

## **77103 Behavioral Restraint and Seclusion**

### **(a)**

Behavioral restraint and seclusion shall only be used as a measure to protect the patient from injury to self or others.

### **(b)**

Behavioral restraint and seclusion shall only be used upon a physician's or clinical psychologist's written or verbal order, except under emergency circumstances.

Under emergency circumstances behavioral restraint may be applied and then an order obtained as soon as possible, but at least within one hour of application.

Telephone orders shall be received only by authorized professional staff, shall be recorded immediately in the patient's health record and, within twenty-four (24) hours, weekends and holidays excepted, signed by the prescriber.

### **(c)**

Behavioral restraint and seclusion shall not be used as punishment or as a substitute for more effective programming or for the convenience of the staff.

### **(d)**

Orders for behavioral restraint and seclusion shall be in force for not longer than 24 hours.

### **(e)**

There shall be no PRN orders (as needed orders) for behavioral restraint and seclusion.

**(f)**

Patients in restraint shall remain in staffs' line of vision and shall be afforded protection from other patients who may be in the area.

**(g)**

A patient placed in behavioral restraint or seclusion shall be checked at least every 15 minutes by professional staff to assure that the restraint remains properly applied or that the patient has not harmed him/herself. A written record shall be kept of these checks and maintained in the individual patient's health record.

**(h)**

Regular range of motion exercise of at least ten (10) minutes every two (2) hours shall be provided to restrained patients. When range of motion is contraindicated, a physician or a psychologist shall document the reason in the patient's record.

**(i)**

Behavioral and treatment restraints shall be utilized only with patients being treated pursuant to Sections 5150 et seq. of the Welfare and Institutions Code or who are judicially committed.