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The success story of nurses who have declared to fight against bad care practices, creating innovative care models in hospitals and nursing homes

Fabio Cimador

Azienda Sanitaria Universitaria Integrata di Trieste, Italy

Physical, mechanical and pharmacological restraint is a care procedure widely used throughout the world both in long-term institutions and in hospitals.

A bad practice that contrasts with the numerous scientific evidences that highlight its extreme danger and complications for people in fragile conditions.

For many years now, a team of nurses from the city of Trieste has wanted to oppose this phenomenon, managing to declare Trieste as a "City Free from Restraint" in 2013.

Based on the heritage and ethics of the psychiatrist Franco Basaglia who freed psychiatric patients from mental institutions, the team of nurses from Trieste broke a cultural taboo and succeeded in proposing innovative nursing models. These models have had success in the reality of the territory, succeeding over a few years to reduce to the point of eliminating even in hospital contexts the use of Restraint as a practice with the help of volunteers. The models of health care in Trieste have restored dignity to frail people by developing models of responsibility, attention and respect. This new welfare culture expresses a proactive nursing model and guarantees everyone's rights. The duration in time of the care experience both in the public and private contest has allowed to consolidate and build, techniques, environments, innovative and creative procedures to eradicate a wrong culture in the health field but specially to create a care culture guaranteeing rights and freedom. In fact, the Restraint violates the rights of every constitution, fundamental human rights and ethical ethics, it provokes physical, mental and psychological damages to the person, causes the loss of functions to the sick and frail patients, lengthens the stays and nullifies the effects of cures, as demonstrated by numerous evidences.

Eliminating the Restraint in assistance, is an ethical, juridical, deontological, scientific and common-sense commitment that every nurse should consider in his/her care path.

Biography

Fabio Cimador is a Nursing coordinator in the Trieste University. He is the Teacher of courses for health professionals and adjunct lecturer at Its Volta school for "The new Technologies of Life". International collaborator accredited in the CNPQ together with EEAAC / Federale Fluminense University- State of Rio de Janeiro. - Brazil. He is a founding Member of the International Group "A Triple Aleanca" dedicated to the Culture of Non-Restraint. Researcher at "Nucleos de Estudos e Pesquisas em Emfermagem Gerontologica- NEPEG- Fluminense Federal University, Rio De Janeiro, Brazil.

fabio.cimador@asuits.sanita.fvg.it