

Restrain Yourself

Centers for Medicare & Medicaid Services (CMS), in accordance with the Government Performance Results Act (GPRA), a United States Law enacted in 1993, established plans and goals for Nursing Homes to have a reduction in resident use of physical restraints. This is a national campaign that continues to be a focus for CMS which requires the state survey agency to review each facility's compliance related to physical restraint regulations during all standard surveys. While Kentucky's nursing home provider's statewide average use of physical restraints has improved, decreasing from 5.9% in 2007 to 4.1% in the 3rd quarter of 2010, the state of Kentucky providers are still well above the national average of 2.6% for the 3rd quarter of 2010. CMS has set the national goal for each state to have an average of 2% or less of residents restrained in nursing homes.

Below you will find several helpful links to the federal and state regulatory requirements as it relates to restraints. Additionally, we have provided several resource contacts that may be helpful to providers, i.e. Advancing Excellence, Quality Improvement Organization, and Nursing Home Associations

Federal requirements are as follows:

F221 & F222 §483.13(a) Restraints: The resident has the right to be free from any physical or chemical restraints imposed for purposes of discipline or convenience, and not required to treat the resident's medical symptoms. Intent §483.13(a) The intent of this requirement is for each person to attain and maintain his/her highest practicable well-being in an environment that prohibits the use of restraints for discipline or convenience and limits restraint use to circumstances in which the resident has medical symptoms that warrant the use of restraints. CMS State Operations Manual, Appendix PP :https://cms.gov/manuals/Downloads/som107ap_pp_guidelines_ltcf.pdf

S&C 07-22 → <https://www.cms.gov/SurveyCertificationGenInfo/downloads/SCLetter07-22.pdf>

State requirements are as follows:

Nursing Facility: 902 KAR 20:300 Section 5. Resident Behavior and Facility Practices. (1) Restraints. The resident shall have the right to be free from any physical restraints imposed or psychoactive drug administered for purposes of discipline or convenience, and not required to treat the resident's medical symptoms. <http://www.lrc.ky.gov/kar/902/020/300.htm>

902 KAR 20:291 Alzheimer's nursing home <http://www.lrc.ky.gov/kar/902/020/291.htm>

902 KAR 20:048 nursing home <http://www.lrc.ky.gov/kar/902/020/048.htm>

902 KAR 20:026 <http://www.lrc.ky.gov/kar/902/020/026.htm>

Resources that may assist all nursing home providers in maintaining compliance with federal and state regulatory requirements are below:

Advancing Excellence: www.nhqualitycampaign.org

Kentucky Quality Improvement Organization: Janet Pollock 502-454-5112 Ext 2220

Association Contacts:

KAHSA Tim Veno 502-992-4380, <http://kahsa.com/>

KAHCF Steve McClain 502-425-5000, <http://www.kahcf.org/>

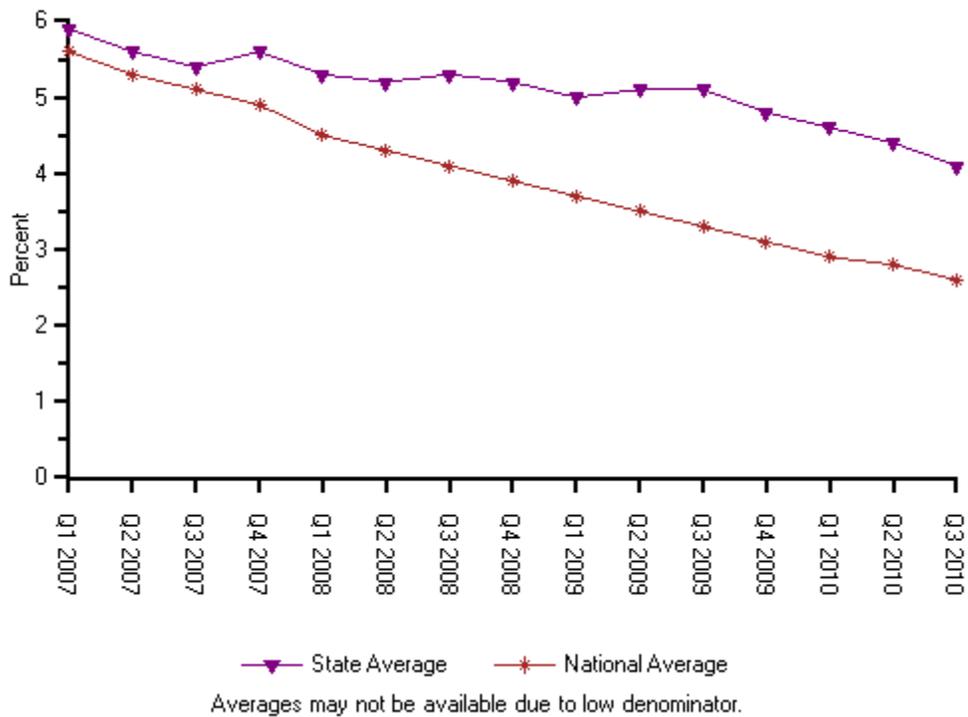
Physical Restraints - (KY)

[Return to Campaign Progress \(Goals 1-8\)](#)

Select data series to display:

State Average
 National Average
 State AE Participants Selecting Goal
 State AE Participants Not Selecting Goal
 State Non AE Participants
 All State AE Participants

The trend report below shows physical restraint scores for your state and the nation over time:



Year	Quarter	State Average	National Average
2007	1	5.9	5.6
2007	2	5.6	5.3
2007	3	5.4	5.1
2007	4	5.6	4.9

2008	1	5.3	4.5
2008	2	5.2	4.3
2008	3	5.3	4.1
2008	4	5.2	3.9
2009	1	5.0	3.7
2009	2	5.1	3.5
2009	3	5.1	3.3
2009	4	4.8	3.1
2010	1	4.6	2.9
2010	2	4.4	2.8
2010	3	4.1	2.6

State participant data include all nursing homes currently registered with a valid Medicare or Medicaid provider number

As with Nursing Home Compare, there is a lag of approximately five months between the end of the quarter and the public release of that quarter's Quality Measure (QM) scores. The approximate timeframes for updates on this website are: Quarter 1 (January – March) scores are posted in August; Quarter 2 (April – June) scores are Posted in November; Quarter 3 (July – September) scores are posted in February; and Quarter 4 (October – December) scores are posted in May.

