarterly First Available Year: 2018-19 Last Available Year: 2022-23
Geographic Coverage:	The province of Alberta excluding the military and prisoners.
Reporting Levels:	Province, zone

²¹ Documentation and data for this measure has been provided directly by Alberta Health Services (AHS) from data generated by the Canadian Institute for Health Information (CIHI). Credit regarding the data definition and appropriate calculations should be attributed to these parties.

²² While the HQCA used all reasonable efforts to ensure the accuracy, completeness, and reliability of the data used in this website, data continues to expand in scope and completeness. As such, the values reported may change over time.