

Kittitas County Prehospital EMS Protocols

SUBJECT: BEHAVIORAL EMERGENCIES

- A. Utilize verbal de-escalation techniques:
1. Begin by asking the patient to follow your orders.
 2. Advise them of the consequences of not following your orders.
 3. Finally, order them to do what you want them to do.
- B. Requirements for the use of force:
1. You must have legitimate objectives:
 - a) For your safety.
 - b) For the safety of others.
 - c) For the patient's safety.
 - d) To facilitate treatment in a mentally incompetent patient.
 2. It must be immediately necessary, and law enforcement must be notified.
 - a) Request that law enforcement place patient in protective custody.
 - b) Document officer's name and agency if they refuse to place patient in protective custody.
 3. You must use the minimal amount of effective force initially.
 4. It must immediately cease once the objective has been met.
 5. Consider chemical restraints
 - a) IV/IM/IO: **Ketamine** – 5 mg/kg
 - b) IV or IM: **Haldol** 5 mg, may repeat in 30 minutes
 - c) IV or IM: **Versed** 2.0-5.0 mg
 - Age <55: Titrate slowly 0.1 mg/kg every 15 min. up to 0.5 mg/kg
 - Age >55: Titrate slowly 0.05 mg/kg every 15 min. up to 0.25 mg/kg
 - d) IV or IM: **Lorazepam** 1-2mg (acute anxiety)
 6. Consider ETI if necessary, post sedation.
- C. Do not use any of the following restraining techniques that could impair breathing.
1. "Hog tying", where hands and feet are bound behind the patient.
 2. Sandwiching the patient between two backboards.

Kittitas County Prehospital EMS Protocols

3. Do not restrain patient in prone position during transport.
- D. After a patient is under control, use humane techniques to restrain the patient.
- E. Once a patient is restrained, *do not* release them.
- F. If a patient is still in handcuffs, then a police officer must accompany the patient during transport or remove the handcuffs.
- G. The patient's condition must be closely and continuously monitored.
- H. Contact the receiving hospital when feasible.
- I. Document all facts regarding the objectives of the restraint.