

STATE OF MARYLAND
DEPARTMENT OF PUBLIC SAFETY AND CORRECTIONAL SERVICES

 DEPARTMENT OF PUBLIC SAFETY AND CORRECTIONAL SERVICES DIRECTIVE	PROGRAM: MENTAL HEALTH SERVICES	
	DPSCSD #: 124-530	
	TITLE: Use of Restraints in Mental Health Units	
	ISSUED: December 20, 2000	
	CLINICAL AUTHORITY:	ASST. DIRECTOR
	AUTHORITY:	DIRECTOR
	APPROVED:	DEPUTY SECRETARY

I. REFERENCES:

- A. DPSCSDs 124-003, 124-350, 124-560
- B. DCDs 110-3, 110-23
- C. COMAR 10.07.12
- D. ACA 3-4335, 3-4362
- E. NCCHC P-60

II. PURPOSE:

To provide guidelines for staff on appropriate setting and use of approved physical restraints.

III. POLICY:

It is the policy of the Department of Public Safety and Correctional Services to employ restraints to mental health patients only to prevent the patient from injuring himself/herself or others or to prevent serious disruption of the therapeutic environment of the Mental Health Unit. When the use of restraints is in response to a mental health issue, the restraint procedure shall be completed in an approved Mental Health Unit unless authorized by the Director of Mental Health/designee. The use of restraints on a mental health patient is **never to be used as a punishment** under any circumstance.

IV. PRINCIPLES:

The use of restraints for mental health purposes is based on the principle of **Least Restrictive Alternative**. This principle recognizes that often individuals with mental illness require extra structure to stabilize their emotional state. This principle further states that only the least restrictive level of structure appropriate for the safe management of the individual shall be utilized. Authorization for the use of restraints shall be given if they are necessary for the safety and security of the individual or officers.

V. PROCEDURE:

- A. When any staff observes behavior consistent with self-harm or severe agitation the inmate shall be moved using the institution's approved procedure to a location where appropriate restraint procedures may be utilized. With a physician's order, emergency medication may be used in accordance with 124-560.
- B. A mental health assessment shall be completed by a psychiatrist, licensed psychologist, social worker, registered nurse, or physician.
- C. A physician's order is required for the use of restraints for mental health issues. The physician's order shall contain the following:
 - 1. Date and time of the order
 - 2. Maximum duration of the order (not to exceed 6 hours without renewal)
 - 3. Description of the psychological/behavioral condition that precipitated the order.
- D. When a verbal order is given for the use of restraints, it must be documented within an hour and countersigned within 24 hours.
- E. When an inmate is placed in restraints, the chief psychologist for the Mental Health Units shall be notified. The chief psychologist will in turn notify the assistant director of mental health.
- F. Within six hours of the initiation of restraint, the health care professional shall perform a history and physical. This must be documented in the medical and mental health record.
- G. Prior to the renewal of the initial restraint order, a licensed psychologist or registered nurse must complete a mental health assessment and treatment plan. The treatment plan shall address the behavior necessary to remove restraints, therapeutic interventions to be used and measurable objectives.
- H. If restraints are ordered beyond 12 hours, the medical contractor shall notify the Office of the Assistant Director of Mental Health for monitoring and review.
- I. Continued restraint for more than 24 consecutive hours can only be reordered if both of the following criteria are met:
 - 1. A mental health assessment confirms that the patient is a continuing danger to self or others that indicate the continued use of restraints; and

2. The patient has been medically evaluated by a physician/psychiatrist before the order to continue the use of restraints is written.
- J. When restraints are used for more than 24 consecutive hours, documentation must include consideration for transfer to an appropriate Department of Health and Mental Hygiene facility such as Clifton T. Perkins Hospital. If a referral is **not** made, rationale must be provided.
- K. Application of restraints:
1. Only correctional staff who are trained on the use of restraints may apply restraints under the supervision of mental health staff.
 2. All clothing and jewelry shall be removed if clinically indicated. A tough gown shall be provided.
 3. Mental health staff shall explain to the inmate the restraint procedure at the earliest possible time. The mental health staff shall encourage compliance during the application of the restraints by explaining the restraint procedure, reasons for the decision to restrain and the behavior required to terminate the use of restraints. This shall be documented in the mental health record.
- L. Management and Observation:
1. Inmates/detainees in restraints shall be observed every 15 minutes by mental health staff. These observations are to include:
 - a. Visual inspection of the restraint apparatus to ensure its security;
 - b. Assessment of the level of agitation exhibited by the inmate;
 - c. Verbal exchange with the inmate (when possible) to assess the inmate's mental status
 2. Custody staff shall provide for, and document on the MHU Observation/ Monitoring Form the following:
 - a. Fluids every two (2) hours or upon awakening;
 - b. Meals at scheduled times;
 - c. Provision for bed pan or urinal every two (2) hours (same sexed officer).
 3. A member of the medical staff will review all physicians' orders and relevant documentation regarding restraint orders at the beginning of each shift.

4. A member of the medical/psychology staff will complete a mental status examination at the beginning of each shift.
5. Every two (2) hours, nursing staff shall perform active or passive range of motion (ROM) exercises for at least ten (10) minutes with custody present to provide security. The inmate's clinical status shall determine the number of extremities that can be freed at one time.
6. Vital signs shall be taken and recorded at least every four (4) hours by nursing staff.
7. After 12 hours of continuous use of restraints, the inmate shall be released from all restraints for a minimum of ten (10) minutes to allow for ROM of all extremities. This shall be done by custody and nursing staff.
8. All of the above observations are to be maintained on the Mental Health Unit Observation/Monitoring Form (DPSCS Form 124-530aR).

M. Removal of Restraints

1. Mental health staff shall communicate with the inmate/detainee at least once an hour whenever the inmate/detainee is awake to assess the need for continued restraints. The need for continued restraints is to be documented in the mental health record.
2. The use of restraints shall be discontinued when, in the clinical judgement of the mental health professional, the inmate/detainee has regained sufficient control over his/her behavior so as not to be in imminent danger of harm to self or others.
3. Correctional staff shall remove restraints from the inmate/detainee and a health care professional shall be present to assess the inmate's/detainee's response to the removal of the restraints.

N. Documentation of Restraints

1. The mental health professional shall document the use of restraints in the inmate's/detainee's mental health record. This progress note shall include, but not be limited to, the following:
 - a. Date and time;
 - b. Inmate/detainee behavior that led to the use of restraints;
 - c. Mental status evaluation of the inmate/detainee;
 - d. Therapeutic techniques that were used prior to the decision to use restraints;
 - e. Rationale for the decision to use restraints;

- f. Type of restraints to be used;
 - g. Description of the inmate's/detainee's behavior during the application of restraints;
 - h. Description of behavioral criteria for release from restraints.
 - 2. Mental Health Unit staff shall complete the Physical Restraint Checklist (DPSCS Form 124-530bR) at the initiation and discontinuation of physical restraints.
 - 3. The physician's written or verbal order for the use of restraints must specify the following:
 - a. Date and time of the order;
 - b. Maximum duration of the order (may not exceed 6 hours without renewal);
 - c. Description of psychological/behavioral condition that precipitated the order.
- V. ATTACHMENTS: Appendix 1, MHU Restraint Observation/Monitoring Form (DPSCS Form 124-530aR)
Appendix 2, Mental Health Unit Physical Restraint Checklist (DPSCS Form 124-530bR)
- VI. SUPERSEDES: DCD 124-530 dated October 1, 1991

Distribution:

A
C
L

Mental Health Unit Physical Restraint Checklist

Name		Number:	Institution:
Date of Placement:	Time: _____ AM/PM	Official Authorizing Placement:	
Frequency of Observation:		Authorizing Mental Health Professional:	

Checklist

Initiation of Physical restraints:

#	Task	Initials
1.	Physician's order obtained?	
2.	Physician's order documented in the Medical Record indicates rationale for decision and compliance with restraint procedure?	
3.	If "emergency restraint order" used, physician's order obtained within one hour?	
4.	Seclusion room and restraints checked out by security prior to placement?	
5.	Potentially harmful clothing removed from inmate?	
6.	Inmate offered bathroom privileges prior to restraints?	
7.	Medical staff assisted security in application of physical restraints?	
8.	"Restraint Observation Monitoring Form" initiated?	
9.	Inmate provided tough gown or paper sheet?	

Documentation of Observation:

Restraint Observation Monitoring form	12 – 8 Shift	8 – 4 Shift	4-12 Shift
Form completed			

Removal of Retraints:

By whom? _____ Date: _____ Time: _____

#	Task	Initials
1.	Consultation with Mental Health Staff prior to removal?	
2.	Documentation in Mental Health Record indicates rationale for removal?	
3.	Security staff present at removal of physical restraints?	