



The Royal  
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College of  
Psychiatrists



# 'ICE-CHOSIS' STAYING SAFE WHILE PROVIDING CARE IN THE COMMUNITY

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# About the Royal Australian and New Zealand College of Psychiatrists



- The Royal Australian and New Zealand College of Psychiatrists (RANZCP) is responsible for training, educating and representing psychiatrists in Australia and New Zealand
- The RANZCP now has over 5500 members, including over 1300 members who are training to qualify as psychiatrists.
- College website: [www.ranzcp.org](http://www.ranzcp.org)

# SAFETY PRINCIPLES



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- Preparation
- Prevention
- Avoidance

# PREPARATION



1. Know the person's history
2. Access collateral information
3. Home visit in pairs, engage the principles of a crisis intervention plan
4. Have a back-up alert system
5. Establish communication and understanding with patient

# APPROACH



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1. Park your car for a rapid exit
2. Keep your hands free...but keep your keys accessible
3. Look for tell-tale signs of meth production/use
4. Know the protocol for indicating your arrival
5. Know the 3 rules of doorway safety

# VERBAL DE-ESCALATION



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1. Facilitative language eg.
  - ‘And’ rather than ‘but’
2. Align rather than confront eg.
  - ‘We’ rather than ‘I’ or ‘You’
3. Calm tone, volume and rate
4. Avoid jargon language
5. Utilise known de-escalation words/phrases from CIP (and avoid trigger language)

# ENVIRONMENT



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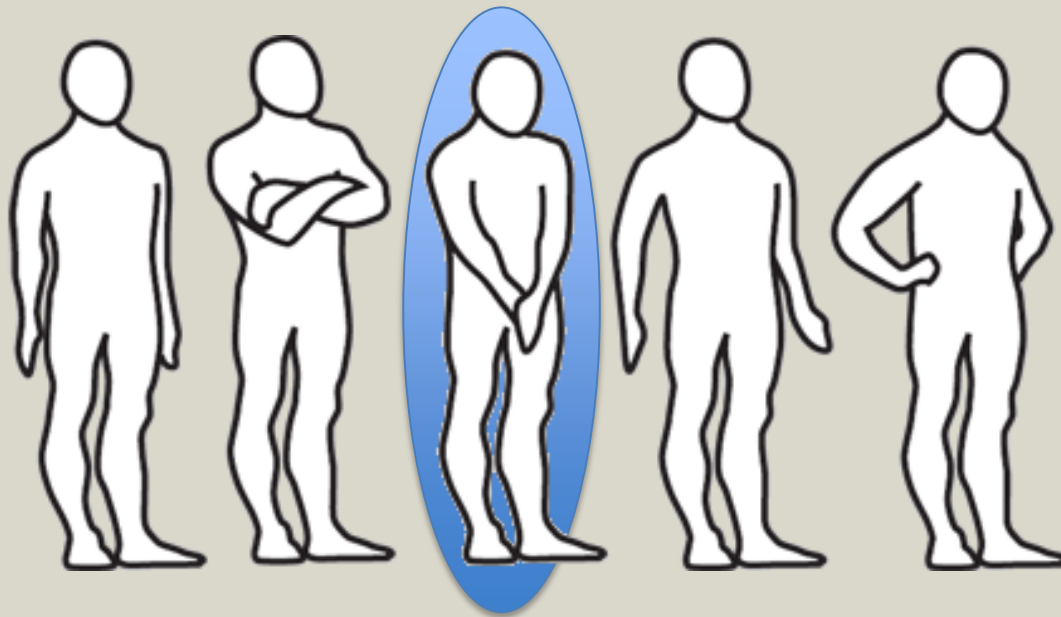


1. Ease of exit for both parties
2. Low stimulus
3. Limited potential for weapons
4. Non-confronting for the person
5. Interviewer position and posture

# SAFE STANCE



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# SAFETY FIRST



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- ICE principle
  - Isolate
  - Contain
  - Evacuate