

Nurses' Attitudes Toward Using of Patients' Physical Restraint At Psychiatric Hospitals In Baghdad.

اتجاهات الممرضين نحو استخدام القيد البدني للمرضى في مستشفيات الطب النفسي في بغداد

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الخلاصة:

الهدف: تهدف الدراسة لفحص مستوى اتجاهات الممرضين العاملين في المستشفيات النفسية في بغداد نحو استخدام القيد البدني. والتعرف على العلاقة بين اتجاهات الممرضين وبعض خصائصهم الديموغرافية.

المنهجية: دراسة وصفية أجريت في الفترة من كانون الثاني حتى أيار، ٢٠١٤ على عينة عرضية مكونة من ١٠٥ ممرض يعملون في الردهات والمستشفيات النفسية في بغداد، وهذه المستشفيات هي: مستشفى بغداد التعليمي/ دائرة مدينة الطب، مستشفى ابن رشد للطب النفسي ومستشفى الرشاد التعليمي للأمراض النفسية/ دائرة صحة الرصافة. تم تصميم إستبانة الدراسة من قبل الباحث. ويتكون الاستبيان المصمم من قسمين: الأول رسالة التغطية للحصول على موافقة الممرضين للمشاركة في الدراسة، وبعض من الخصائص الاجتماعية والديموغرافية والوظيفية للممرضين. والثاني هو مقياس اتجاهات الممرضين. تم صدق الاستبيان بواسطة صدق المحتوى من خلال الخبراء، وثبات الاستبيان تم بواسطة الاتساق الداخلي من خلال الدراسة التجريبية وحساب معامل ارتباط ألفا. تم جمع البيانات من خلال استخدام استبيان التقرير الذاتي كوسيلة لجمع البيانات؛ واستخدام المقابلات المنظمة. أجريت التحليلات الإحصائية باستخدام البرنامج الإحصائي للعلوم الاجتماعية نسخة ١٥.٠، حيث تم تطبيق النُهج الإحصائية الوصفية والإستدلالية مثل: التكرارات، والنسب المئوية، المتوسط الحسابي، الانحراف المعياري، معامل ارتباط الفا واختبار مربع كاي.

النتائج: أظهرت نتائج الدراسة أن معظم الممرضين هم من الذكور (٧٢.٤٪) تتراوح أعمارهم بين ٣٠-٣٩ سنة (٥٣.٣٪) وتخرجوا من المعهد الطبي (٤١.٩٪). أكثر من النصف لديهم ٩-١ سنوات من العمل في مجال التمريض (٥٥.٢٪) ويعملون في التمريض النفسي لنفس الفترة من عملهم في مجال التمريض (٧٥٪)، و ٨٨٪ من الممرضين موزعين في الردهات النفسية. لدى الممرضين النفسيين اتجاهات عالية نحو استخدام القيد البدني (٦٤.٨٪). لا توجد علاقة ذات دلالة إحصائية بين اتجاهات الممرضين وأي من خصائصهم في الدراسة الحالية.

الاستنتاج: استنتجت الدراسة أن الممرضين النفسيين لديهم اتجاهات إيجابية نحو استخدام القيود البدنية كعلاج بديل للمرضى النفسيين. وكذلك اتجاهات الممرضين لا تتأثر بخصائصهم الديموغرافية.

التوصيات: أوصت الدراسة على أهمية معرفة الممرضين النفسيين بأن القيد البدني يستخدم كآخر وسيلة. ومن الضروري أن يكون القرار باستخدام القيد البدني أقل تعسفي، وأكثر مقبولية، وأقل تكرار، وأقل صدمة.

Abstract

Objectives: The study aims to examine the level of nurses' attitude toward physical restraint in psychiatric hospitals in Baghdad. And to identify the relationship between nurses' attitude and some of their demographic characteristics.

Methodology: A descriptive study was conducted in the period of January - May, 2014 on a purposive sample of 105 nurse who were working at psychiatric wards and hospital in Baghdad, these hospitals were: Baghdad Teaching Hospital\ Medical City Directorate and Ibn Rushd Teaching Hospital and Al Rashad Teaching Hospital \ Al Rusafa Health Directorate. A self administered questionnaire was constructed by a researcher for the present study. The constructed questionnaire consisted of two parts: the first contained the covering letter to obtain nurses' agreement to participate in the study and some of socio-demographic and job characteristic of nurses; the Second is the scale of nurses' attitudes. The validity of the questionnaire was done by content validity through the using of panel experts, and reliability of the questionnaire was done by internal consistency through the pilot study and the computation of Alpha Correlation Coefficient. The data were collected through the utilization of the self administrative questionnaire as a mean of data collection; and the utilization of structured interviewing. Statistical analyses were taken by using statistical software for social science (SPSS) version 15.0, in which a descriptive and inferential statistical approaches were applied such as: frequencies, percentage, mean of scores, standard deviation, alpha correlation coefficient and chi- square test.

Results: The results of the study revealed that the majority of nurses were males (72.4%) with age ranging from 30 - 39 years old (53.3%) and graduated from the medical institution (41.9%). More than half of them having 1-9 years of employment in the nursing field (55.2%) and working in psychiatric nursing for the same period of their employment in nursing (75%), and 88% of the nurses was distributed in the psychiatric wards. Psychiatric nurses have higher attitudes toward using physical restraint (64.8%). There is no significant relationship between nurses' attitudes and any of their characteristics concerning the current study.

Conclusions: The study concluded that psychiatric nurses have positive attitudes toward using of physical restraints as alternative management for psychiatric patients. And also attitudes do not influence by Nurses' demographic characteristics.

Recommendations: The study recommended the importance for psychiatric nurses to know that physical restraints be implemented as a last resort. And is necessary to implement restraint, the decision to do so should be less arbitrary, more rational, less frequent, and less traumatic.

Keywords: Nurses, Attitudes, Physical Restraint

INTRODUCTION

Physical restraint is used in psychiatric health care setting as one of the psychiatric management to reduce the risk of self-harm by the psychiatric patients toward himself and toward others ⁽¹⁾.

Physical restraint can be defined in psychiatry as "a set of leather straps that are used to restrain the extremities of an individual whose behavior is out of control and who poses an inherent risk to the physical safety and psychological well-being of the individual and staff" ⁽²⁾.

According to the previous literatures, physical restraint is considered as one of the coercive interventions that are occurring frequently in the psychiatric wards and hospitals. These coercive interventions include: seclusion and involuntary use of medication in addition to the physical restraint that are all referred in the term of "coercive measures" in psychiatry ^{(3), (4)}.

Although, the use of physical restraint is effective methods in the management of many aggressive patients in psychiatric fields, but it has been criticized in many viewpoints. However, it has believed by society that psychiatric patients with acute aggressive behavior should be treated at least with this physical restrictive method ⁽⁵⁾.

Physical restraint of psychiatric patient has been viewed as a violation that threaten a human right. So, the attitudes towards physical restraint were negatively due to the view that the practices of physical restraint were associated with the term of punishment ⁽⁶⁾.

In spite of ordinarily using of the physical restraints in psychiatric health care setting, nurses are still holding negative attitudes and misconception about the use of physical restraint ⁽⁷⁾.

It has been shown out of the previous studies that there are differences among wards, hospitals, regional areas and countries regarding using of physical restraint as coercive measures in the psychiatric field. All over the world, there is increasing concern about the arises of social and ethical issue regarding to the use of physical restraint and to its possibly destructive effects on psychiatric patients and his human rights in mental health care setting. So, minimizing use of physical restraint is a highly prioritized issue in health politics worldwide⁽⁸⁾.

Attitudes toward physical restraint can effect on nurses' performance and behaviour. Especially, that psychiatric patients and illness are associated with the stigma and discrimination of mental illness which may expressed also by professionals and the general public ⁽⁹⁾. Getting in touch with psychiatric patients, and getting knowledge can help in replacing the myths with facts, in which stigma has decreased and affect the attitudes positively ⁽¹⁰⁾.

It is necessary to examine the attitudes of nurses about coercive measures that are used in psychiatric health care setting, especially physical restraint. So, the present study aimed to examine the nurses' attitude suggesting that attitude can influence on their practices and then on the whole services.

Objectives of the Study

The present study aims to:

- (1) Examine the level of nurses' attitude toward physical restraint in psychiatric hospitals in Baghdad.
- (2) Identify the relationship between nurses' attitude and some of their characteristic.

METHODOLOGY

A descriptive-analytical study in which assessment approach is applied in order to achieve the earlier stated objectives. The study was initiated for the period of January - May, 2014. The study has been conducted on a purposive (non-probability) sample consisted of 105 nurses who were working at psychiatric wards and hospital in Baghdad which included three hospital: Baghdad Teaching Hospital\ Medical City Directorate and Ibn Rushd Teaching

Hospital and Al Rashad Teaching Hospital \ Al Rusafa Health Directorate. The permissions were granted from the above mentioned health directorates for achieving the current study.

Self administrative questionnaire was constructed by the researcher for the present study through the review of available literature and related previous studies scale. The constructed questionnaire consisted of two parts: the first contained the covering letter to obtain nurses' agreement to participate in the study and some of socio-demographic and job characteristic of nurses; the Second contained 16 items which measure nurses' attitudes toward using of physical restraint. These items were rated to three levels of likert scale and scored the follows: agree (3), neutral (2), disagree (1). The level of attitude was estimated by calculating the mean of score and the cutoff point for the total score of attitude as follow: low attitude with cutoff point (16 – 26.5), moderate attitude with cutoff point (26.6 – 37.1), and high attitude with cutoff point (37.2 – 48).

Relevancy, and adequacy of the questionnaire were done by using of panel experts to determine the content validity of the instrument in order to achieve the present objectives of the study.

The internal consistency of the instrument was determined through the pilot study and the computation of Alpha Correlation Coefficient (Cronbach's Alpha). The result of the reliability was ($r = 0.70$) and such an estimation was statistically adequate which means that the questionnaire had adequate level of internal consistency and equivalence measurability.

The data were collected through the utilization of the self administrative questionnaire as a mean of data collection; the data were collected through the utilization of structured interviewing of the subjects after being willing to answer the questionnaire and participate in the study. Filling the questionnaire takes approximately 15 – 20 minutes.

Statistical analyses were conducted by using statistical package for social science (SPSS) version 15.0. Data analysis was employed through the application of descriptive and inferential statistical approaches which were performed through the computation of the following: frequencies, percentage, means of scores, standard deviation, alpha correlation coefficient and chi- square test.

RESULTS:

Table 1. Nurses' Socio-demographic Characteristics

No.	Variable	F.	%
1	Gender:		
	Male	76	72.4
	Female	29	27.6
	Total	105	100
2	Age:		
	20 – 29 years	21	20
	30 – 39 years	56	53.3
	40 – 49 years	18	17.1
	≥ 50 years	10	9.5
Total	105	100	
3	Educational Level:		
	Intermediate nursing school	7	6.7
	Secondary nursing school	40	38.1
	Medical institution	44	41.9
	Nursing college	14	13.3
Total	105	100	

No: Number, **F:** Frequency, **%:** Percentage

Table 1 shows that the majority of nurses were males (72.4%) with age ranging from 30 - 39 years old (53.3%) and graduated from medical institution (41.9%).

Table 2. Nurses' Job Characteristics

No.	Variable	F.	%	
1	Years of employment in nursing:	1 – 9 years	58	55.2
		10 – 19 year	25	23.8
		20 ≤ year	22	21
		Total	105	100
2	Years of employment in psychiatric nursing	1 – 9 years	79	75
		10 – 19 year	20	19
		20 ≤ year	6	5.7
		Total	105	100
3	Department	Outpatient clinic	8	7.6
		ECT	3	2.9
		Ward	88	83.8
		Rehabilitation	6	5.7
		Total	105	100

No: Number, F: Frequency, %: Percentage

Table 2 shows that more than half of psychiatric nurses having 1-9 years of employment in nursing field (55.2%) and the majority of them working in psychiatric nursing for the same period of their employment in nursing (75%), and 88% of the nurses were distributed in the psychiatric wards.

Table 3. Level of Nurses' Attitudes

Psychological Distress	F	%	M.S	S.D
Level				
Low	0	0	2.65	0.48
Moderate	37	35.2		
High	68	64.8		
Total	105	100		

F: Frequency, %: Percentage, M.S: Mean of score, SD: Standard deviation

Table 3 indicated that the nurses have high attitudes toward using physical restraints (64.8%).

Table 4. Distribution in the Level of Nurses' Attitudes According to their Demographic characteristics

No.	Variable	Attitudes' Levels			
		Low	Moderate	High	Total
1	Gender:				
	Male	0	26	50	76
	Female	0	11	18	29
	Total	0	37	68	105
2	Age:				
	20 – 29 years	0	4	17	21
	30 – 39 years	0	22	34	56
	40 – 49 years	0	4	14	18
	≥ 50 years	0	7	3	10
Total	0	37	68	105	
3	Educational Level:				
	Intermediate nursing school	0	2	5	7
	Secondary nursing school	0	17	23	40
	Medical institution	0	16	28	44
	Nursing college	0	2	12	14
Total	0	37	68	105	
4	Years of employment in nursing:				
	1 – 9 years	0	21	37	58
	10 – 19 year	0	6	19	25
	20 ≤ year	0	10	12	22
Total	0	37	68	105	
5	Years of employment in psychiatric nursing				
	1 – 9 years	0	27	52	79
	10 – 19 year	0	7	13	20
	20 ≤ year	0	3	3	6
Total	0	37	68	105	
6	Department				
	Outpatient clinic	0	3	5	8
	ECT	0	2	1	3
	Ward	0	28	60	88
	Rehabilitation	0	4	2	6
Total	0	37	68	105	

Table 4 revealed that male nurses with age group of 30 – 39 years are holding high attitudes than female nurses with other age groups. And also, the high attitudes toward physical restraint are experienced by nurses who were graduated from medical institution and working in psychiatric nursing wards for the period of 1 – 9 years of employment.

Table 5. The Relationship Between Nurses' Attitudes and Their Demographic Characteristics

Dependant Independent	Chi-square	d.f	P-Value ≤ 0.05	Significance
Gender	9.446	3	0.24	N.S
Age	0.127	1	0.721	N.S
Educational Level	3.778	3	0.286	N.S
Years of employment in nursing	2.414	2	0.299	N.S
Years of employment in psychiatric nursing	0.612	2	0.736	N.S
Department	4.364	3	0.225	N.S

Table 5 indicated that there is no significant relationship between nurses' attitudes and any of their characteristics concerning the current study at $p\text{-value} \leq 0.05$.

DISCUSSION

The analysis of the sample (table 1) revealed that the majority of nurses were males with age of group between 30 - 39 years old and graduated from medical institutions. This finding could be explained by focusing on the nature of work in psychiatric nursing wards and hospitals in which male nurses are more preferable than female, and also it may be interpreted that female nurses are less interested to work in the psychiatric field. A study presented supportive evidence to this result that found by Sajat⁽¹¹⁾ who reported that 77% of the sample were male nurses with middle age groups. Additional support was found by An et al.⁽¹²⁾. But the finding of this study was inconsistent with John⁽¹³⁾ who found slightly different findings.

In table (2) the findings show that more than half of psychiatric nurses having 1-9 years of employment in the nursing field as well as in psychiatric nursing, and distributed mainly in the psychiatric wards. The years' number of employment of psychiatric nurses may be interpreted that they are appointed according to their wills to work in such field, this depicted by the closed ratio related to the years of employment in nursing and psychiatric nursing career. Regarding department, the finding revealed that most of nurses were distributed in the psychiatric wards rather than other department, this evidence support the idea of increasing the number of admitted psychiatric patients to the hospital in which they need more care; therefore, they need a specialized nurses in these areas to meet the needs of hospitals. A study presented supportive evidence to this result that found Sajat⁽¹¹⁾, additional supportive evidence was found Azab & Abu Negm⁽¹⁴⁾.

It has been known out of the result in table (3) that psychiatric nurses have high positive level of attitudes toward using of physical restraints. This finding of nurses' attitudes reflect their agreement about using of physical restraint for psychiatric patients, and such finding could be explained that they consider the psychiatric patients are dangerous especially agitated patients, therefore, they agree with the use of restraint because they perceive that restraint may reduces the complications that might be occur. On the other hand, they perceive that controlled patients should be released from restraint. A study presented supportive

evidence to this results that found Wai-Tong and Isabella⁽¹⁵⁾. Additional supportive evidence was found by Sajat⁽¹¹⁾ and Elgamal⁽⁵⁾.

The analysis of table (4) revealed that male nurses with age group of 30 – 39 years are holding higher positive attitudes than female nurses with other age groups. And also, the higher positive attitudes toward physical restraint are experienced by nurses who were graduated from medical institution and working in psychiatric nursing wards for the period of 1 – 9 years of employment. The findings above indicated that psychiatric nurses influenced by their experiences which have learned during the period of their employment as psychiatric nurse, this explanation is proved the theory of attitude change. According to Tyler and Schuller⁽¹⁶⁾, the attitudes that are demonstrated by young individuals are less than those demonstrated by older. The interpretation of this differentiation is in two ways: the first one is a "psychological explanation" which see that younger individuals are open to change their attitudes; the second one is a "life style explanation" which see that young individuals have change-inducing experiences than older.

Regarding attitudes in term of relationships with the psychiatric nurses' characteristics table (5), it was found that there is no significant relationship between nurses' attitudes and any of their characteristics. The current finding rejected the alternative hypothesis in which the researcher hypothesized that there is relationship between nurses' attitudes and their characteristics. The finding above could be explained by psychiatric nurses' experience in this area of work, that reflect the insignificant relationship in spite of their high attitudes that they hold toward using of restraint. On the other hand, the insignificant relationship may be due to less using of restraints in some of psychiatric wards considering that some of families didn't admit their agitated patients to hospital due to stigmatization. A study presented supportive evidence that found Hamer et al⁽¹⁷⁾ and Huang et al⁽⁷⁾ who found that there is no association with nurses' characteristics.

CONCLUSIONS

Psychiatric nurses have positive attitudes toward using of physical restraints as alternative management for psychiatric patients.

RECOMMENDATIONS:

1. It is important for psychiatric nurses to know that physical restraints be implemented as last resort.
2. It is necessary to implement restraint, the decision to do so should be less arbitrary, more rational, less frequent, and less traumatic.

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