

A large red square with a white border, centered on a white background. Inside the square, the words "Psych" and "Emergencies" are written in white, stacked vertically.

Psych Emergencies

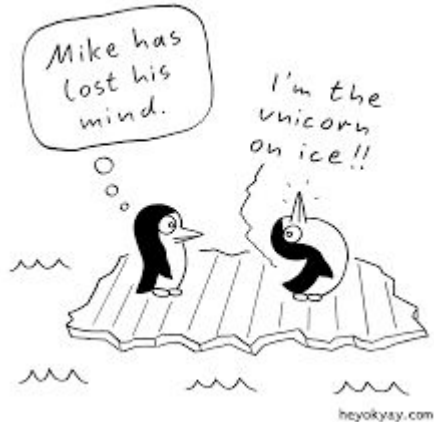
Scenario 1

frantic 22 YOF, pacing and paranoid, experiencing hallucinations and delusions

Field Impression - Acute Psychosis

What is psychosis?

- Hallucinations
- Delusions
- Disorganized speech
- Disorganized or bizarre behavior
- Trouble telling what is real and what is not



Signs and Symptoms of psychosis

- Paranoia or suspiciousness
- Confused or incoherent speech
- Strange or intense beliefs
- Hallucinations
- Poor insight and poor judgment
- Unpredictable behavior
- Possible danger to self or others

Considerations for the Pt

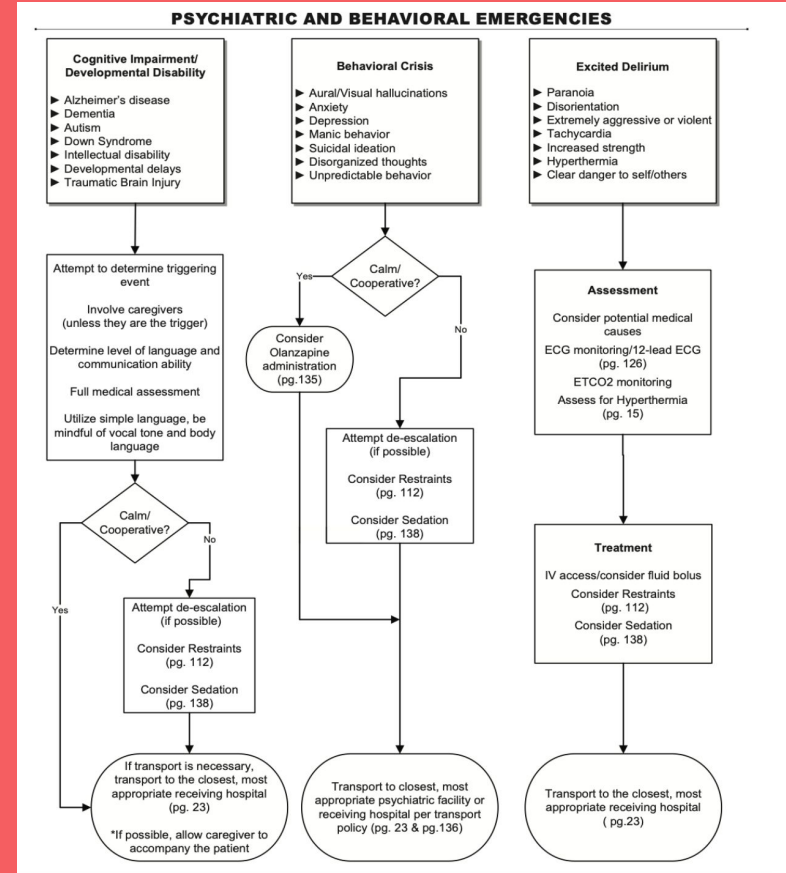
Psychosis

- Hallucinations or delusions
- Disorganized behavior
- Poor reality testing
- Paranoia
- Inability to give a reliable history

Stimulants

- Severe agitation
- Tachycardia
- Rapid breathing
- Sweating
- Dilated pupils
- Sleep deprivation
- Possible tactile hallucinations like “bugs crawling”

Alco Protocols



Scenario 2

22 YOF w/ Panic Attack

What is a Panic Attack?

A panic attack is a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause.

Your brain senses “danger” and sets off your body’s fight or flight responses

- Stress Hormones Released
- Sympathetic Nervous System is activated

Signs and Symptoms?

Physical signs and symptoms:

- Rapid heart rate or palpitations
- Chest pain or chest tightness
- Shortness of breath or feeling like they cannot breathe
- Hyperventilation
- Sweating
- Trembling or shaking
- Dizziness or lightheadedness
- Nausea or upset stomach

Mental/Emotional signs and symptoms:

- Intense sudden fear or terror
- Feeling overwhelmed or out of control
- Sense of impending doom
- Fear of dying
- Extreme Anxiety

Treating a Panic Attack

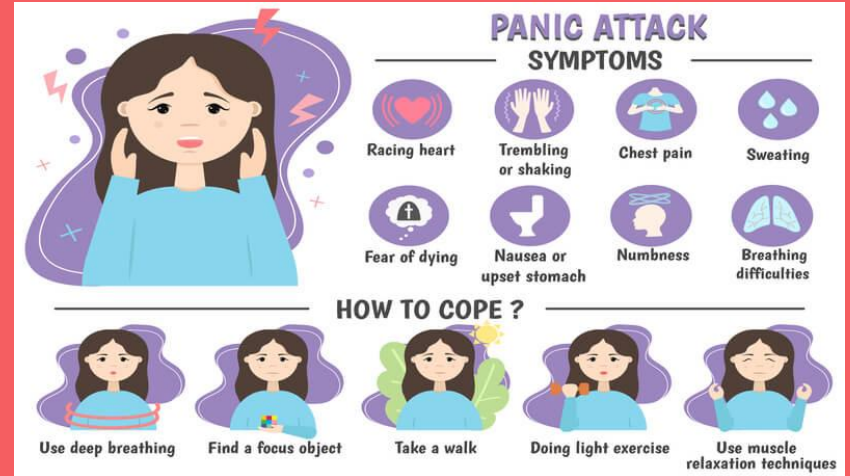
Besides Monitoring Vitals

Calm Verbally:

- “You’re safe with us.”
- “I’m going to stay with you.”

Calming and Coaching Breathing

- “In through nose, out through mouth”
- “Match my breathing”



What makes panic attacks so tricky?

Symptoms can easily mimic other serious issues:

Chest pain or chest tightness → Heart Attack

Shortness of breath / feeling like you can't breathe → asthma or lung problems

Dizziness, lightheadedness, weakness, or faint feeling → low blood sugar

DON'T MAKE ANY ASSUMPTIONS

Rule out all possibilities to ensure there are no other life threatening issues present.

