

AAPA 2020 Annual Conference
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De-Escalation

1. Respect personal space
2. Do not be provocative
3. Establish verbal contact
4. Be concise
5. Identify wants and feelings
6. Listen closely to what the patient is saying
7. Agree or agree to
8. Lay down the law and set clear limits
9. Offer choices and optimism
10. Debrief the patient and staff

Podcasts:

- **Flip the Script” Invisibilia Podcast** <https://www.npr.org/player/embed/485602601/486026312>
- **“That escalated quickly: the agitated patient in the ED” ACEP Frontline**
<https://podcasts.apple.com/us/podcast/that-escalated-quickly-the-agitated-patient-in-the-ed/id1063793120>
- **“The Upset Patient Protocol” ERCAST** <http://blog.ercast.org/the-upset-patient-protocol/>
- **“Art of the chemical takedown”- reports from around the world**
<http://blog.ercast.org/art-chemical-takedown/>
- **Suicide Assessment** <https://emergencysuicide.wordpress.com/traaped-silo-safe-mnemonic/>
- **“Psychiatric Emergencies” EM Basic**
<http://embasic.org/psychiatric-emergencies-part-1/> and <http://embasic.org/psychiatric-emergencies-part-2/>
- **“Vitamin H: Haldol for Psychosis” SGEM**
<http://thesgem.com/2013/09/sgem45-vitamin-h-haloperidol/>
- **“Ketamine: How to use it fearlessly for all it’s indications” SMACC**
<https://www.smacc.net.au/2015/12/ketamine-how-to-use-it-fearlessly-for-all-its-indications-by-reuben-strayer/>
- **If you want to read- ACEP Guidelines for adult psychiatric patients**
[http://www.annemergmed.com/article/S0196-0644\(17\)30070-7/fulltext](http://www.annemergmed.com/article/S0196-0644(17)30070-7/fulltext)

If you want to read- ACEP Guidelines for adult psychiatric patients [http://www.annemergmed.com/article/S0196-0644\(17\)30070-7/fulltext](http://www.annemergmed.com/article/S0196-0644(17)30070-7/fulltext)

Project BETA papers

Verbal De-escalation of the Agitated Patient: Consensus Statement of the American Association for Emergency Psychiatry Project BETA De-escalation Workgroup <https://escholarship.org/uc/item/55g994m6>

Psychiatric Evaluation of the Agitated Patient: Consensus Statement of the American Association for Emergency Psychiatry Project BETA Psychiatric Evaluation Workgroup <https://escholarship.org/uc/item/9t41z4rb>

Medical Evaluation and Triage of the Agitated Patient: Consensus Statement of the American Association for Emergency Psychiatry Project BETA Medical Evaluation Workgroup <https://escholarship.org/uc/item/881121hx>

The Psychopharmacology of Agitation: Consensus Statement of the American Association for Emergency Psychiatry Project BETA Psychopharmacology Workgroup <https://escholarship.org/uc/item/5fz8c8gs>

Use and Avoidance of Seclusion and Restraint: Consensus Statement of the American Association for Emergency Psychiatry Project BETA Seclusion and Restraint Workgroup <https://escholarship.org/uc/item/0pr571m3>

BOOKS

- Big book of emergency department psychiatry
 - Balan, Murrell, Lentz

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- Case based approach to emergency psychiatry
 - Maloy
- Diagnosis and management of agitation
 - Zeller, Nordstrom, Wilson
- Emergency Psychiatry: Principles and Practices
 - Lipson Glick, Zeller, Berlin
- Quick Guide to Psychiatric Emergencies: tools for behavioral and toxicological situations
 - Nordstrom, Wilson

Additional Resources

- Special Considerations in the Pediatric Psychiatric Population
 - Santillanes, Genevieve et al., Psychiatric Clinics, Volume 40, Issue 3, 463 - 473
 - [https://www.psych.theclinics.com/article/S0193-953X\(17\)30047-3/fulltext](https://www.psych.theclinics.com/article/S0193-953X(17)30047-3/fulltext)
- The Use, Safety, and Efficacy of Olanzapine in a Level I Pediatric Trauma Center Emergency Department Over a 10-Year Period.
 - [Cole JB1](#), [Klein LR1](#), [Strobel AM1](#), [Blanchard SR1](#), [Nahum R1,2](#), [Martel ML1](#); [Pediatr Emerg Care](#). 2020 Feb;36(2):70-76.
 - <https://www.ncbi.nlm.nih.gov/pubmed/28697164/>
- Approach to the Agitated Emergency Department Patient
 - Gottlieb, Michael et al.; Journal of Emergency Medicine, Volume 54, Issue 4, 447 - 457
 - [https://www.jem-journal.com/article/S0736-4679\(17\)31215-5/fulltext](https://www.jem-journal.com/article/S0736-4679(17)31215-5/fulltext)
- Trends in Mental Health and Chronic Condition Visits by Children Presenting for Care at U.S. Emergency Departments
 - [Jacqueline Grupp-Phelan](#), MD, MPH,^a [Jeffrey S. Harman](#), PhD,^b and [Kelly J. Kelleher](#), MD, MPH^c
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1802106/>
- Restrain and seclusion
 - https://www.samhsa.gov/sites/default/files/topics/trauma_and_violence/seclusion-restraints-1.pdf
 - https://www.samhsa.gov/sites/default/files/topics/trauma_and_violence/seclusion-restraints-2.pdf
 - https://www.samhsa.gov/sites/default/files/topics/trauma_and_violence/seclusion-restraints-4.pdf
 - <https://store.samhsa.gov/product/Crisis-Intervention-Team-CIT-Methods-for-Using-Data-to-Inform-Practice-/sma18-5065>
- Psychiatric Advanced Directives
 - [https://www.nami.org/Learn-More/Mental-Health-Public-Policy/Psychiatric-Advance-Directives-\(PAD\)](https://www.nami.org/Learn-More/Mental-Health-Public-Policy/Psychiatric-Advance-Directives-(PAD))
 - <https://bit.ly/2uh3W8S>
 - <http://www.bazelon.org/our-work/mental-health-systems/advance-directives/>