


Date: December 30, 2021

To: All DD Waiver, Mi Via Waiver, Medically Fragile Waiver, Supports Waiver, State General Fund Agencies and Stakeholders

From: Jason Cornwell, Director   
Developmental Disabilities Supports Division

Subject: Correction to – “Resumption of In Person Monitoring Visits and In Person Training delayed until February 1, 2022”, regarding Emergency Physical Restraints trainings and First Aid and CPR

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To keep Direct Support Professionals (DSP) and people receiving services safe, training through Mandt, Handle with Care, and CPI will continue, using the protocol below. For First Aid and CPR, people may take an online or live streaming courses and then agencies may have trainees come into the office for scheduled, individualized skills demonstration.

The protocol for in-person training of physical intervention skills outlined below was first initiated by the companies that developed these interventions. The risk assumed by close physical contact during the training is considered to outweigh the risks of not having (DSP) trained in the effective use of the interventions. For DSP who must be certified in the physical intervention skills, each agency will need to balance the safety of all concerned with competency development. In short, each agency must consider the risk of training DSP as compared to the risk of not having DSP who are trained in the effective use of Emergency Physical Restraints (EPR's).

If an agency (in conjunction with a person's team) considers hands-on EPR training to be necessary to keep people safe, all following guidelines **MUST BE FOLLOWED** to train physical intervention techniques in person:

1. Participants attending hands-on training in physical intervention techniques must attest they are healthy and to the best of their knowledge NOT at risk of spreading COVID-19 (i.e. do not have COVID-19 symptoms, do not have COVID-19 and are not in a quarantine or stay at home period if exposed to COVID-19). See Policies on the Prevention and Control of COVID-19 in New Mexico available at <https://cv.nmhealth.org/covid-safe-practices/>.
2. Prior to attending the training everyone (trainers included) will be asked to take their temperature and make a self-health assessment that they are not experiencing COVID-19 symptoms. CDC recommends that a temperature below 100.4 degrees Fahrenheit is the maximum temperature permitted to participate. Please ask your DSP to self-screen at home on the morning before the training.
3. There should be sufficient space to allow for appropriate social distancing (e.g. minimum 6- feet between all participants) in a well-ventilated training room or

out-of-doors to allow for social distancing when the trainer and student do not need to be in close proximity for the hands-on portions of the training.

4. Prior to entering the training room there will be a sign-in area where temperatures will be taken, participants will sanitize or wash their hands, and masks will be required. No one should enter the training room until their sign-in process is completed.
5. Masks must be worn, covering the mouth and nose, throughout the training unless a participant is actively drinking a beverage. Eating will only occur at a break once the person leaves the training area. If the person returns, s/he must re-sanitize their hands. The same mask can be re-used.
6. Participants will be divided into small groups of no more than 5 persons. Participants must remain with the same group throughout and have only one partner for the physical intervention aspects of the training.
7. If allowed by the system protocol, trainers may minimize contact by: a) first showing a video or providing live-streaming of the skill, b) having the student practice on an imaginary partner or mannequin for multiple repetitions, and c) having students demonstrate one test repetition with a partner.
8. If practicing or performing skill demonstration of any physical intervention skills on a person, each participant will keep the same partner throughout the training.

For additional information or clarification please contact your Regional Office Trainer or Teresa Tomashot, DDS Training Unit Manager. As always, thank you for all you do to keep people safe and for all your hard work!