

## Beryl Goldman Bio

**Beryl D. Goldman, PH.D., MS, RN, NHA**, Director for Outreach, The Kendal Corporation, has played a critical role in facilitating restraint free policy change. Nationally recognized for her expertise in safe care processes for a restraint-free environment, she has presented the topic to national and state associations, long-term and acute care providers, universities and other groups interested in the care of the aged.

In December, 1989 Beryl presented at “Untie the Elderly: Quality Care Without Restraints,” a symposium before the Special Committee on Aging, United States Senate, 101<sup>st</sup> Congress, Washington, D.C. Her current activities include:

- Director of Implementation of the Pennsylvania Restraint Reduction Initiative (PARRI), an 11-year train-the-trainer project that has improved care practices by reducing physical restraint usage (from 28% to 4.5% (2005 data)) in over 700 long-term care facilities in the Commonwealth.
- Chair for the Outreach and Education Committee for the Hospital Bed Safety Workgroup (HBSW), responsible for outreach to providers and consumers in their attempt to attain safe bed systems.
- Director of the Implementation Phase of Nursing Home Quality Indicators, Best Practices Recommendations and Pilot Projects for the Pennsylvania Department of Health.

Dr. Goldman has published in medical journals including *Geriatric Nursing*, *the Journal of Geriatric Nursing*, *Generations*, *The Gerontologist*, *Journal of Gerontological Nursing*. Her article “Barriers to a Sustained Restraint-free Environment” has been accepted for publication in the *Journal of Aging & Social Policy*.