



Behavioral/Patient Restraint

General

CRITERIA

Patients with signs and symptoms of behavioral emergencies that may cause harm to themselves or others

PROTOCOL


EMR	Follow <i>General – Universal Patient Care/Initial Patient Contact protocol</i> .	EMR
EMR	Use de-escalation guidelines.	EMR
EMT	Obtain blood glucose level.	EMT
<u>Combative Patients</u>		
EMT	Restrain patient (see <i>Administrative Policy – Patient Restraint</i>)	EMT
[I]	If chemical restraint is required, administer <i>Lorazepam (Ativan) 1mg IV/IM</i> <ul style="list-style-type: none"> • <i>If patient still requires chemical restraint, administer Midazolam (Versed) 5mg IN/IM or 2.5mg IV</i>, then restrain patient. • If continued chemical restraint is required, consider <i>Haloperidol (Haldol) 5mg IM</i> 	[I]
A	If patient shows signs of dystonic reaction after Haldol administration, consider <i>Diphenhydramine (Benadryl) 25 mg IM or slow IV/IO</i>	A
<u>Suspected Psychotic/Behavioral Agitation</u>		
P	If psychotic/behavioral agitation is suspected, consider <i>Haloperidol (Haldol) 5mg, Lorazepam (Ativan) 2mg, and Diphenhydramine (Benadryl) 50mg</i> . Combine medications in a single syringe and administer in a large IM site.	P

PEARLS

 **Consider alternative causes for altered mental status, such as but not limited to:**

- Hypoglycemia
- Stroke
- Overdose
- Head injury
- Encephalitis or other CNS infection

Contact Law Enforcement early

 **If patient is capable of refusing treatment and/or transport, document all events meticulously. Documentation must be complete, including a description of the patient's mental status and your rationale for obtaining a refusal.**

De-Escalation Guidelines:

- Remain calm and friendly. Be aware of your emotions.
- Be mindful of your body language.
- Position yourself between the patient and your exit.
- Maintain a safe distance and refrain from touching patient.
- Keep your hands in front of your body (non-threatening manner).
- Only one provider should communicate with the patient.



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- Maintain a soothing tone of voice.
- Listen to the patient's concerns.
- Empathize. Use positive feedback.
- Be reassuring. Outline the patient's choices.
- Be willing to slow down and disengage if appropriate.
- Calmly set boundaries of acceptable behavior.
- Make every attempt to **not** aggravate or worsen existing injuries or medical conditions.
- To determine a patient's mental capacity, consider the following:
 - Is the patient in danger of hurting himself or others?
 - Could a potential underlying medical emergency exist that might lead to death or which could worsen considerably if not treated soon?
 - Is a medical intervention required to avoid deterioration in the patient's condition?
 - Has the patient been advised about, and does he understand, the risks of refusing these treatments or interventions?
- Do not place patients who are restrained in the prone position.