



## TREATMENT PROTOCOL

### PANIC ATTACK

1. Symptoms/Presentation:

- Heart palpitations, chest pain, shortness of breath, choking sensations, dizziness, faintness, sweating, trembling, shaking and tingling of hands and feet *not due to a medical condition.*
- Expressions of fears of dying, having a heart attack, passing out, or going crazy.
- Claustrophobia, the fear of closed spaces is common in prison and jails.

2. Remain calm and neutral.

3. Check with a Facility Nurse to rule out any medical condition.

4. Suggest deep slow breathing.

5. Have person breathe into a paper bag.

6. Give water if appropriate.

7. Allow for access to recreation area or ability to view larger space.

8. Lower head below heart and have someone lie down, if it appears they may faint.

9. Notify mental health to follow up with inmate.