

# Restraint & Seclusion



# Important Definitions:



- Restraint:
  - ❖ An act that keeps someone under control or within limits.
  
- Seclusion:
  - ❖ The involuntary separation of an individual from others and /or placing the individual alone in an area that they are prevented from leaving.



# Is Restraint Ever Necessary?

- ▶ **YES**
- ▶ Per the Texas Administrative Code Title 40, Part 1, Chapter 9, Subchapter D Rule §9.179 (b) A program provider may use restraint:
  - (1) in a behavioral emergency
  - (2) as part of a behavior support plan that addresses inappropriate behavior exhibited voluntarily by an individual



# Is Restraint Ever Necessary? Cont.

- (3) during a medical or dental procedure if necessary to protect the individual or others and as a follow-up after a medical or dental procedure or following an injury to promote the healing of wounds;
- (4) to protect the individual from involuntary self-injury; and
- (5) to provide postural support to the individual or to assist the individual in obtaining and maintaining normative bodily functioning.

# If a Restraint Must Be Used:

**LAST\*RESORT**

1. The restraint should be used as a last resort.
2. The least restrictive restraint measure should always be used first.
3. Restraints should be used for the shortest amount of time possible
4. Safeguard the individual's dignity, privacy, and well-being.

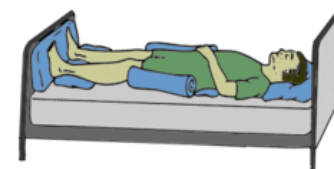
# NO, NO's in the use of Restraints

▶ Per the Texas Administrative code Title 40, Part 1, Chapter 9, Subchapter D, Rule §9.179

(a) A program provider must not use restraint:

◦ (1) in a manner that:

- (A) obstructs the individual's airway
- (B) impairs the individual's breathing by putting pressure on the individual's torso;
- (C) interferes with the individual's ability to communicate;
- (D) places the individual in a prone or supine position



# NO, NO's in the use of Restraints, Cont.

- (E) extends muscle groups away from each other;
- (F) uses hyperextension of joints; or
- (G) uses pressure points or pain

**(2) for disciplinary purposes, that is, as retaliation or retribution;**

**(3) for the convenience of a staff member**

**(4) As a substitute for effective treatment or habilitation**



# A Restraint was used: Now What?

- ▶ Notify Jennifer Spruill, MSN, RN at:
  - ▶ 832-588-4469
- If a restraint was used in a behavioral emergency, the Nurse must be notified **as soon as possible but no later than one hour** after the use of restraint
- If a restraint was used for any reason, the Nurse must be notified **as soon as possible but no later than four hours** after the use of the restraint





## ➤ Chapter 322 –Continued



- ☑ ➤ Employees may not be discharged or retaliated against for filing a complaint or providing information relating to the report of misuse of restraints and/or seclusion.
- Each individual and legal guardian must be notified and informed of the Restraint and Seclusion Policy.



# Is Seclusion Ever Necessary?

- ▶ **NO!** GRSI as a practice, does not use seclusion.

# Is Seclusion Ever Allowed?

- ▶ **NO!** Texas Administrative Code: Title 40, Part 1, Chapter 9, Subchapter D Rule §9.180 reads, “A Program Provider must not use seclusion.”



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