**Policy & Procedure Behavioral Health**

**Glendive Medical Center**

**SUBJECT: RESTRAINT REMOVAL**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Written / Revised By: Trent Lear, LCSW, LAC, MAC Original Date: 08/10**

**Policies & Procedures Review/Effective Date: 09/13 Previous Revision: 09/10**

**Approved By: Recent Change Date: 04/11**

**Parker Powell, CEO**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**POLICY:**

It is the policy of Glendive Medical Center (GMC) to remove mechanical restraints as soon as is clinically appropriate and in a way to ensure both patient and staff safety.

**PROCEDURE:**

1. If after the registered nurse (RN) assessment the patient appears calm and has met the behavioral criteria for discontinuation, removal of the mechanical restraint devices can take place. Restraints are to be removed in a progressive manner. The progressive technique in which the restraints are removed are:
   1. Right arm and left leg during first 15 minutes
2. Patient will be reassessed after 15 minutes by the RN to determine if the patient is absent of symptoms of aggravated assault.
3. Removal of all restraint devices after RN assessment can take place when:
   1. Two (2) staff are present to ensure safety.
   2. Patient is absent of aggravated assault symptoms as assessed by RN and is able to make a reality based verbal agreement to not hurt self and/or others. (Has met criteria to discontinue seclusion and restraint.)
   3. The patient is sleeping while in mechanical restraints.
   4. Patient is exhibiting physiological symptoms that indicate that the mechanical restraints may be harmful to the patient’s physical health.
   5. Patient is exhibiting psychological trauma that indicate that the mechanical restraints may be harmful to the patient’s emotional health.
4. After the patient is released from mechanical restraints, close monitoring and assessment will take place by RN and other staff members for the first 24 hours.
5. A debriefing with both staff and patient participation will be accomplished during this 24 hours.