



Monroe County Office of Mental Health &  
Rochester Police Department

# Excited Delirium

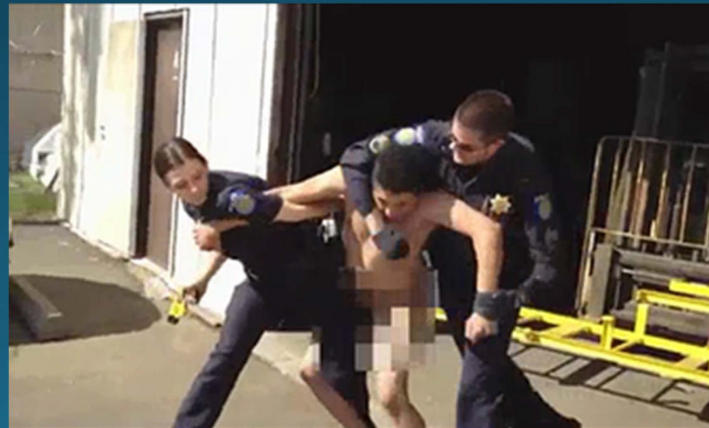
# Objectives

- What is it?
- Is it emergent?
- Signs and symptoms
- Outcomes



# Definition

A state of *extreme* mental and physiological excitement, characterized by extreme agitation, hyperthermia, hostility, exceptional strength, and endurance without fatigue.



# Profile

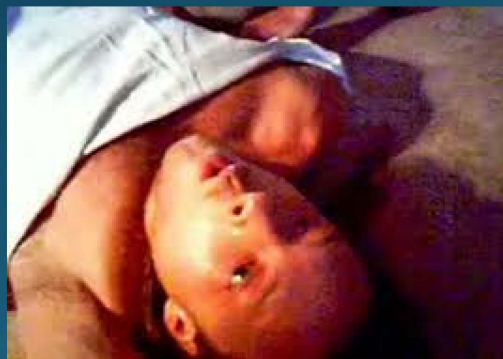
- ✓ 91-99% male
- ✓ 31-45 years of age generally
- ✓ Person usually involved in a struggle
- ✓ Death usually follows a bizarre behavior episode and/ or use of illegal drugs or prescription medication





# Four stages

1. Elevated body temperature
2. Agitation
3. Respiratory arrest
4. Death



# Psychological behaviors

- Paranoia
- Agitation
- Emotional changes
- Disoriented
- Hallucinations
- Delusional
- Cannot follow commands
- Looks like “just snapped” or “flipped out”
- Unfounded fear or panic

# Communication behaviors

- Screaming
- Loud incoherent speech
- Mumbling
- Grunting
- Guttural sounds
- Talking to people that are not there
- Irrational speech



# Physical behaviors

- Violence
- Bizarre behavior
- Aggression towards inanimate objects (glass, mirrors, shiny things)
- Nudity
- Superhuman strength
- Unlimited endurance
- Muscle rigidity
- Diminished sense of pain (baton and taser may be ineffective)
- Extreme sweating
- Saying "I can't breathe"
- Uncontrolled shaking



# Medical implications...

- Often times within minutes of being restrained the subject loses all vital signs
- Core body temperatures averaging 105 degrees
- Resuscitation often fails
- Keep record of what occurred at scene
- Ask for EMS to record body temperature





# Video



# What in this video indicated Exited Delirium?

- Aggressiveness
- Hyperactivity
- Incoherent shouting
- Unable to follow commands
- Naked
- Bizarre behaviors



# Response

- Do not approach without (adequate) backup unless necessary to prevent serious harm or death to the individual or another



# Response

- When possible eliminate stimuli
- Call the person by his/her first name if known
- Give space as possible





# Making contact



- Once decision is made to make contact, do so decisively and quickly
- Avoid pain compliance techniques as they likely will have little effect





# Treatment?

- Medical treatment- emergently
  - Sedation with benzodiazepines
  - External cooling
  - Intravenous fluids
  - Cardiac and respiratory monitoring

