

<div style="border: 2px solid black; padding: 5px; display: inline-block;"> <b>V-RISK 10</b> </div>	<b>Violence risk checklist - 10</b>	Inpatient <input type="checkbox"/> Discharged <input type="checkbox"/> In policlinic <input type="checkbox"/>
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Patient's name		Date of birth:
Female <input type="checkbox"/> Male <input type="checkbox"/>		Patient number:
Date of admittance:	Date of discharge:	Registration number:
Signed in by:		Date:

Scoring instruction:

The rater collects information about each of the ten risk factors on the V-RISK-10 checklist. Under each item we have described some examples of important scoring information. Put a check in the box to indicate the degree of likelihood that the risk factor applies to the patient in question:

- **No:** Does not apply to this patient
- **Maybe/moderate:** Maybe applies/present to a moderately severe degree
- **Yes:** Definitely applies to a severe degree
- **Do not know:** Too little information to answer (circle the scores)

<b>1. Previous and/or current violence</b> <i>Severe violence refers to physical attack (including with various weapons) towards another individual with intent to inflict severe physical harm. <b>YES:</b> The individual in question must have committed at least 3 moderately violent aggressive acts or 1 severe violent act. Moderate or less severe aggressive acts such as kicks, blows and shoving that does not cause severe harm to the victim is rated <b>Perhaps/moderate.</b></i>	<b>No</b>	<b>Maybe/ moderate</b>	<b>Yes</b>	<b>Do not know</b>
<b>2. Previous and /or current threats (verbal/physical)</b> <i><b>Verbal:</b> Statements, yelling and the like, that involve threat of inflicting other individuals physical harm. <b>Physical:</b> Movements and gestures that warn physical attack.</i>	<b>No</b>	<b>Maybe/ moderate</b>	<b>Yes</b>	<b>Do not know</b>
<b>3. Previous and/or current substance abuse</b> <i>The patient has a history of abusing alcohol, medication and/or other substances (e.g. amphetamine, heroin, cannabis). Abuse of solvents or glue should be included. To rate YES, the patient must have and/or have had extensive abuse/dependence, with reduced occupational or educational functioning, reduced health and/or reduced participation in leisure activities.</i>	<b>No</b>	<b>Maybe/ moderate</b>	<b>Yes</b>	<b>Do not know</b>
<b>4. Previous and/or current severe mental illness</b> <i><b>NB:</b> Whether the patient has or has had a psychotic disorder (e.g. schizophrenia, delusional disorder, psychotic affective disorder). <u>See item 5</u> to rate personality disorders.</i>	<b>No</b>	<b>Maybe/ moderate</b>	<b>Yes</b>	<b>Do not know</b>

<b>5. Personality disorder</b> <i>Of interest here are eccentric (schizoid, paranoid) and impulsive, uninhibited (emotionally unstable, antisocial) types.</i>	No	Maybe/ moderate	Yes	Do not know
<b>6. Shows lack of insight into illness and/or behaviour</b> <i>This refers to the degree to which the patient lacks insight in his/her mental illness, with regard to for instance need of medication, social consequences or behaviour related to illness or personality disorder.</i>	No	Maybe/ moderate	Yes	Do not know
<b>7. Suspicion</b> <i>The patient expresses suspicion towards other individuals either verbally or nonverbally. The person in question appears to be “on guard” towards the environment.</i>	No	Maybe/ moderate	Yes	Do not know
<b>8. Shows lack of empathy</b> <i>The patient appears emotionally cold and without sensitivity towards others’ thoughts or emotional situation.</i>	No	Maybe/ moderate	Yes	Do not know
<b>9. Unrealistic planning</b> <i>This assesses to which degree the patient him/herself has unrealistic plans for the future (inside or outside the inpatient unit). Is for instance the patient him/herself realistic with regard to what he/she can expect of support from family and of professional and social network. <u>It is important to assess whether the patient is cooperative and motivated with regard to following plans.</u></i>	No	Maybe/ moderate	Yes	Do not know
<b>10. Future stress-situations</b> <i>This evaluates the possibility that the patient may be exposed to stress and stressful situations in the future and his/her ability to cope with stress. For example (in and outside inpatient unit): reduced ability to tolerate boundaries, physical proximity to possible victims of violence, substance use, homelessness, spending time in violent environment/association with violent environment, easy access to weapons etc.</i>	No	Maybe/ moderate	Yes	Do not know

Overall clinical evaluation

- Based on clinical judgement, other available information and the checklist:
- How great do you think the violence risk is for this patient? *(Put a check in one of the boxes)*

<b>LOW</b>	<b>MODERATE</b>	<b>HIGH</b>
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Suggestions following overall clinical evaluation: *(Put a check in one of the boxes)*

No risk assessment	More detailed risk assessment
Implementation of preventive measures	

**Justifications/reasons/arguments should be detailed in journal and/or discharge summary**