



Bethanie

Take the load off with Weighted Blankets

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Back ground

- Therapeutic intervention
- Mainly used during;
 - Crisis intervention
 - Preparatory purposes
 - Sensory modulation
 - Purposeful activity
- The blankets consist of a heavy cotton calico insert covered with a 100% cotton drill cover. Removable weight bags are made from plastic pellets and weigh approximately 120g each.



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Therapeutic Goals

- To facilitate self-care, self-nurturance, reality orientation and the development of ones coping skills
- To provide tactile or sensory experiences
- To provide comfort and self care
- To reduce anxiety, agitation and facilitate sleeping patterns





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Therapeutic Outcomes

- Relief from the negative effects of anxiety and agitation
- An increased sense of well being and self control
- Positive sleeping patterns
- A decrease in the number of reported falls





Indications for use

- Reducing high levels of anxiety and aggression
- Decrease restraint
- Reduce falls
- Resident experiencing behavioural and psychological symptoms of dementia (BPSD) such as;
 - Aggressive behaviour
 - Restlessness
 - Agitation and restlessness which affect their sleep patterns
 - Frustration





Who will benefit?

- Residents or clients with dementia
- Residents who have anxiety or agitation
- Residents who have abnormal sleeping patterns or difficulty settling at night.
- Restlessness at night
- High falls residents





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How serious are falls?



- Falls are a common adverse event in residential aged care (RAC) settings
- Fifty percent of residents fall in a 12 month period (Shaw, 2007).
- Over a half of falls result in an injury, and around a third result in a fracture (Kallin, 2002)



Assessment Process

- Referral to CNC/CN or RN.
- Initial assessments;
 - Skin Integrity (Braden)
 - Falls history and FRAT
 - Continence
 - Sleep Assessment
 - Behaviour charts
 - Nutrition and hydration
 - Medications
 - Pain Assessment
 - Height and weight





The CNC/CN/RN to complete the assessment for all care resident's prior to the use of a weighted blanket to assess suitability.

Surname:	Given Name:	DOB:	Age:
Sex:	Site/Service:	DOA:	Room No:
Date:	Completed By:	Referral from:	Height:
			Weight:

Assessments	Outcome of Assessment
Pain Assessment <input type="checkbox"/>	
Bowel Chart <input type="checkbox"/>	
Sleep Assessment <input type="checkbox"/>	
Behaviour Chart <input type="checkbox"/> (iCARE)	
Weight Chart <input type="checkbox"/>	
Swallow Screen <input type="checkbox"/>	
Skin Integrity (Braden Scale) <input type="checkbox"/>	
Medication Profile	
Diagnoses and co-morbidities	
FRAT	
Falls History	
Contenance	
Nutrition and Hydration	



Trial Implementation

- Consent attained
- Implementation plan completed using the individual session guide (daytime and night time use)
- Data is recorded for a 7 days;
 - Sleep Chart
 - Behaviour chart
 - Clinical Incident database





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CRI Database



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Care Recipient Incident Wizard

CRIWizard — Version 1108

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Operating Instructions

Modify Presets values on the **Presets** sheet if required.

Site Instructions

- 1 **Record Incidents**
- 2 **Review Incident**
- 3 View / Print Incident

Clinical Incident Definition

A clinical incident is an event or circumstance resulting from health care which could have, or did lead to unintended harm to a person, loss or damage, and/or a complaint.

Clinical incidents include:

Near misses – incidents that may have, but did not cause harm; and

Adverse events - an incident in which harm resulted to a person. Harm includes death, disease, injury, suffering and/or disability.

Support Details

Definitions

Record Incident

Manager Review

View Incident

Compile Analysis
Data



Reportable Incidents

Incident Types



PLEASE INDICATE INCIDENT TYPES

- Medication Administration Incident
- Pharmacy Dispensing Incident
- Fall Incident
- Behaviour Incident
- Pressure Ulcer Incident
- Skin Tear Incident
- Other Wound Type
- Infection Incident
- Nutrition Incident
- SENTINEL EVENT
- Other Hospital Transfer

Proceed



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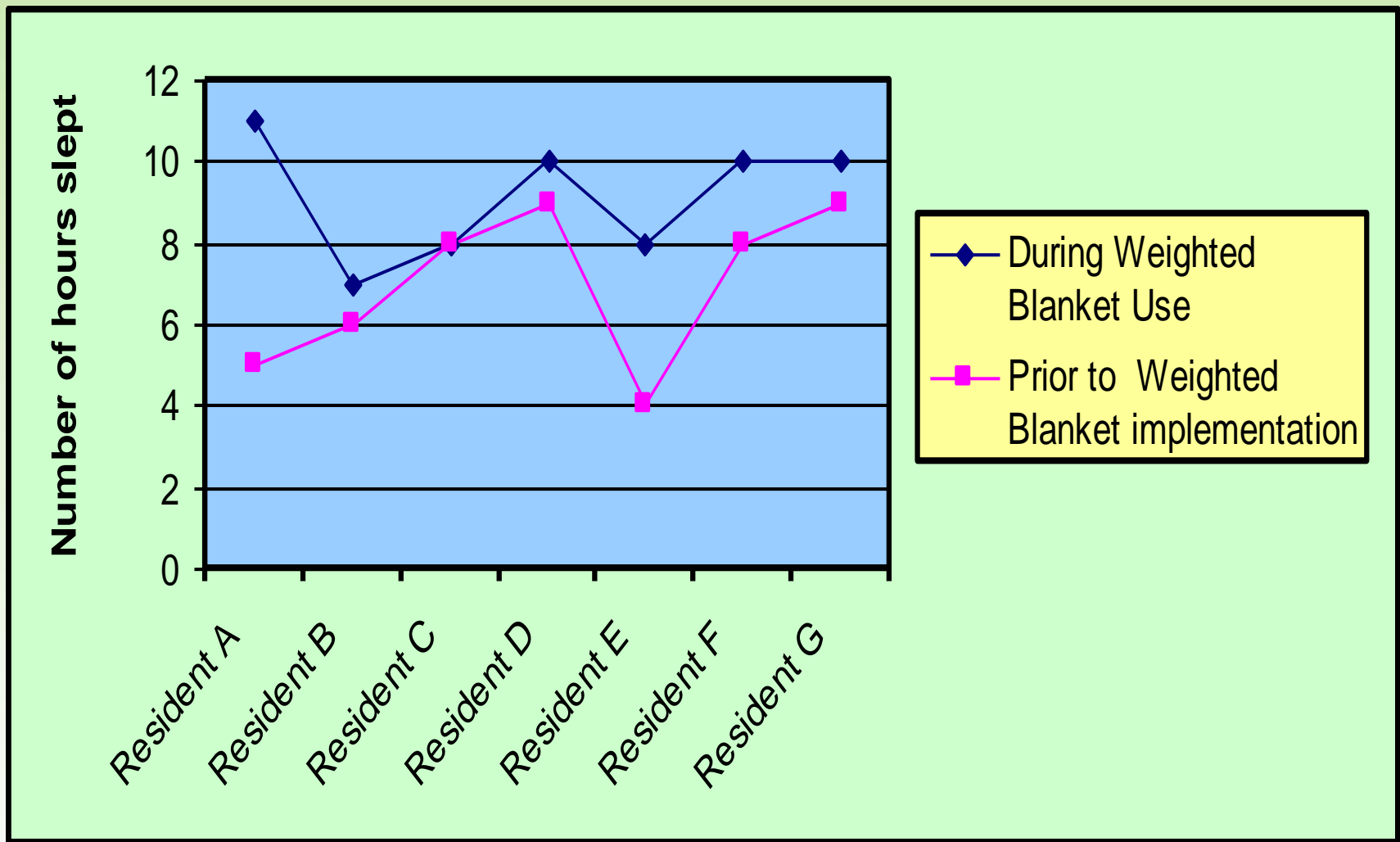
Evaluation of data

- Weighted blanket evaluation form;
 - Sleep
 - Falls
 - Behaviour and well being
 - Residents reaction





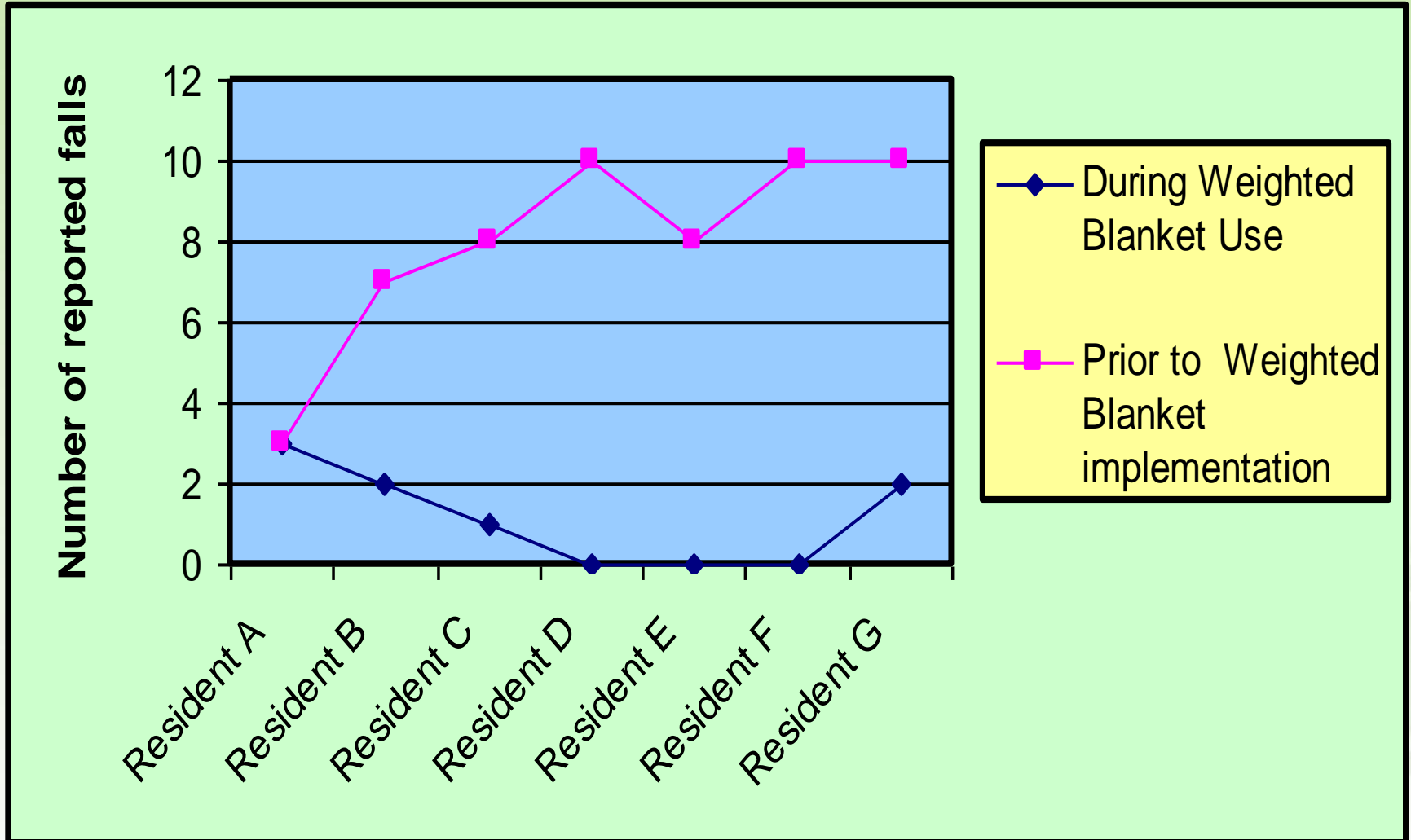
The effects of the Weighted Blanket on Sleep





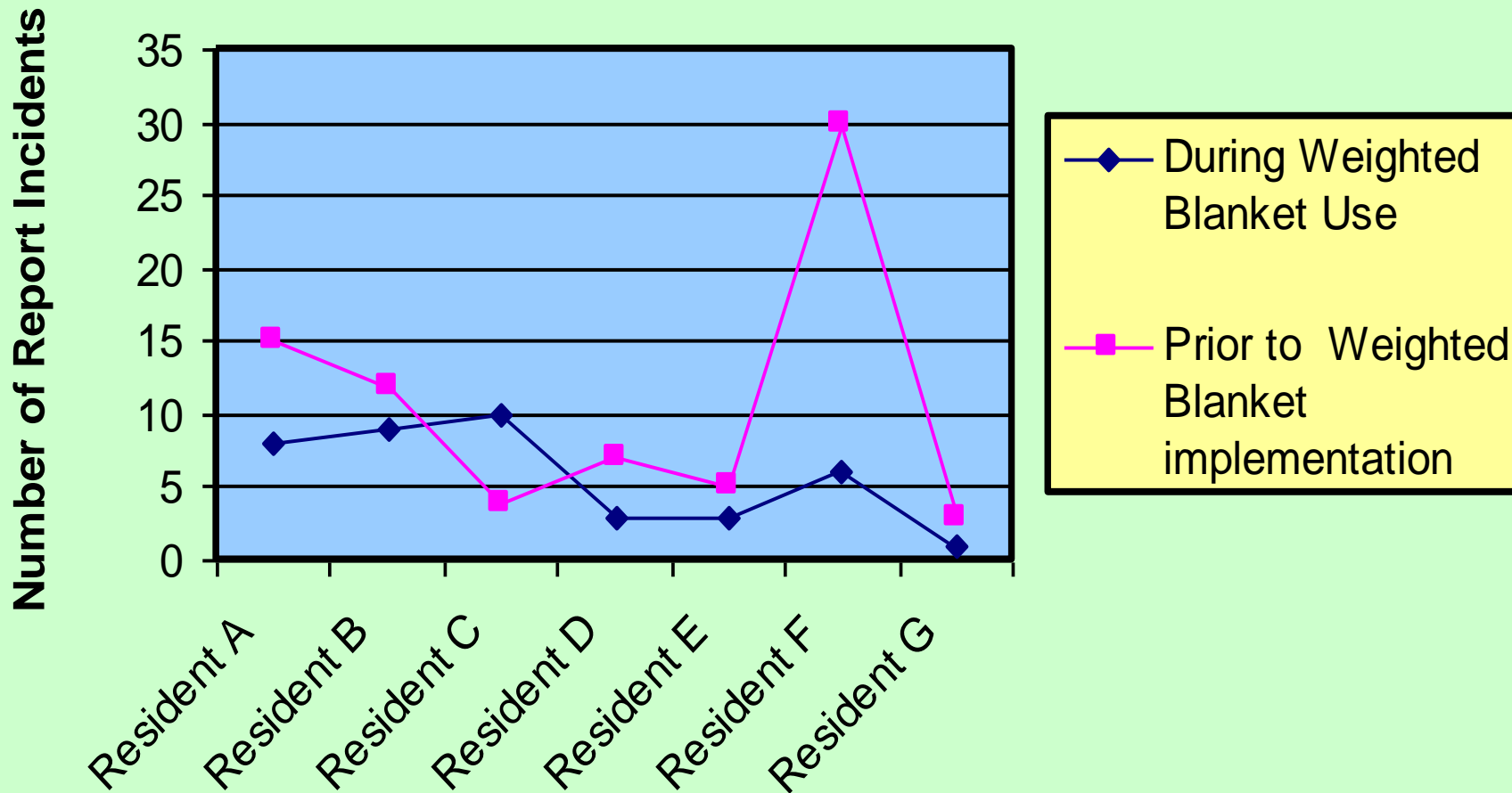
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The effects of the Weighted Blanket on Falls



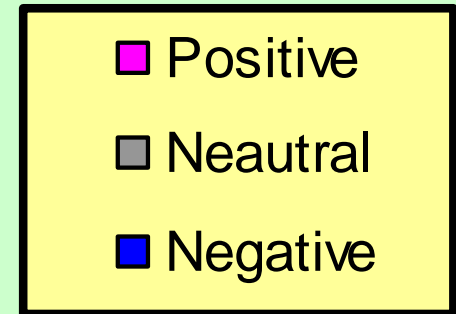
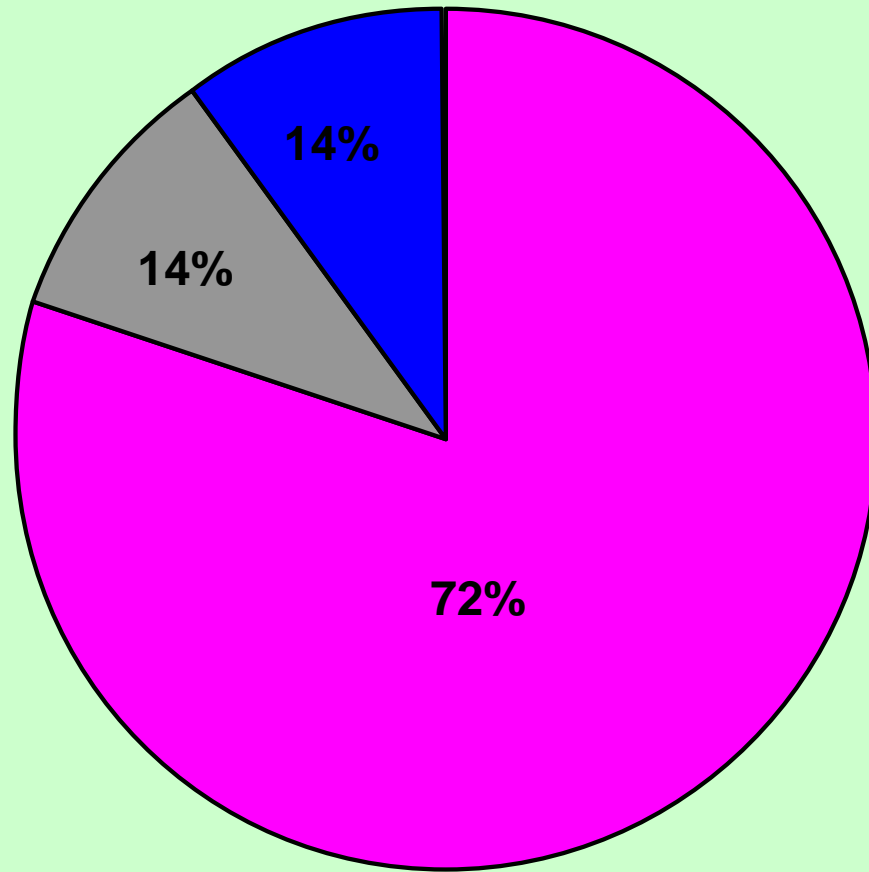


The effects of the Weighted Blanket on Behaviour





Resident Reaction





Other positive effects



- Tactile stimulation
- Temperature
- Weight
- Visual





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Contraindications

- There is currently not enough evidence
- Some of these include:
 - Trauma history
 - A history of respiratory complications
 - Cardiac/circulatory history
 - Impaired skin integrity including: Open wounds or fragile skin
 - Extreme Temperature





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Weighted Blanket demonstration





In Summary

- The weighted blankets are effective in reducing high levels of anxiety and aggression, decreasing falls , improving sleep patterns and providing comfort and self care.
- Assessment is necessary to ensure that they are not contraindicated
- Always monitor the effectiveness to ensure that adverse effects do not become evident.



References

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- National Ageing Research Centre <http://www.mednwh.unimelb.edu.au/resource-package/contents/falls-in-residential-aged-care.html>
- DBMAS Weighted blankets and lap bags in dementia care <http://www.google.com.au/url?sa=t&rct=j&q=dbmas%20owa%20weighted%20blanket%20and%20lap%20bag%20in%20dementia%20care&source=web&cd=1&cad=rja&sqi=2&ved=0CCAQFjAA&url=https%3A%2F%2Fwww.connectingcare.com%2FService%2FDownloadFile%3Fid%3D379&ei=RXt7UOXWErGziQfAzoDgDw&usg=AFQjCNGBw6XgBLBBO7GesGa3ZhuMINstIA>



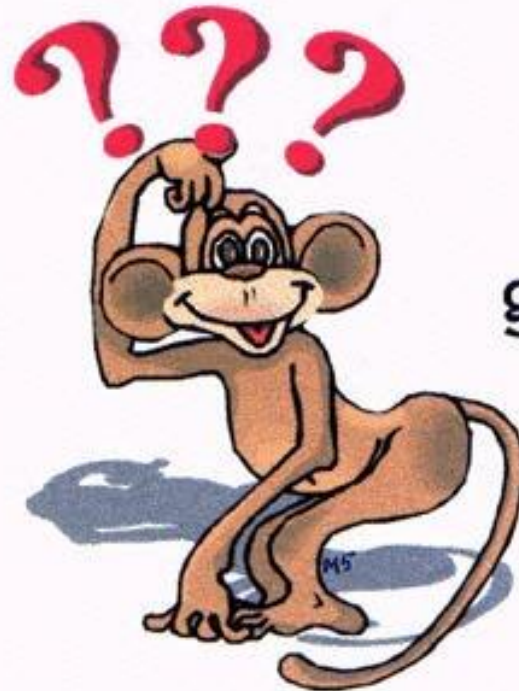
Acknowledgements

- All the residents and staff within the organisation who participated in the trial.
- All family members who encouraged the use of the Weighted blankets.





Thank You



Questions
are
guaranteed in
life;
Answers
aren't.