1. BASIC PROTOCOL F2 - including primary assessment (ABCDE)
   - Safety of the paramedic, patient and bystanders are the key priorities
   - Always consider organic causes for the patient’s presentation (hypoxia, hypoglycaemia etc)

2. SCENE SAFETY ASSESSMENT (including risk of behavioural disturbance)
   Consider police assistance if any of these criteria is met or known to exist:
   - History of violence
   - History of impulsiveness or risk taking behaviour
   - Agitated behaviour
   - Current disturbed mental state such as mania, hallucinations, delusions or paranoia
   - Threats or inappropriate gestures
   - Substance use, especially alcohol or stimulants

If the scene appears to be a safety risk or you suspect weapons may be present, stand off and call for immediate Police assistance

3. ESTABLISH RAPPORT
   - Calmly identify yourself to the patient
   - Ask the patients name and main concerns
   - Reassure the patient
   - Effectively communicate with simple words and sentences

4. ASSESS CURRENT STATE OF MENTAL HEALTH
   - Significant recent changes
     - What significant changes have recently occurred in the patient’s life?
   - Thought form and process
     - Are the patient’s thought processes of a logical, sequential or orderly form?
   - Actions and appearance
     - Are the patients actions a risk to the patient or others?
     - Does the patient appear to display any indicators of severe behavioural disturbance?
   - Thought content
     - What are the content of the patients thoughts?
     - Are there any thoughts of suicide?
• Emotions and feelings
  • What mood is the patient displaying?
  • What are they feeling?
• Consult family and friends to establish if the current behaviour is out of character, how long it has been evident and what coping mechanisms are usually deployed

5. IF AT RISK OF SUICIDE – Refer protocol S6

<table>
<thead>
<tr>
<th>Section 20 Mental Health Act 2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>If the patient has been detained under Section 20 of the Mental Health Act 2007 the paramedic must complete a Section 20 form</td>
</tr>
</tbody>
</table>

6. PATIENT MANAGEMENT – As per Patient Management Protocol F5, Pharmacology 219 (midazolam)

7. TRANSPORT PRINCIPLES – As per Patient Transport Protocol F3, Non Transport Protocol P2, and the Mental Health Emergency Response Memorandum of Understanding

8. If the patient is co-operative ensure that a minimum of 2 sets of ABCD physical examinations and physiological observations are made and recorded on the PHCR. If the patient objects to observations being taken record the reason on the PHCR and observe the patient

9. DOCUMENTATION
• Record that a Mental Health Assessment has been conducted by ticking the Mental Health Assessment box on the PHCR
• Document finding of the Mental Health Assessment in free text
• Record the use of the Mechanical Restraint Device by ticking Mechanical Restraint box on PHCR and Research Box B
• Report ANY adverse events that compromise safety to paramedics, patients or bystanders via IIMS