# 15-Minute Active Violence Drill (Resident)

This is an exercise.

You are the Supervisor or Charge Nurse of your Department in your facility.

Joe, an 80-year-old resident who has progressive dementia, has been difficult to re-direct on occasion. Today, suddenly, he grabs the long hair of a CNA trying to assist him out of bed and won’t let go. He starts hitting her with his other hand. She is yelling for help. Someone hears the yelling and investigates.

## What would you do?

1. Do you have written plans or procedures for de-escalation techniques?
2. Has anyone taken de-escalation training to help with the situation? Would it help with progressive dementia?
3. How do you stop him from attacking the CNA?
4. What do you do next?
5. Are there other departments that need to be involved? How do you notify them?
6. Do you contact the next of kin? Administration? Doctor?
7. Is he appropriate for this facility?
8. How can you assure staff safety?
9. What sort of report is completed?
10. What are your greatest concerns?

Note: This could expand into a longer tabletop exercise, if desired.

## After action review (AAR) questions to ask:

These questions establish a common understanding of the real situation that occurred or for the exercise scenario presented. The facilitator should encourage and promote discussion around these questions. The differences should be explored:

1. What was supposed to happen?
2. What actually did happen?
3. Why were there differences?

These questions generate reflection about the successes and failures during the event or exercise:

1. What worked? (Identify 3 successes)
2. What didn’t work? (Identify 3 opportunities for improvement)
3. Why?

This question is intended to help identify specific actionable recommendations. The facilitator asks AAR participants for clear, achievable and future-oriented recommendations. Include the successes and improvements from above questions in your AAR:

1. What would you do differently next time?

\*\*\*\*See AAR Report template on next page\*\*\*\*

# After Action Report

Date:

Names of staff participating in this discussion:

STRENGTHS   
List strengths here.

AREAS OF IMPROVEMENT   
List Areas of Improvement here.

RECOMMENDATIONS  
List Recommendations here.

CONCLUSION AND NEXT STEPS  
Insert Conclusion here, who will address issues and what is the timeline for changes.