

## Physical Restraint Exceeding Fifteen Minutes Policy

Date Implemented: 10/1/12

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Date(s) Updated: 12/12/13, 5/22/14, 6/21/17

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Regulation(s) supporting the need for this policy: 10 CCR 2505-10 8.608.3 A5

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### **POLICY:**

Any Imagine! Innovations staff member or contract provider shall utilize a physical restraint that exceeds fifteen minutes only when all other attempts at assisting the consumer have failed, and the consumer poses a danger to themselves or others. Physical restraint is never to be used in order to prevent property damage. If a physical restraint is utilized that lasts longer than fifteen minutes then the following procedure shall apply.

### **PROCEDURE:**

#### **1) Implementing physical restraint in general**

- a. Detail on how to implement physical restraint in general can be found in the Innovations Control Procedure Policy.

#### **2) What to do when procedure lasts longer than 15 Minutes**

- a. All efforts shall be made by staff and providers to NOT continue a physical restraint for longer than 15 minutes.
  - i. Staff and providers shall only continue physical restraint beyond 15 minutes if the failure to do so would put the individual in imminent danger of significant harm to self or other
- b. At the point where it appears that physical restraint could last longer than 15 minutes, the staff or provider should make an effort to contact a "DD Professional" who could provide back-up in the event that a physical restraint occurs and exceeds 15 minutes.
  - i. A DD Professional is defined as "a person who has at least a bachelor's degree and a minimum of two years in the field of developmental disabilities or a person with at least five years of experience in the field of developmental disabilities with competency in the areas of rights and behavioral intervention strategies."
  - ii. In most cases, the Host Home Coordinator or the Site Supervisor will qualify as a DD Professional. So, during the week the first call should be to the site's Supervisor or Coordinator. On the weekend or on holidays, the first call should be made to the on-call Supervisor or Coordinator.
  - iii. The staff or provider implementing the physical restraint does not need to be the person making the call. Staff and providers shall direct other staff or caregivers at the site to make the call if they are unable to do so.
  - iv. In some instances the staff or provider is the only person at the site, and may not be able to contact a DD Professional until after the procedure.
  - v. For all physical restraint, regardless of whether it lasts longer than 15 minutes, an Incident Report shall be written as soon as possible.

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### **3) Additional Considerations for Mechanical Restraints**

- a. Innovations will ensure that relief periods are provided at least every 10 minutes per hour when using a mechanical restraint. Innovations will ensure that a record is kept to document those relief periods.
- b. Innovations will ensure that individuals utilizing mechanical restraints are monitored at least every 15 minutes by a staff member/ provider who is trained in implementing the restraint.