

History of EXD

Table 1

Historical descriptions and terminology of excited delirium syndrome.

Author and year	Nomenclature	Clinical description
Calmeil, <u>1832</u>	Delirious mania	Rare, life-threatening psychosis extreme hyperactivity, mounting fear, stuporous exhaustion
Bell, <u>1849</u>	Bell's mania	Sudden onset of hyperactive arousal, confusion, transient hallucinations, core body temperature dysregulation, 75% mortality rate
Maudsley, <u>1867</u>	Acute maniacal delirium	Violent mania, rapid pulse, constant motion, elevated temperature of skin, complete exhaustion
Stauder, <u>1934</u>	Lethal catatonia	Intense motor excitement, violent, suicide attempts, intermittent rigidity, incoherent speech, bizarre delusions; fever (43.3°C), cardiovascular collapse
Wetli and Fishbain, <u>1985</u>	Excited delirium	Agitation motor excitement, super human strength, paranoia, mounting fear, hyperthermia, cardiorespiratory collapse, cocaine intoxication, no anatomic cause of death



Current definition

Excited delirium: A condition that manifests as a combination of **delirium, psychomotor agitation, anxiety, hallucinations, speech disturbances, disorientation, violent and bizarre behavior, insensitivity to pain, elevated body temperature and superhuman strength.**



Common Risk Factors

- Male under the age of 44 median age of 36
- Use/abuse of illicit drugs
- Preexisting mental and/or cardiovascular disease
- Exhibition of bizarre behavior such as:
 - Various stages of nudity
 - Incoherence and delirium
 - Violence/attacking or breaking glass
 - Running in traffic
 - Paranoia



R: Patient is resistant

- Verbal loop of “get on the ground”
- Handcuffing and hobbles will take multiple officers
- Understand some subjects will not respond to pain compliance



Ok they are in handcuffs now what.

- Sudden cardiac arrest typically occurs immediately following a violent struggle
- Place the subject in the recovery position to alleviate positional asphyxia
- Once in handcuffs, get EMS on scene quickly to monitor and transport
- Sign a transport hold on these individuals
- Complete a CIC report



The White Paper

- Twenty medical doctors across the United States contributed the White Paper Report on Excited Delirium Syndrome in 2010
- “beneficial use of aggressive chemical sedation as first line intervention.”
- “Law enforcement control measures should be combined with immediate sedative medical intervention to attempt to reduce the risk of death.”



Airway

- Normally this is head tilt chin lift or “Sniffing Position”. Can also be the Recovery Position.

