

# BUILDING CAPACITY IN DE- ESCALATION TECHNIQUES FOR ENHANCED SAFETY IN PSYCHIATRIC CARE

AN IN HOUSE ONE DAY TRAINING OF STAFFS IN FEDERAL  
NEUROPSYCHIATRIC HOSPITAL BARNAWA

10<sup>TH</sup> Jan, 2024

# SESSION 1-INTRODUCTION OF THE TRAINING

- Building Capacity in De-escalation Techniques for enhanced safety in Psychiatric Care
- Who are the TARGETED audience?
  - Duration- one day training
  - Sessions - 5 sessions
  - Pre-test and Post-test each lasting minutes
  - Role plays, panelist discussion, experiences
  - Questions and Answers

# INTRODUCTION

- *Certainly, developing capacity in de-escalation techniques for enhanced safety in psychiatric care is crucial for promoting a safe environment for both patients and healthcare providers.*

# OBJECTIVES

- Understanding Behavioral Triggers: Educate healthcare providers about common triggers and factors that contribute to escalated behaviors in psychiatric patients.
- De-escalation Techniques: Teach effective verbal and non-verbal de-escalation techniques to diffuse tense situations and prevent escalation.
- Emotional Regulation Skills: Provide tools to enhance emotional regulation among staff when faced with challenging behaviors from patients.

# OBJECTIVES CONT

- **Crisis Intervention Strategies:** Equip staff with appropriate crisis intervention strategies to manage acute and potentially dangerous situations safely.
- **Communication Skills:** Enhance communication skills, including active listening, empathy, and assertiveness, to establish rapport and effectively communicate with patients in distress.
- **Team Collaboration:** Foster teamwork and collaboration among healthcare providers to create a cohesive approach in managing challenging situations.

# EXPECTED OUTCOME

- Reduced Incidents of Aggression: Decrease the frequency and severity of aggressive incidents within the psychiatric care setting through early intervention and effective de-escalation.
- Enhanced Safety: Create a safer environment for both patients and staff by mitigating risks associated with escalated behaviors.
- Improved Patient Experience: Help patients feel more supported and understood, leading to improved trust and cooperation during their care.

# EXPECTED OUTCOME

- Increased Staff Confidence: Boost staff confidence in handling difficult situations, thereby reducing stress and burnout.
- Effective Implementation: Ensure the practical application of learned de-escalation techniques in real-life scenarios through simulations and role-plays.
- Continuous Improvement: Establish a framework for ongoing evaluation and refinement of de-escalation protocols based on feedback and experiences.

# CONCLUSION

- To achieve these various objectives and outcomes and make it interesting, the training has been designed in such a way that it will combine theoretical knowledge, practical exercises, case studies, and opportunities for us to practice de-escalation techniques in simulated scenarios.



HAPPY

LISTENING