

76868 Developmental Program Services-Application of Restraints

(a)

In the use of physical restraints, each of the following requirements shall be met:

(1) Restraints shall be applied in such a manner that they can be speedily removed in case of emergency. (2) A client placed in restraint shall be checked at least every 15 minutes by staff to assure that the restraint is properly applied. Written documentation of these checks identifying staff responsible for performing the check shall be kept in the Unit Client Record. (3) Physical restraints shall be designed and used in such a way as not to cause physical injury and to assure the least possible discomfort to the client. Opportunity for motion and exercise shall be provided for a period of not less than 10 minutes during each 2 hours in which restraint is applied. The exercise periods shall be documented in the client's record. (4) Clients in restraint shall remain in staff's constant line of vision and shall be protected from other clients.

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(b)

If chemical restraints are used, each of the following requirements shall be met:

(1) Chemical restraints shall not be used as punishment, for the convenience of staff, as a substitute for active treatment, or in quantities that interfere with a client's ability to participate in program activities. (2) Psychotherapeutic or behavior-altering drugs shall be used only as an integral part of an individual service plan that is designed by an interdisciplinary professional staff/team to lead to a less restrictive way of managing maladaptive behavior and ultimately to the elimination of those behaviors for which the drugs are employed. Each individual service plan utilizing a psychotropic drug: (A) Shall specify the behavior to be managed and be a time-limited prescription of no more than 30 days, ordered by a physician. Each renewal order shall include written justification by the physician for the continued use of the drug. (B) Shall include a written plan for gradually diminishing the dosage of the drug and its ultimate discontinuance. (3) PRN (as needed) prescriptions for psychotherapeutic or behavior-altering drug use shall be

subject to the requirements of Section 76896.

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