



## **Safety Control Procedures**

Pikes Peak Respite Services' employees and contractual providers will understand what a safety control procedure is, how it may be utilized and what issues to be aware of during its use.

A safety control procedure is a restrictive procedure, which may be used to control a previously exhibited behavior that is anticipated to occur again. Safety control procedures are those in which immediate restrictive intervention is necessary to protect an individual receiving service or others from physical injury. A safety control procedure will be developed when it is anticipated that there will be a need to use restrictive procedures or restraints to control a previously exhibited behavior which is likely to occur again. Safety control procedures shall be employed only when absolutely necessary and when alternative techniques have failed. Safety control procedures shall not be used as punishment, for convenience of employees or contractual providers, or as a substitute for services, supports, or instruction.

Safety control procedures are specific to an individual and shall only be used upon recommendation of the Interdisciplinary Team (IDT) which has developed the planned safety control procedure.

Safety control procedures shall be in a written plan, developed by the IDT, and approved by the HRC as soon as possible after development. The plan will identify the specific behaviors that warrant implementation of a safety control procedure. The plan will specify the least restrictive method, which may be used to assist the individual in regaining control over his/her behavior. If physical restraint is recommended in the plan, the specific behaviors warranting its use and the specific type of physical restraint and procedures to be used shall be identified.

When a safety control procedure is used, Pikes Peak Respite Services will file an incident report within three (3) days with the community centered board which meets all requirements of section 8.608.6.B and the conditions associated with each use of a safety control procedure; and, if the safety control procedure is used more than three

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times within the previous thirty (30) days, the person's IDT shall meet to review the situation and to endorse the current plans or to prepare other strategies.

NO PHYSICAL OR MECHANICAL RESTRAINT OF AN INDIVIDUAL RECEIVING SERVICES SHALL PLACE EXCESS PRESSURE ON THE CHEST OR BACK OR INHIBIT OR IMPEDE THE INDIVIDUAL'S ABILITY TO BREATHE. ALL RULES THAT APPLY TO PHYSICAL RESTRAINT APPLY TO THE USE OF A SAFETY CONTROL PROCEDURE.

If use of a "quiet area" is recommended in the written plan, the following applies:

- An individual shall not be forced to go to a quiet area;
  - If the quiet area is a separate room, the door must be open or left ajar;
  - The individual shall be monitored, by staff or the contractual provider, to ensure against injury to him/herself;
  - If the person chooses to leave the quiet area, he/she must be permitted to leave;
  - Quiet areas shall be free of safety hazards, ventilated and well lit.
- If the use of mechanical restraints is recommended in the written plan, the following applies:

- Use of helmets, jumpsuits, and gloves for the purposes of behavior control are considered a restrictive procedure.

The specific behaviors warranting use of mechanical restraints, the type of restraint and the length of time it can be used shall be in the written plan.

The use of Posey vests, strait jackets, ankle or wrist restraints, and the use of a behavior management room are prohibited.

### **Emergency Control Procedure Training**

Pikes Peak Respite Services will require all employees and contractual providers to understand what an emergency control procedure is, including how and when it should be utilized to support the health and safety of the person.

Emergency control is the unanticipated use of a restrictive procedure or restraint in

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order to keep the individual receiving services and others safe. Emergency control procedures are those in which the immediate restrictive intervention is necessary to protect an individual receiving service or others from physical injury. Behavior requiring emergency control procedures is infrequent and unpredictable.

Emergency control procedures are the generalized actions that a family member or caregiver will take with a person exhibiting behaviors which may cause physical injury to themselves or others or cause severe property damage. Restrictive procedures shall be employed only by individuals who have been formally trained in its use by a certified instructor, in an emergency situation, when absolutely necessary and when alternative techniques have failed.

Restrictive procedures, which may be used for emergency behavior control, include physical restraint and interference with an individual's ability to acquire rewarding items or engage in valued experiences. **NO PHYSICAL OR MECHANICAL RESTRAINT OF A PERSON RECEIVING SERVICES SHALL PLACE EXCESS PRESSURE ON THE CHEST OR BACK OR INHIBIT OR IMPEDE THE PERSON'S ABILITY TO BREATHE.** Emergency behavior control procedures shall not be used as punishment, for the convenience of staff or contractual providers, or as a substitute for services, supports, or instruction.

**The use of Posey vests (i.e., a medical device used to restrain an individual to a chair or bed), straitjackets, ankle or wrist restraints or a behavior management room for behavior control is prohibited.** The use of psychotropic medications for the purpose of emergency behavior control is prohibited.

Physical or mechanical restraint can only be used by employees or contractual providers trained in its use, in an emergency, when alternatives have failed, and when necessary to protect the person from injury to self or others.

1. The individual shall be released from physical or mechanical restraint as soon as the emergency condition no longer exists.
2. Physical or mechanical restraint cannot be a part of an Individual Service and Support Plan and can only be used as an emergency or safety control procedure in accordance with these rules and regulations.
3. No physical or mechanical restraint of a person receiving services shall place excess pressure on the chest or back of that person or inhibit or impede the person's ability to breathe.
4. During physical restraint, the person's breathing and circulation shall be checked to ensure that these are not compromised.

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5. Pikes Peak Respite Services shall allow for physical restraint exceeding fifteen (15) minutes only when absolutely necessary for safety reasons. **If physical restraint exceeds 15 minutes, an emergency 911 call should be made.**

6. Relief periods of, at a minimum, ten (10) minutes every (1) hour shall be provided to an individual in mechanical restraint, except when the individual is sleeping. A record of relief periods shall be maintained.

7. An individual placed in a mechanical restraint shall be monitored at least every fifteen (15) minutes by employees or contractual providers trained in the use of mechanical restraint to ensure that the individual's physical needs are met, and the individual's circulation is not restricted, or airway obstructed. A record of such monitoring shall be maintained.

8. Emergency control procedures shall not be employed as punishment, for the convenience of staff, or as a substitute for services, supports or instruction.

9. Within twenty-four (24) hours after the use of an emergency control procedure, the responsible employee or contractual provider shall file an incident report. The incident report shall meet all requirements of section 8.608.6.B and shall also include:

a. A description of the emergency control procedure employed, including beginning and ending times;

b. An explanation of why the procedure was judged necessary; and,

c. An assessment of the likelihood that the behavior that prompted the use of the emergency control procedure will recur.

10. Within three (3) days after use of an emergency control procedure, the community centered board, parent of a minor, guardian, and authorized representative if within the scope of his or her duties, shall be notified.

Mechanical restraints used for medical purposes following a medical procedure or injury shall be authorized by a physician's order which shall be renewed every twenty-four (24) hours.

Requirements of section 8.608.3.A applicable to mechanical restraint shall also apply.

Mechanical or physical restraints used for a diagnostic or other medical procedure conducted under the control of an agency (e.g., drawing blood by an agency nurse) shall be dually authorized by a licensed medical professional and agency administrator, and its use documented in the person's record.