

## Bite Release

It's important for caregivers to prepare for potentially aggressive situations by learning protective release techniques. In the case of a patient bite, the **Under Nose Pressure Bite Release** is often preferred by caregivers because of its simplicity and effectiveness. It also lends itself easily to co-workers assisting each other.

### 1. Control

- **Do not pull away.** Doing so could cause significant injury and damage to your skin.
- Do keep the patient from pulling away by holding the back of their head or applying inward pressure to their mouth.



Patient bite scenario.

### 2. Isolate

- Move to the side of the patient or block their leg(s) or feet with your leg or foot. This will protect you from kicks, punches or other threats.
- Maintain a wide stance for balance.

### 3. Release

- Place your thumb (preferred) or finger(s) directly under the base of the patient's nose.
- Push up on the base of the patient's nose with light pressure. This will be uncomfortable for the patient and may trigger a release.
- If needed, increase pressure at the base of the nose. Increased pressure will push the patient's head backward, which will reduce their ability to bite down.
- Once you feel the bite weaken or mouth open, remove your hand, arm, etc.



Light pressure is all that is typically required for a successful release.



A co-worker can use the same technique to assist with the release.

To reach a positive outcome, always:

- **Stay calm.**
- **Attempt to get assistance** from a co-worker.
- Follow steps to **control, isolate and release.**

### Remember:

- **Immediately report** all details of aggressive verbal or physical patient behavior to your manager.
- **Update** medical records to warn other caregivers of past aggressive behaviors.
- **Practice** this technique with co-workers to build confidence.

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