



# Children and Young People's Acute Psychiatric and Psychosocial Emergencies (CYP APEx)



## What is CYP APEx?

The aim of this course is to demonstrate how a structured approach can be used to equip any health professional encountering children and young people in acute distress (crisis) with the knowledge, skills and attitudes to be competent, confident and compassionate in providing safe, effective, high-quality care until an appropriate onward care plan is in place.

### Primary assessment

#### AEIO-U



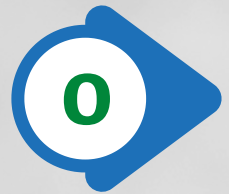
**Agitation / Aggression** - Is the CYP aggressive, pacing, shouting, threatening or are they calm?



**Environment** - Is the CYP in a space that is safe and suitable for their level of distress? Is it ligature point free? Are there two exits? Alarms? Or are they in a busy waiting room?



**Intent** - Is there a current intent to harm themselves, to harm others, or to abscond?



**Objects** - Do they have any objects on them, or in the environment around them, that may be used to harm themselves or others?



**Unified** - Assessment of ABC (Airway Breathing Circulation) should be done concurrently to safely assess physical, psychiatric and psychosocial risk factors.

AEIO-U will provide a risk matrix that will enable you to safely and effectively manage the CYP in acute distress until an onward care plan is in place.

### Secondary assessment

#### Physical and psychosocial

The course provides the learner with structure to the ongoing assessment and management of a CYP presenting in acute distress, considering all potential physical, psychiatric and psychosocial contributing factors. Common presentations with self-harm, suicidal intent and food/fluid refusal are covered with an emphasis on de-escalation using safe, effective and compassionate approaches until an onward care plan is in place.

### Educational approaches

The course is multiprofessional with an emphasis on team working across physical and mental health professionals and learning with, from and about each other. There are pre course learning materials in the form of a manual and case studies. The in person course is over two days, with some short lectures and workshops but mostly active learning through simulated scenarios using actors presenting in acute distress, facilitated by an experienced multiprofessional faculty.

## Vertical themes in the course include:

neurodiversity

safeguarding

a trauma-informed approach

differences in legal considerations for CYP of different ages compared to adults



The number of children and young people presenting in crisis to acute settings is increasing. In England over the last 10 years (2012-2022) admissions to children's wards with primary concerns related to mental health increased from 24,198 to 39,925 (a 65% increase) compared to a 10.1% increase in all cause admissions. Increases in admissions were greatest among girls aged 11-15 (112.8% increase), and for eating disorders (514.6% increase). More than half (53.4%) were due to self-harm.