



**N108: NURSING CARE OF PATIENTS WITH PROBLEMS IN  
PSYCHOSOCIAL ADAPTATION AND ADJUSTMENT**  
1st Semester, AY 2022-2023

**STUDY GUIDE UNIT V**

**Title:** Management of Psychiatric Emergencies  
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**Introduction:**

At this point, you are already knowledgeable about the different mental health conditions and the nursing interventions that can be done to manage them. However, we also know that there will be instances that the patients will exhibit uncontrollable behaviors and as nurses who are always there with the patients, we should know the basic de-escalation techniques and the proper use of restraints and seclusion.

**Learning Outcomes:**

At the end of Unit V, you should be able to:

1. Discuss the theoretical perspectives in understanding violence
2. Identify the risk factors and the common signs and symptoms of violent behavior
3. Explain the five-phase aggression cycle
4. Determine the appropriate nursing interventions for each phase
5. Describe proper de-escalation techniques and use of restraints and seclusion

**Topics:**

- Definition and Theoretical Explanations for Anger, Aggression, Violence and Psychiatric Emergencies
- Indicators of Impending Violence
- Communication Strategies
- Behavioral Strategies
- Five Phase Anger-Aggression Cycle
- Seclusion and Restraints

You can start by reading the materials **about Violence in the Psychiatric Setting and Use of Seclusion and Restraints** that is uploaded in our course site. It also discusses the manifestations of anger, aggression, violence and psychiatric emergencies. It explains the anger-aggression cycle and the nursing interventions for each phase that is based on the level of anxiety.



You can also **watch the following YouTube videos** about de-escalation techniques and management of violent behavior. Notice how the healthcare team modified their approach when they realized that the first strategy was not effective.

[Understanding Agitation: De-escalation](#)

[Managing Violent Patients - Part 1](#)

[Managing Violent Patients - Part 2](#)

In managing agitated patients, the healthcare team should also be knowledgeable on how to handle patients safely and how to keep themselves safe as well. Watch this video about [Safe Self-Defense Techniques](#) in inpatient settings.

Activities for this portion will be part of our **face-to-face laboratory session** where we will do a simulation on Handling Psychiatric Emergencies per group.

#### References:

- Boyd, M. (2008) *Psychiatric Nursing: Contemporary Practice, 4th Edition*. PA: Lippincott Williams & Wilkins.
- Kneisl, C. (2004) *Contemporary Psychiatric-Mental Health Nursing*. New Jersey: Pearson Education, Inc.
- Videbeck, S. (2008) *Psychiatric-mental Health Nursing*. Philadelphia: Lippincott Williams & Wilkins
- DBSAlliance. (2017, Jul 7). Understanding Agitation: De-escalation [Video]. YouTube. <https://www.youtube.com/watch?v=6B9Kqg6jFel&t=9s>
- We'll Fix It In Post Productions. (2009, Oct 28) Managing Violent Patients - Part 1 [Video]. YouTube. <https://www.youtube.com/watch?v=BgYZFC-nkwQ>
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- GABAY MEDICAL library. (2011, Mar 11) Handling Aggressive Behaviors p3 of 3 [Video]. YouTube. <https://www.youtube.com/watch?v=HtP79JZT5mc&list=PL720B6868C0AE13E2&index=3>