

STUDY GUIDE
for
Behavioral and Psychiatric Emergencies

1. Which of the following can cause a behavioral emergency?
 - A. underlying psychiatric problem
 - B. substance abuse
 - C. medical illness
 - D. all of the above

2. Which of the following interviewing techniques is considered appropriate for the behavioral emergency patient?
 - A. Using a formal checklist of questions
 - B. Never allowing the patient to lead the interview
 - C. Pressing the patient for specific answers
 - D. Communicating honesty and firmly

3. During long periods of silence you should
 - A. press the patient to keep talking
 - B. keep talking yourself
 - C. stay calm and relaxed
 - D. leave the patient alone

4. If the behavioral emergency patient believes that there are large pink elephants in the room you should
 - A. tell him you see him too
 - B. understand that they are real for him
 - C. tell him there are no pink elephants
 - D. tell him he has an obvious psychiatric problem

5. If the distraught patient suddenly begins to cry you should
 - A. let them
 - B. try to stop them
 - C. tell them everything will be all right
 - D. start talking

6. Your priority in any behavioral emergency is
 - A. your safety
 - B. the patient's safety
 - C. the underlying reason for the patient's behavioral problem
 - D. the patient's life-threatening injuries

7. A mood disorder characterized by feelings of helplessness and hopelessness is
- A. anxiety
 - B. depression
 - C. mania
 - D. schizophrenia
8. Which of the following organic causes can mimic this condition?
- A. Hyperthyroidism
 - B. Hypothyroidism
 - C. Cushing's disease
 - D. Grave's disease
9. Amitriptyline (Elavil), imipramine (Tofranil), and fluoxetine (Prozac) are examples of _____ medications.
- A. antipsychotic
 - B. antianxiety
 - C. antidepressant
 - D. antiparkinson
10. Which of the following is a major suicide risk factor?
- A. Previous attempts
 - B. Depression
 - C. Widowed spouses
 - D. All of the above
11. Which of the following factors increases the risk of the suicide plan?
- A. Well thought out plan
 - B. Access to the suicide device
 - C. Very lethal method
 - D. All of the above
12. Headache, palpitations, insomnia, and hyperventilation may be signs of
- A. depression
 - B. schizophrenia
 - C. anxiety
 - D. extrapyramidal symptoms

13. Diazepam (Valium), alprazolam (Xanax), and lorazepam (Ativan) are examples of _____ medications.
- A. antipsychotic
 - B. antianxiety
 - C. antidepressant
 - D. antiparkinson
14. A patient with bipolar disorder usually suffers from
- A. frequent hallucinations
 - B. wide mood swings
 - C. delusional behavior
 - D. altered disorganization
15. Lithium (Lithobid) is often prescribed for _____ patients.
- A. schizophrenic
 - B. suicidal
 - C. organic brain syndrome
 - D. manic-depressive
16. The patient who believes he is Jimmy Hoffa and is being chased by the mobsters is probably suffering from
- A. manic-depression
 - B. paranoid schizophrenia
 - C. acute anxiety
 - D. none of the above
17. Haloperidol (Haldol) and chlorpromazine (Thorazine) are examples of _____ medications.
- A. antipsychotic
 - B. antianxiety
 - C. antidepressant
 - D. antiparkinson
18. Your patient who exhibits dystonia, dyskinesia, and akathisia may be suffering from
- A. depression
 - B. schizophrenia
 - C. anxiety
 - D. extrapyramidal symptoms

19. Prehospital management of the preceding patient may include
- A. haloperidol (Haldol) IV
 - B. diphenhydramine (Benadryl) IV
 - C. diazepam (Valium) IV
 - D. none of the above
20. Pathologies that may mimic behavioral disorders include
- A. drug or alcohol overdose/abuse
 - B. head trauma, hypoxia, or hypovolemia.
 - C. diabetes or electrolyte imbalance
 - D. dementia (organic brain syndrome)
 - E. all of the above
21. All of the following are examples of “open-ended” questions, except
- A. What kinds of medications do you take?
 - B. How often has this happened before?
 - C. Have you done anything to hurt yourself?
 - D. When did you begin feeling like you wanted to die?
 - E. Whom have you turned to for help in the past?
22. Which of the following statements regarding risk factors for suicide is false?
- A. The more specific and detailed the plan, the greater the suicide potential
 - B. Women are more successful at committing suicide than men.
 - C. Men use more violent methods of suicide than women
 - D. A history of prior attempts increases the potential for successful suicide.
 - E. The presence of depression increases the potential for successful suicide.
23. A suicidal patient who is in possession of a weapon should be
- A. approached calmly and supportively, without a show of fear.
 - B. threatened with arrest if she/he does not relinquish the weapon immediately.
 - C. approached rapidly and in force to prevent the use of the weapon for self-harm
 - D. considered homicidal as well as suicidal
 - E. None of the above

24. Which of the following statements regarding management of behavioral or psychiatric disorders is false?
- A. Routine use of restraint devices is recommended for the safety of the paramedic regardless of the amount of “cooperation” exhibited by the patient.
 - B. The paramedic should intervene in the situation to the extent that she/he feels capable being aware of personal and professional limitations.
 - C. The paramedic should seek professional assistance in dealing with any situation that is beyond the scope of her/his capabilities.
 - D. Overreaction to the patient’s behavior or emotional condition will interfere with the paramedic’s ability to assess and address the needs of the patient.
 - E. None of the above is false.