

# Restricted Practices for Medical Purposes

## Information for Service Providers

- This document explains the difference between restricted practices required for medical purposes and restricted practices for behavioural purposes including responsibilities, and documentation requirements for Service Providers.

### What are Restricted Practices for Behavioural Purposes?

- Techniques or strategies used when supporting critical and unsafe behaviour, that limit an individual's actions, freedoms, or movement.
- Recommended by a Behavioural Consultant
- Must be reflected in an authorized Safety Plan with clear links between the behaviour(s) identified in the Behaviour Support Plan and the restricted practice
- Subject to Critical Incident Reporting unless an Exemption has been granted

### What are Restricted Practices for Medical Purposes?

- They must be recommended by a regulated health professional as outlined in the BSSP policy
- Some examples of health professionals: Physicians, Registered Nurses, Occupational Therapists, and Physical Therapists
- Do **not** require a Behaviour Support Plan or Safety Plan
- Are **not** subject to Critical Incident Reporting

### Can Restricted Practices ever be used for Both Medical and Behavioural Purposes?

**Yes.** These practices must be recommended by both a regulated health professional and a behaviour consultant. Documentation is required by a health professional and in a behaviour support plan and safety plan.

### Example of Restricted Practice for Medical Purposes

Bed rails needed because leg spasms cause the individual to roll out of bed when they are asleep.

### Example of Restricted Practice for Medical and Behavioural Purposes

Bed rails are needed because leg spasms cause the individual to roll out of bed; and are put up to assist the individual with morning routines if the individual engages in physical aggression.

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### Example of a Prohibited Practice

Bed rails are used to prevent the individual from independently leaving their bed at night; which is not required for health or safety reasons and not supported in any planning documentation.

### What are my Responsibilities as a Service Provider?

- Understand the parameters for use including, safeguards, and how staff would recognize when the practice should be stopped
- Ensure they have clear documentation of the restricted practice
- Ensure staff who implement the practice receive training and only use the practice within the parameters identified by the regulated health professional, or the use may be considered a prohibited practice

### What kind of Documentation is Required?

- Not all health professionals issue their recommendations in writing
- If written documentation is not available it is the service providers responsibility to understand and document the medical restricted practice in a clear, straight forward, detailed way

### Ongoing questions about Medical Restrictions?

First, review the documentation regarding this restriction provided by the health professional. Consult with the involved health professional if documentation is unclear, and train staff to ensure they implement the restrictions properly.

### Where can I find more Information?

See page 21 of [BSSP: A Guide for Service Providers](#).