

# LONG-TERM CARE PERCENT OF RESIDENTS WITH A PHYSICAL RESTRAINT

## What are they?

Physical restraint is anything which restricts a resident's movement/getting to their body. Examples of physical restraints include a tray table, pin seatbelt, bed rail, and hand mitts. Northwood ensures that there is a balance between safety and a resident's quality of life; therefore, physical restraints are always used as a last resort.

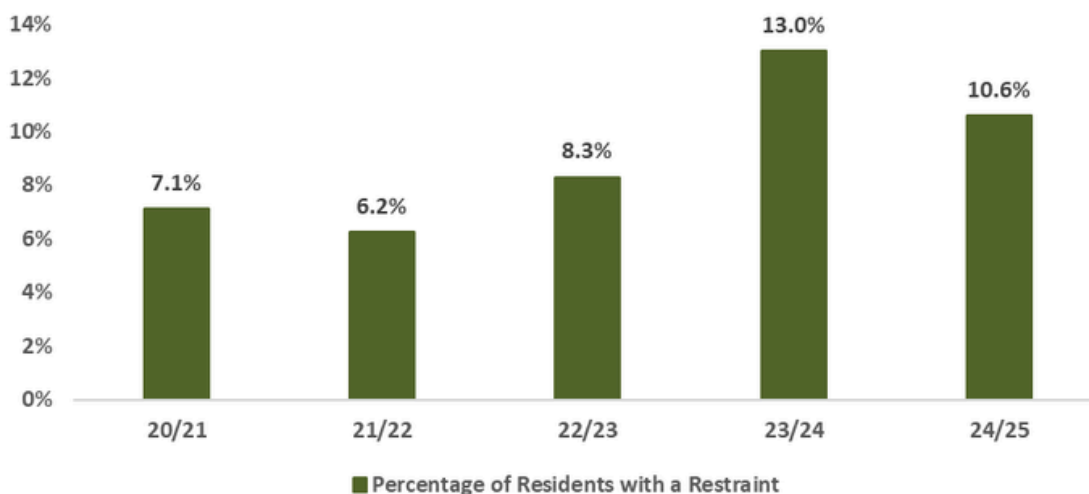
## Why We Monitor This

Northwood tracks restraint use to ensure it is applied only when absolutely necessary. Monitoring helps identify opportunities for alternative interventions, supports a restraint-free environment, and promotes resident dignity, autonomy, and safety. It also ensures compliance with best practices and provincial guidelines

**Northwood believes in an environment of "least restraint" whereby the least restrictive method of restraint is used, with resident / family consent, for the shortest period of time possible, and only when necessary.**

Northwood's inter-professional team uses evidence-based approach implementation strategies through education, research, and information sharing. The team also uses a quality improvement process, providing advice, expertise and input to the broader care team while monitoring overall program indicators of success.

Percentage of Residents with a Physical Restraint



In 2024–25, an average of 10.6% of Northwood residents experienced restraints, which is below the Nova Scotia average of 15.8% as reported by CIHI for the fiscal year.