

RISK MANAGEMENT: DE-ESCALATION/ESCALATION

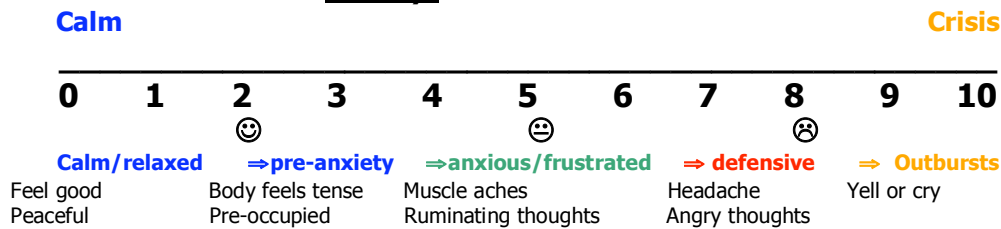
ANXIETY

AT EVERY PHASE:

- #1 = Empathic Listening (*MOST IMPORTANT TOOL*)
- Offer re-assurance/reality orientation
- Assist with recalling/identifying crisis prevention tools/activities
- Assist with use of tools/activities
- Add helpful strategies to the patient's plan

<u>CRISIS PHASE</u>	<u>BEHAVIORAL CUES</u>	<u>INTERVENTION SUGGESTIONS</u>
<p><u>ANXIETY</u> Prevention/de-escalation focused</p> <ul style="list-style-type: none"> • <i>Supportive/EXPLORATORY containment</i> • <i>Assist with identification of helpful strategies</i> • <i>Sensory room</i> • <i>Code SAM</i> 	<ul style="list-style-type: none"> • <i>Physical</i> • <i>Emotions</i> • <i>Actions</i> <p><u>Physical Cues:</u></p> <ul style="list-style-type: none"> • Restless • Muscle tension • Sweating • Tremulous • Shallow breathing • ↑ vitals • c/o heart pounding • Butterflies/stomach ache • Jittery • Headache <p><u>Emotional Cues:</u></p> <ul style="list-style-type: none"> • Withdrawn • Labile • Panicky • Sad • Fearful • Irritable • Poor concentration • Teary-eyed <p><u>Actions:</u></p> <ul style="list-style-type: none"> • Pacing • Crying • Help seeking • Low frustration tolerance • Low tolerance for environmental stimulation • Rocking • Fidgety • Hand wringing • Put self on floor 	<ul style="list-style-type: none"> • Sensory room use • Deep breathing • Mindfulness exercises • Talk with staff/peers • Use of rocking chair/glider • Journal • Music • Art work/craft activity • TV/Watch a Movie • Puzzle/board game • Saduko/crosswords • Use of West 5 workbooks • Hot shower/bath • Weighted blanket • Aromatherapy • Biodot/self-rating • Self-help books • Beanbag tapping • Stress balls • Distraction techniques • Self-soothing techniques • Make or use sensory kit

EXAMPLE: Problem identified: "Anxiety"



----- **Increased loss of self-control** →