Suicide Prevention for Interdisciplinary Teams

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In support of improving patient care, Idaho State University Kasiska Division of Health Sciences is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.
Disclosure Statement

• The planners and presenter of this presentation have disclosed no conflict of interest, including no relevant financial relationships with any commercial interests.
Learning Objectives

• Identify suicidal individual needing transfer of care and referral agencies
• Utilize direct questions for assessment of risk of the suicidal person
• Advocate for more suicide prevention education training in the workplace and curriculum
Considerations in Risk Assessment

- Being a burden to others
- Feeling trapped
- Experiencing unbearable pain
- Having no reason to live
- Killing themselves
- Depression
- Loss of interest
- Rage
- Irritability
- Humiliation
- Anxiety

- Increased use of alcohol or drugs
- Looking for a way to kill themselves, such as searching online for materials or means
- Acting recklessly
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- History of attempts
Considerations in Risk Assessment

- Mental health conditions
  - Depression
  - Bipolar (manic-depressive) disorder
  - Schizophrenia
  - Borderline or antisocial personality disorder
  - Conduct disorder
  - Psychotic disorders, or psychotic symptoms in the context of any disorder
  - Anxiety disorders
- Substance abuse disorders
- Serious or chronic health condition and/or pain
- Stressful life events which may include a death, divorce, or job loss
- Prolonged stress factors which may include harassment, bullying, relationship problems, and unemployment
- Access to lethal means including firearms and drugs
- Exposure to another person’s suicide, or to graphic or sensationalized accounts of suicide
ASK THE QUESTION

• Are you thinking of Killing Yourself?
Team Members

- Nursing
- Pharmacy
- Case managers
- Medicine
- Administration
- Many more
Milieu Where Teams Work Together

• Acute hospital settings
  – ED
  – PEDS units
  – MED/SURG
  – ICU

• Community settings
  – Clinics
  – Medical Homes
Milieu Where Teams Work Together

- Schools
- Universities and Colleges
- Workplaces
- Faith Communities

- Hospital Settings
  - ED
  - PEDS
  - MED/SURG
  - ICU

- Community Settings
Recognize the warning signs of suicide
Know how to offer hope
Know how to get help and save a life

ASK THE QUESTION!
• Experts in the Field
  – Thomas Joiner Florida State University
  – Paul Quinett  QPR Institute
  – Idaho SPAN
• Text or Call 1-208-398-4357
• 24/7
Know Your Community Resources

- Crisis Centers
- CIT Law Enforcement
- Community Based Rehabilitation Services (CBRS)
- Crisis Housing
- Community Counseling Centers
References

- http://www.sprc.org/ SPAN IDAHO
- http://www.mentalhealth.va.gov/suicide_prevention/ VA
- https://www.samhsa.gov/safe-schools-healthy-students/resources/suicide-prevention SAMHSA
- http://www.nami.org/ NAMI
- https://www.qprinstitute.com/ QPR