

<b>POLICY:</b>	<b>200.07 USE OF RESTRAINTS</b>		
<b>APPROVAL:</b>	VICE PRESIDENT OF PROFESSIONAL SERVICES; MANAGER OF EMS;		
<b>EFFECTIVE DATE: 2/15/2024</b>			<b>ORIGINAL EFFECTIVE DATE: 08/16</b>
<b>DEPARTMENT SPECIFIC</b>		<b>EMERGENCY MEDICAL SERVICES</b>	

**I. Purpose:**

Use of restraints for behavioral health reasons is limited to emergencies in which there is imminent risk of an individual physically harming himself or herself, pre-hospital providers, or others, and non-physical interventions are not effective.

**II. Definitions:**

**A. Physical Restraint**

Any manual method, physical, or mechanical device, material or equipment that immobilizes or reduces the ability of a patient to freely move his or her arms, legs, body or head. (CMS, Hospital Conditions of Participation, 42 C.F.R. § 482.13(e).)

**B. Chemical Restraint**

A drug or medication when it is used as a restriction to manage the patient’s behavior or restrict the patient’s freedom of movement and is not a standard treatment or dosage for the patient’s condition. (CMS, Hospital Conditions of Participation, 42 C.F.R. § 482.13(e).)

**C. Emergency Situation**

An incident where a patient’s behavior becomes aggressive or violent and presents an immediate danger to his/her safety or to that of others.

**III. Assessment:**

**A. Assess and document any**

1. behavior that places the patient or others at risk to ensure patient meets criteria for restraint use,
2. risk for injury to self/other, and
3. violent, aggressive behavior.

**B. Attempt and document alternatives used to manage patient behavior prior to application of restraints.**

**IV. Procedure:**

**A. Restraints Application**

There are potential hazards associated with the use of restraints, and care must be taken to ensure that the restraints are applied correctly. Manufacturers of restraints provide guidelines for correct application. All pre-hospital providers who might restrain a patient must be trained and their competency must be maintained by the provider’s employer.

Select the most appropriate restraint based on the need to protect and support the patient’s well-being. Choose the least restrictive, safest, and most effective method.

