

# Physical restraints and seclusion

It is our policy to comply with all applicable state and federal laws, including CMS Conditions of Participation, regarding the use of physical restraints and seclusion. Our goal is to:

Create an environment throughout our delivery system that limits the use of restraints or seclusion to clinically justified situations in the appropriate clinical licensed and accredited spaces.

Reduce the use of restraints or seclusion through preventive or alternative methods that focus on a member's rights, dignity, and well-being.

Every member has the right to be free from restraints of any type that are not medically necessary. Restraints are never used as a means of coercion, discipline, convenience, or retaliation by staff. Therefore:

Use restraints or seclusion only if needed to improve the member's well-being and after less restrictive interventions have been determined to be ineffective.

Continually assess, monitor, and re-evaluate the member's condition under restraints or in seclusion.

Use ongoing performance-improvement processes to reduce the risk associated with restraints and seclusion by identifying and implementing preventive strategies, innovative alternatives, and process improvements.

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