



**Behavioral Emergencies**

Approval: Troy M. Falck, MD – Medical Director

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Approval: John Poland – Executive Director

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**BLS**

- Attempt to de-escalate situation by determining triggering event, attempt calming talk & redirection techniques\* - move pt to safe location & minimize stimulus
- Utilize appropriate restraint mechanisms in situations where the pt is violent, potentially violent, or exhibiting behavior that is dangerous to self or others (Reference: S-SV EMS policy 852)
- Assess V/S, including SpO2 and temperature (if able)
- Assess/treat for underlying medical/traumatic cause of behavioral issues as appropriate
- Check blood glucose (if able)

**Blood glucose  $\leq$ 60 mg/dl or H&P fits hypoglycemia?**

YES

- Oral glucose (BLS)**
- 15 - 25 gm
- OR**
- Dextrose 10% (ALS)**
- 10 - 25 gm (100 - 250 mL) IV/IO
- OR**
- Glucagon (ALS)**
- 1 mg (1 unit) IM/IN

NO

**ALS**

- Consider cardiac monitor
- Consider IV/IO NS TKO

**\*Redirection Techniques**

- Coach pt in taking slow, deep breaths or have them attempt 'Box Breathing':
  - Breathe in for 4 seconds
  - Hold for 4 seconds
  - Exhale for 4 seconds
  - Hold for 4 seconds
- Have pt name 5 things they can see right now
- Give pt a color and ask them to find something around them with that color

**Severe Anxiety**

- Uncontrollable feelings of panic, fear, doom, or impending danger
- Tachypnea/hyperventilation
- Tachycardia
- Cold, sweaty, numb, or tingling hands or feet

**Severe Anxiety symptoms not adequately relieved by other means:**

- Midazolam**
- 1 - 2 mg IV/IO/IM/IN
  - May repeat dose x 1, after 5 mins, if severe anxiety symptoms persist

**Behavioral Crisis (Including severe agitation with altered mental status)**

- Intense paranoia
- Disorientation/hallucinations
- Extreme aggression/violent behavior
- Danger to self/others
- Hyperthermia
- Increased strength

**If pt combative, such that harm to self or others is likely:**

- Midazolam**
- 10 mg IM/IN
- OR**
- 5 mg IV/IO