

# *Psychiatric Crash Cart:* Treatment Strategies for the Emergency Department

## **Presenting Speaker**

Sara Gilbert, RN, CEN, MACP

## **About the Speaker**

**Sara Gilbert** is the author of "Psychiatric Crash Cart" for the Advanced Emergency Nursing Journal (October 2009). She is a member of ENA Psychiatric Patient Education Product Development work team and a consultant/author for Mosby-Elsevier Publishing Corporation for development of mental health skills for the acute care nurse.

## **Registration**

Please register for the event online at [sutterpsychiatry.org](http://sutterpsychiatry.org) and/or to be included on our mailing list for future events.

Continuing Education Units will be provided for Nurses, Social Workers and Marriage, Family Therapists.

**For more information, please contact the Sutter Center for Psychiatry Education Line at (916) 386-3682.**



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for Psychiatry*

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**Monday, September 20, 2010**

**Noon-3 p.m.**

Lunch and Registration will begin at 11:30 a.m.  
Lecture - Noon to 3:00 p.m.

**Sutter Center for Psychiatry**

**7700 Folsom Blvd.**

**Sacramento, CA 95826**

(All parking for the event will be at the west end of the Home Depot parking lot near Sutter Center for Psychiatry)

## **Description**

Emergency department staff are often frustrated when treating patients with psychiatric disorders. Nurses may feel that these patients are taking time away from the truly sick. Psychiatric patients will often present with exacerbations of their illnesses, as do our patients with medical conditions. Symptom management is critical in the treatment of patients with psychiatric disorders; it reduces anxiety, builds trust, and allows the patients to feel safer. The staff is able to enlist the cooperation of the patients to stay in control, not only reducing disruption in the ED but also creating a better patient experience.

## **Objectives:**

- Recognize the importance of symptom management
- Gain understanding of psychiatric diagnoses and their related symptoms
- Learn strategies for dealing with a variety of behavioral issues
- Gain insight into therapeutic rapport, nonjudgmental attitude and alliance
- Identify patients at high risk for acting out, self-harm and/or suicidal behaviors