

# NU – IACUC

## POLICY

Northeastern University Institutional Animal Care and Use Committee

### Physical Restraint

**Physical Restraint** – *The use of manual or mechanical means to limit some or all of a conscious animal's normal movement.* Restraint may be necessary for blood, urine or fecal collection, administration of a compound, or for protocol related issues. Restraint may be necessary for brief or prolonged periods of time.

Brief periods (< 5 minutes) of restraint for the purpose of performing routine clinical or experimental procedures do not require scientific justification or description in protocol descriptions. If a restraint device is to be used, it must be suitable to the size of animal and constructed in such a way that animals are not in discomfort or pain while immobilized. These devices must be constructed of material such that they can be washed and disinfected between uses.

Prolonged restraint (> 5 minutes) must be described and justified in the appropriate protocol. If appropriate, a diagram may be helpful to illustrate how the restraint device looks and how it will be utilized. Scientific justification must include an assurance that this is essential to achieving research objectives. Key words used for literature search must indicate that alternative methods could not be employed. Endpoints must be defined that necessitate temporary or permanent removal of the animal from the restraint procedure. Protocols must be approved by the IACUC before such restraint can be employed.

The following are guidelines suggested by the Guide for the Care and Use of Laboratory Animals:

- Restraint devices are not to be considered normal methods of housing.
- Restraining devices should not be used simply as a convenience in handling or managing animals.
- The period of restraint should be the minimum required to accomplish the research objectives.
- Animals placed in restraint devices should be given training to adapt and acclimate to the equipment and personnel.
- Provision should be made for observation of the animal at appropriate intervals, as determined by the NU-IACUC.
- Veterinary care should be provided if lesions or illnesses associated with restraint are observed. The presence of lesions, illness, or severe behavioral change often necessitates temporary or permanent removal of the animal from restraint apparatus.

Approved: