



STATE OF WASHINGTON
DEPARTMENT OF SOCIAL AND HEALTH SERVICES
Aging and Long-Term Support Administration
PO Box 45600, Olympia, Washington 98504-5600

December 17, 2020

ALTSA: ICF/IID #2020-056
QSO-21-07 ICF/IID COVID-19 INFECTION CONTROL FOR PSYCHIATRIC AND INTERMEDIATE CARE FACILITIES FOR INDIVIDUALS WITH INTELLECTUAL DISABILITIES (ICFS/IID)

Dear ICF/IID Administrator:

On December 17, 2020, the Centers for Medicare and Medicaid Services (CMS) issued a memorandum, [QSO-21-07](#), regarding COVID-19 Infection Control for Psychiatric and Intermediate Care Facilities for Individuals with Intellectual Disabilities (ICFs/IID).

CMS is providing additional clarification and guidance to improve infection control practices to assist in preventing the transmission of COVID-19, and to help avoid the need for use of seclusion and restraint, specifically as an infection control intervention. Seclusion and restraint are emergency interventions that should only be used when the danger of harm to self or others clearly requires such invasive techniques, and only when staff have been trained in alternatives and the appropriate emergency use of these techniques. Approaches and practices such as positive behavioral management strategies have been shown to significantly reduce the use of restraint and seclusion.

CMS recognizes that during the COVID-19 Public Health Emergency (PHE), facilities face special challenges in supporting the needs and preferences of individuals while reducing the spread of infection and avoiding the use of restrictive interventions.

CMS has developed a [Frequently Asked Questions \(FAQ\)](#) document to identify strategies and promising practices for CMS certified facilities to help address COVID-19 prevention, treatment, and mitigation strategies. The FAQ document is intended to provide guidance in the areas of promising practices, use of isolation, intervention mitigation and training strategies, transition and discharge during the PHE, engaging family, and available resources.

Thank you for your continued commitment to resident health and safety. If you have any questions, please contact Debra Hoeman, ICF/IID Policy Program Manager at (360) 725-3210 or debra.hoeman@dshs.wa.gov.

Sincerely,

Candace Goehring

Candace Goehring, Director
Residential Care Services

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