



LAC+USC MEDICAL CENTER
RESTRAINT REDUCTION PLAN
2022 – 2023

The LAC + USC 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, LAC+USC 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.