

# ☺ PSYCHOSIS: ZONES FOR MANAGEMENT ☹

## **GREEN ZONES: ALL CLEAR**

- ❑ Functioning in one's life
- ❑ Attentive to one's hygiene and grooming
- ❑ Able to organize thoughts and articulate needs
- ❑ Able to be in charge of one's impulses and behaviors
- ❑ Compliant with medications and MD appointments
- ❑ Able to participate in social interaction
- ❑ Absence of delusions/hallucinations or adequate awareness and judgment in response to these symptoms
- ❑ Abstaining from the use of non-prescribed substances and/or alcohol

## **YELLOW ZONES: CAUTION**

- ❑ Feelings of becoming less able to be organized in one's thinking and behavior
- ❑ Difficulty taking care of one's personal needs – hygiene, grooming
- ❑ Less able to function in one's life and follow through with plans
- ❑ More bothered by the presence of delusions and/or hallucinations
- ❑ More withdrawn or hyperactive
- ❑ Careless about taking medications as prescribed
- ❑ Less able to control one's impulses and behaviors

### **ACTION/INTERVENTION:**

- ✓ Discuss current life stressors with client.
- ✓ Allow client to share his/her emotional response.
- ✓ Review medication regimen with client.
- ✓ Alert psychiatrist or treating physician to the increase of symptoms.

## **RED ZONES: MEDICAL ALERT**

- ❑ Overwhelmed by one's delusional thoughts or hallucinations
- ❑ Having voices that tell one to do harm to oneself or someone else.
- ❑ Unable to regulate one's behavior and/or control one's impulses
- ❑ Refusing to take medications or keep appointments
- ❑ Unable to have a coherent conversation with another
- ❑ Feelings of hopelessness
- ❑ Refusing to eat
- ❑ Unable to sleep
- ❑ Violent behavior

### **ACTION/INTERVENTION:**

- ✓ Notify psychiatrist/treating physician of decomposition.
- ✓ Consider calling Mobile Crisis Team.
- ✓ Send to ER or call 911 as appropriate. 📞