DID YOU KNOW?

- Psychiatric residencies is rewarding, but can be dangerous as well.
- Among psychiatry residents:¹
  - 73% reports being threatened
  - 33% reports receiving no training in managing violent patients
- One approach to train psychiatrists in violence management is through simulation-based education and assessment strategies.

OUR GOAL: To achieve at least a 10% increase in the comfort levels of psychiatry PGY-1 when working with agitated patients in crisis situations after participating in a 4-hour psychiatric simulation course.

HOW DID WE DO THIS?

- All Hennepin-Regions psychiatric PGY-1 residents participated.
- A 4-hour psychiatric simulation course was created, which included:
  - Live in-person clinical simulation scenarios of escalating and violent patients
  - Each simulations lasted 30-40 minutes followed by 30 minutes of de-briefing with a staff psychiatrists and co-residents
  - A psychiatric nurse, security officer, and 1-2 clinical simulators participated as “actors” in the simulation.
- Scenarios were simulated at Regions Clinical Simulation Center, St. Paul, MN.
- Pre- and post-course self-rating questionnaires were administered to assess various aspects of preparedness.

DISCUSSION

- PGY-1's comfort level improve significantly when interviewing agitated patients in crisis situation after completing the course.
- Thus, this course may be very helpful in preventing and reducing the severity of assaults when working with agitated patients.
- Future efforts will focus on the long-term impact of simulation-based training throughout the resident’s psychiatry training.

OUTCOMES

- N=13 psychiatric PGY-1 residents
- Pre- and post-simulation self-rating scores analyzed using Welch’s t-test
- *p<0.05

When working with patients in crisis, how comfortable are you in...

<table>
<thead>
<tr>
<th>Activity</th>
<th>Pre-Sim Rating</th>
<th>Post-Sim Rating</th>
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<tbody>
<tr>
<td>Interviewing agitated patient</td>
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<tr>
<td>Verbal de-escalation</td>
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<td>Recognizing imminent danger</td>
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<td>Safety procedures and protocols</td>
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<td>Working with other team members</td>
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</tbody>
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References: Artwork by Erlan Arya.

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