

Effectiveness of illustrated leaflets intervention of physical restraints in caregivers: quasi-experimental research

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Objectives

In healthcare, physical restraint is vital for patient safety. However, caregiver knowledge often relies on text-heavy leaflets, which can be ineffective. Our study explores if using illustrated leaflets enhances caregiver understanding of proper restraint methods. We aim to improve patient safety and care quality through this visual approach.

Methods

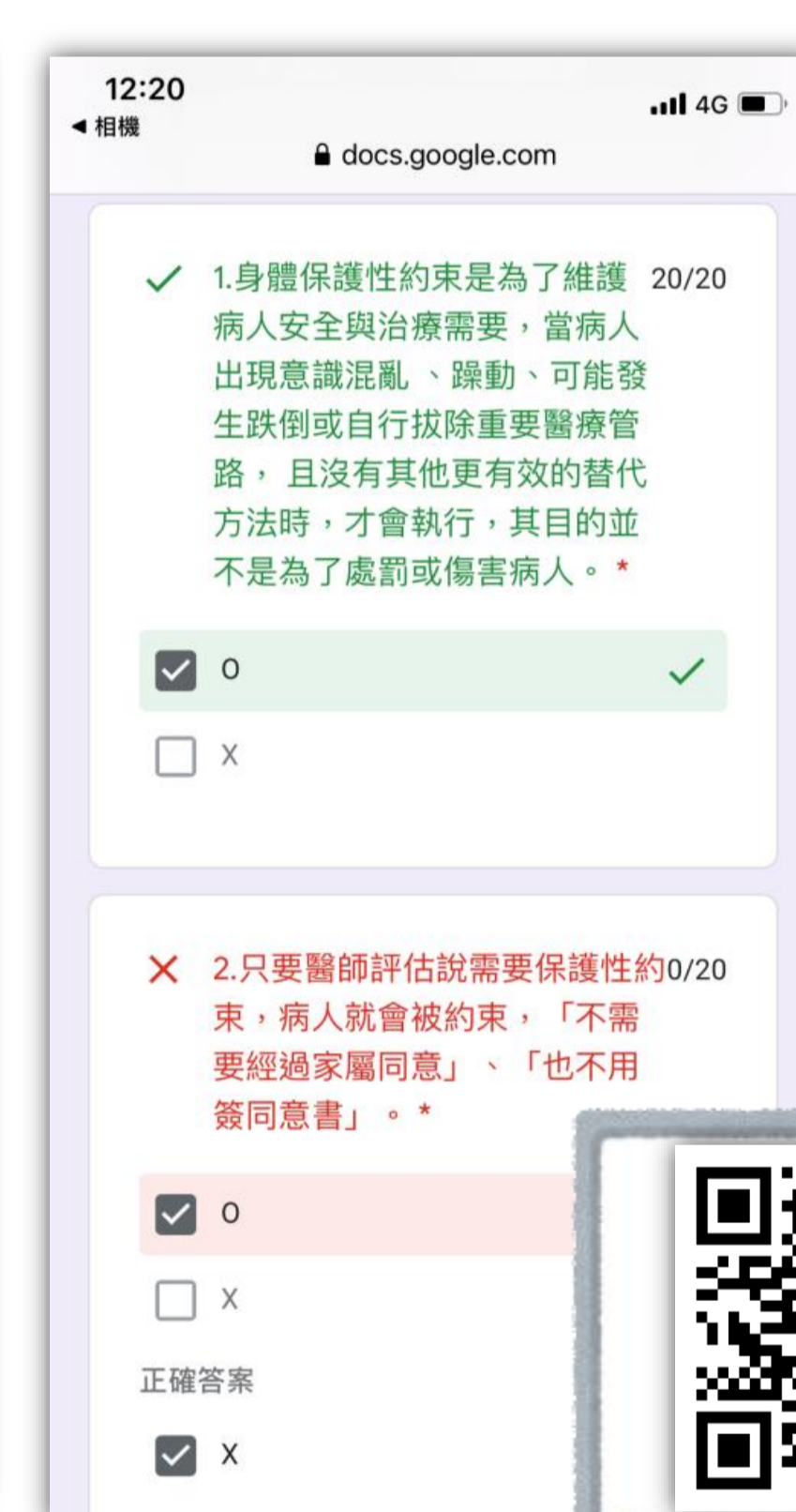
This study employed a quasi-experimental design with two groups, utilizing pre- and post-test assessments. Purposive sampling was employed to select participants among caregivers responsible for patients who required physical restraints in the acute ward of a regional teaching hospital in northern Taiwan. Data collection took place between February and March 2022, with a total of 60 participants (N=60).

The experimental group (N=30) received illustrated leaflets developed by a focus group comprising 5 experts, while the control group (N=30) received traditional text-based leaflets. Exclusion criteria encompassed both foreign and local caregivers.

Data was gathered through a self-designed questionnaire, assessing the learning effectiveness, knowledge, and satisfaction levels of the participants before and after the educational intervention. The Paired t-test was subsequently employed for a comparative analysis of the pre- and post-test results in both intervention groups.



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Results

Both the experimental group and the control group experienced improvements in caregivers' knowledge of physical restraints when exposed to illustrated leaflets. However, noteworthy differences emerged between the two groups. The post-test scores in the experimental group averaged 97.3, a statistically significant increase compared to the control group's average score of 82 points ($t=-6.71, p < .001$). Moreover, the satisfaction rate in the experimental group reached an impressive 95.6%.

Conclusions

Illustrated leaflets have proven to be effective in enhancing caregivers' knowledge and their willingness to utilize physical restraints appropriately. This suggests a compelling case for replacing traditional text-based leaflets with illustrated ones in the future.



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