100. ADMINISTRATION.

03. Patient/Resident Rights and Responsibilities. The administrator, on behalf of the governing body of the facility, shall establish written policies regarding the rights and responsibilities of patients/residents and responsibility for development of, and adherence to, procedures implementing such policies. (1-1-88)
...c. These patients'/residents' rights, policies and procedures ensure that, at least, each patient/resident admitted to the facility: (1-1-88)
...vii. Is free from mental and physical abuse, and free from chemical and (except in emergencies) physical restraints except as authorized in writing by a physician for a State specified and limited period of time, or when necessary to protect the patient/resident from injury to himself or to others (1-1-88).

05. Humane Use of Restraints. Written policies shall be developed and implemented regarding the humane use of restraints. (1-1-88)
a. Opportunity for motion and exercise, including activities of daily living, shall be provided during normal waking hours to patients/residents in mechanical restraints for a period of not less than ten (10) minutes during each two (2) hours in which restraints are employed. During normal sleeping hours, patients/residents in restraints shall continue to be checked every thirty (30) minutes, with supporting documentation. Circulation and skin integrity shall be assessed, and mechanical restraints loosened for range of motion exercises and turning and repositioning at least every two (2) hours. (1-1-88)
b. No patient/resident shall be restrained except on written order of a physician. If a patient/resident becomes suddenly disturbed and becomes a menace to himself or others, restraint may be temporarily applied by licensed nursing personnel. Where a temporary restraint is applied, a physician must be consulted immediately and approval for continuation of the restraint obtained. The written order signed by the physician shall contain the patient’s/resident’s name, date, time of order, and reason for restraint, means of restriction, and period of time he is to be restricted. (1-1-88)
c. The patient/resident in mechanical restraints shall be checked at least every thirty (30) minutes by the staff and a record of such checks shall be kept. (1-1-88)
d. The following types of restraints shall not be used under any conditions: canvas jackets, canvas sheets, canvas cuffs, leather belts, leather cuffs, leather hand mitts or restraints requiring a lock and key. (1-1-88)
e. Opportunity for motion and exercise shall be provided to patients/residents in mechanical restraints for a period of not less than ten (10) minutes during each two (2) hours in which restraints are employed. (1-1-88)
f. No patient/resident shall be secluded in any room by locking or fastening a door from the outside. The licensing agency may grant variances on a case-by-case basis where the facility can demonstrate the securing of a half door is in the interest of patient/resident safety, complies with the Life Safety Code, and the facility can demonstrate that provisions have been made to ensure release of the lock in an emergency. (1-1-88)
g. Chemical restraints shall not be used as punishment, for convenience of the staff, or in quantities that interfere with the ongoing normal functions of the patient/resident. They shall be used only to the extent necessary for professionally accepted patient care management and must be ordered in writing by the attending physician. (1-1-88)

12. Accident or Injury. The administrator shall show evidence of written safety procedures for handling of patients/residents, equipment lifting, and the use of equipment. (1-1-88)

   ...c. An incident-accident record shall be kept of all incidents or accidents sustained by employees, patients/residents, or visitors in the facility and shall include the following information: (1-1-88)
   i. Name and address of employee, patient/resident, or visitor; (1-1-88)
   ii. A factual description of the incident or accident; (1-1-88)
   iii. Description of the condition of the patient/resident, employee or visitor including any injuries resulting from the accident; and (1-1-88)
   iv. Time of notification of physician, if necessary. (1-1-88)

d. The physician shall be immediately notified regarding any patient/resident injury or accident when there are significant changes requiring intervention or assessment. (1-1-88)

e. Medical reports of the attending physician must be filed in accordance with the rules of the Idaho Industrial Accident Board. (1-1-88)

f. Immediate investigation of the cause of the incident or accident shall be instituted by the facility administrator and any corrective measures indicated shall be adopted. (1-1-88)