KNOWLEDGE, ATTITUDES AND PRACTICE OF RESTRAINT
AND SECLUSION OF AGGRESSIVE PSYCHIATRIC INPATIENTS
AS A METHOD OF NURSING, AT MATHARI HOSPITAL, NAIROBI

A DISSERTATION IN PART FULFILLMENT OF THE
REQUIREMENTS FOR THE AWARD OF THE DEGREE OF
MASTER OF SCIENCE IN NURSING (MENTAL HEALTH AND
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BY

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ABSTRACT

The use of locked door seclusion rooms and/or physical restraint (use of belts/force to seclude a patient) is common in most psychiatric institutions. This practice continues to serve as an important treatment function in most psychiatric hospitals. For many centuries attempts have been made by the mental health professionals concerned to eliminate the practice or at least make their use less irrational, less punitive and more therapeutic.

Main Objective: The aim of this paper was to establish the knowledge, attitudes and practice of nurses on the practice of restraint and seclusion of aggressive psychiatric patients as a method of nursing.

Study Area: The study area was Mathari hospital, a referral and teaching hospital for both medical and nursing Students in Kenya.

Study Design: This was a descriptive study. The participants were both Enrolled and Registered nurses.

Data Collection: Data was collected through a questionnaire. The approximate duration of the study was 6 months.

Data Analysis and Presentation. Data analysis was through a statistical package of social sciences (SPSS Version 12.0).

Findings: This study revealed that knowledge and attitude had a relationship with the practice of restraints and seclusion of aggressive in-patients.

Recommendations: Different methods of study and larger sample are recommended to develop a more comprehensive meaning of restraints and seclusion among nurses.

Although majority of nurses agreed that clinical guidelines should be used during the practice of restraints and seclusion, an observation research is recommended to establish the use of such clinical guidelines during such practices.