

LOS ANGELES GENERAL MEDICAL CENTER

RESTRAINT REDUCTION PLAN

2022 – 2023

The Los Angeles General Medical Center is one of the hospitals in the Department of Health Services and the largest single provider of healthcare in the County. The **Mission** of the Medical Center is to provide fully integrated, accessible, affordable, and culturally sensitive health care one person at a time. Its **Vision** is to lead the nation in building healthy communities.

Restraint is used as a last resort since it has the potential to produce serious risks and consequences, such as physical or psychological harm, loss of dignity, violation of a patient's rights, and, in rare instances, even death. However, restraint use may continue to be necessary in clinically appropriate and adequately justified situations.

Due to the associated risks and consequences, Los Angeles General Medical Center continually explores ways to prevent, reduce, and strive to eliminate restraint and seclusion use through effective performance initiatives, preventive strategies, innovative alternatives, and process improvements through:

- Developing supportive plans, policies, and priorities
- Striving to prevent emergencies that have the potential of leading to the use of restraint and/or seclusion
- Understanding the staffing needs associated with alternatives to restraint and/or seclusion and allocating sufficient resources
- Using safe and effective alternatives to restraint and/or seclusion
- Utilizing non-physical interventions as the first choice, unless safety issues demand an immediate physical response
- Limiting the use of restraint and/or seclusion to emergencies when there is an imminent risk of a patient physically harming self or others
- Providing initial and ongoing staff and patient/family education
- Collecting data to monitor use and to identify opportunities for improving care processes
- Reviewing and, when necessary, redesigning patient care processes associated with restraint and/or seclusion use.