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Roll no. 31, Branch CSE, OE Assignment 2,
Arun

2) As a first aider, I manage the patient in controlling his aggressive behaviour by :-

- Untie the patient, if tied up
- Reassurance
- Talk to the patient softly
- Firm and kind approach towards him
- Ask ~~the~~ direct and concise questions
- Avoid yes or no questions
- Assist the patient in defining the problem
- Sedation -
- Collect detailed history and explore the cause
- Carry out complete physical examination
- Check hydration status; if severe dehydration -
IV fluids
- Have less furniture in the room, remove all sharp instruments
- Keep environment stimuli to the minimum
- Stay with the patient to reduce anxiety
- Redirect violent ~~the~~ behaviour with physical outlets such as exercise, outdoor activities
- Encourage the patient to "talk out" the aggressive feelings rather than acting them out
- Physical Restraints:-
 - Used as a last resort
 - Take written consent from care givers
- ~~Psycho~~ to give psychopharmacological medications

Guidelines for self protection while handling an aggressive patient that I will do:-

- Never see the patient alone
- Keep a comfortable distance away from patient.
- Be prepared to move.
- Maintain a clear exit route
- Be sure that the patient has no weapons with him.
- If patient is having a weapon, ask him to keep it down rather than fighting with him.
- Keep something (pillow, mattress, blanket) between you and weapon.
- Distract the patient to remove the weapon (e.g. throwing water on the face)
- Give prescribed antipsychotics.