	Sierra – Sacramento Valley EMS Agency Treatment Protocol	M-11 (LALS)
	Behavioral Emergencies	
Approval: Troy M. Falck, MD – Medical Director		Effective: 12/01/2022
Approval: John Poland – Executive Director		Next Review: 09/2025

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 ≤60 mg/dl or H&P fits hypoglycemia?

YES

Oral glucose (BLS)
- 15 - 25 gm

OR

Dextrose 10% (LALS)
- 10 - 25 gm (100 - 250 mL) IV

OR

Glucagon (LALS)
- 1 mg (1 unit) IM/IN

NO

LALS

- Consider cardiac monitor **(AEMT II)**
- Consider IV NS TKO

***Redirection Techniques**

- Coach pt in taking slow, deep breaths or have them attempt 'Box Breathing':
  - Breath 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 (AEMT II)
- 1 - 2 mg IV/IM/IN
- May repeat dose x 1, after 5 mins, if severe anxiety symptoms persist

Behavioral Crisis (Including Excited Delirium)

- 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 (AEMT II)
- 10 mg IM/IN

OR
- 5 mg IV/IO