

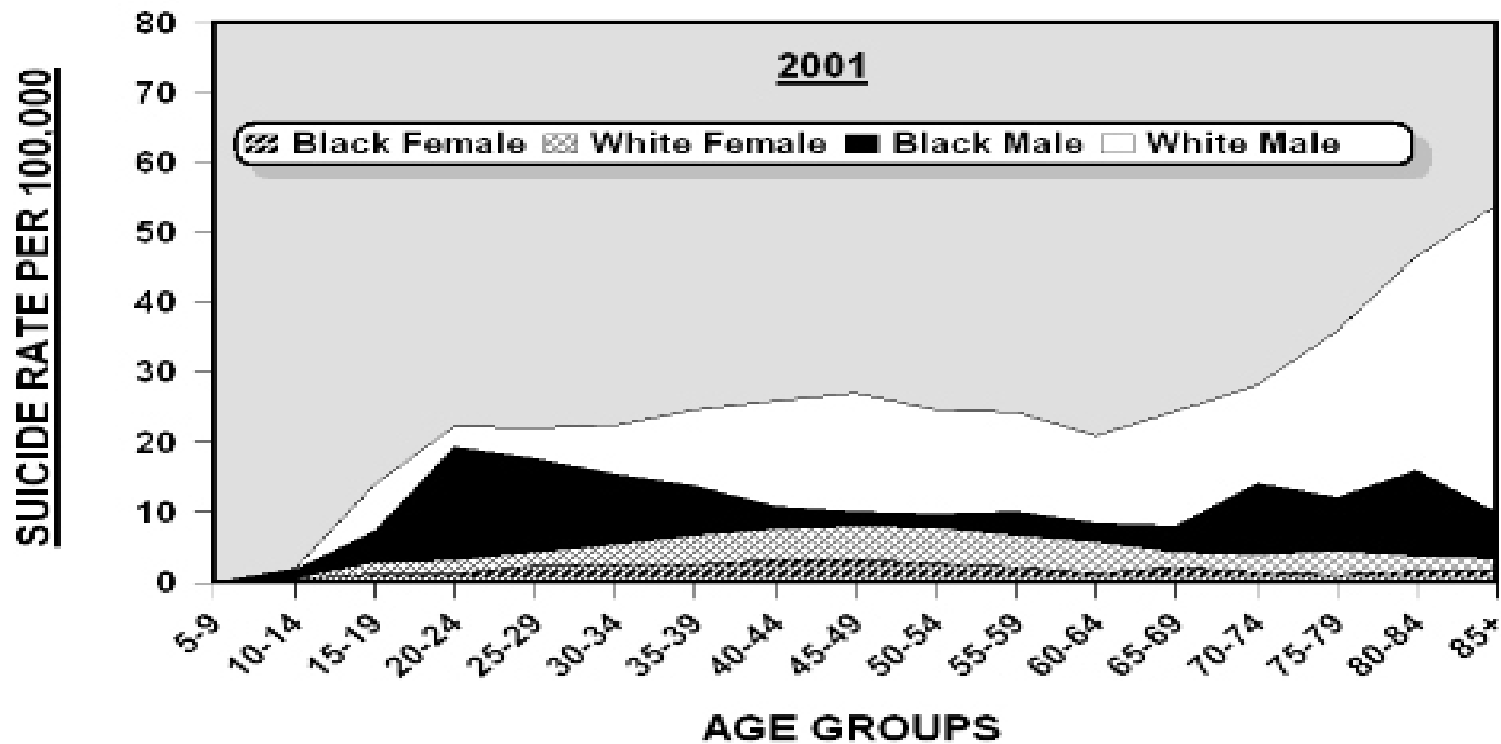
Suicide

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SCOPE of the Problem

U.S. SUICIDE RATES BY AGE, GENDER, AND RACIAL GROUP



Source: National Institute of Mental Health
Data: Centers for Disease Control And Prevention, National Center For Health Statistics

FACTS: DEATHS BY SUICIDE!

- 11th Leading cause of death in the US
- 8th cause of death for males
- 19th cause of death for females
- 30,622 suicide deaths
- Suicides outnumber homicides 3:2
- Firearms is the most common
- Highest rate : White males over 85

Child and teen stats

- Third leading cause of death age 15-24
- Age 10-14 suicide rate is 272/20910440
- Age 15-19 suicide rate 1,611/20271312
- Age 20-24 suicide rate 2360/19711423
- ALL AGE GROUPS: Male have higher incidence

Attempts

- There is no national data on attempts but it is estimated
- 25 attempts per completed suicide
- Highest attempts in women and youth
- Lower in elderly and men

Suicidal Behaviors

- Gestures (unlikely to succeed)
- Attempts (intentionally or not intentionally the act was not fatal)
- Completed (act was fatal)
- Passive death wish

Gestures

- Unlikely to succeed –BUT CAN
- Plea for help that requires treatment
- Scratching wrists with a metal object

Attempts

Two types

- Intention is slight- vague thoughts, want to be found
- Intention is severe but is found early or revived

DIRECT or INDIRECT Attempts

- Direct: Suicidal acts
- Indirect: Risky behaviors, living on the edge

Passive Death Wish

- Wanting to be dead or to die- but unable to actively hurt oneself



STATS

- 200,000 attempts/yr in the USA
- 30,000 completed
- 20% ED visits
- 10% medical admissions
- More women attempt/more men complete
- More single than married
- Recent increase in Women, adolescents

CUES

- Nearly every individual who attempts suicide will show some warning signs in the days, weeks or months beforehand. By identifying these risk factors, we can help prevent suicide in the future.



CUES

- Verbal
- Behavioral
- Hopeless, helplessness
- Ambivalence
- Gut feeling
- Rigid 'either or' thinking
- Command hallucinations/delusions
- Suicide survivors have a 20% chance of repeating-10% of succeeding



Risk Factors

Are there factors that increase risk?

Impulsiveness in teens

Use of alcohol and drugs

Diagnosis of depression

Biological relative who completed suicide

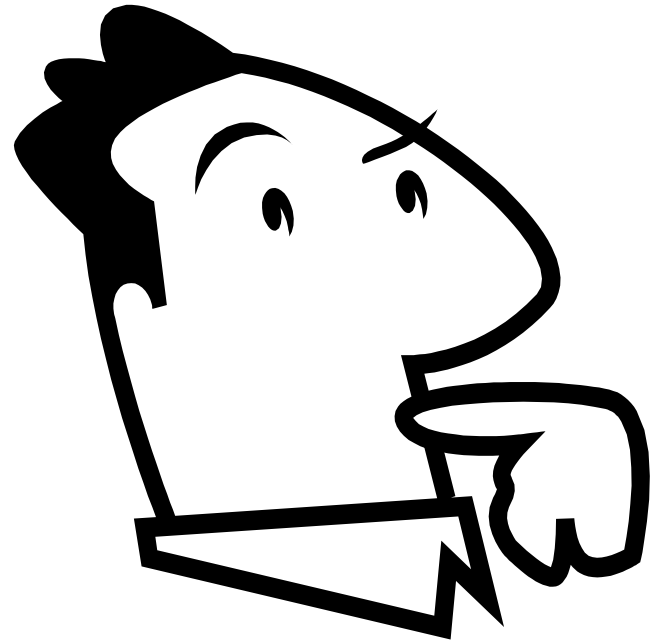
Severe sexual abuse

Theories

- Genetic- inability to control impulsive behaviors
- Neurobiological- Decrease Serotonin
(problem solve and resist urges)
- Social isolation and Loss
Men- intrapersonal
Women- interpersonal

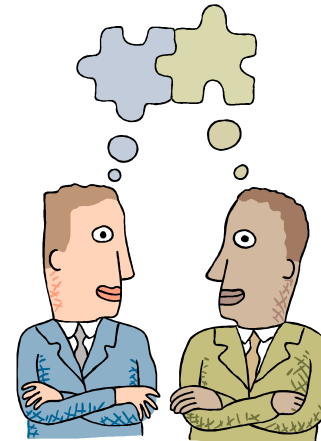
Behavioral- decrease
anxiety; external
reinforcements

Developmental- age
related



ASSESSING

- ASK!
 - Behavior
 - Affect
 - Cognition
 - Social Factors
- Refer to page 326 in your text for complete assessment



LETHALITY

- Degree of effort it takes to plan the suicide
- Specificity of the plan
- Accessibility of the weapon or method
- The ease by which one may or not be rescued
- Guns- cutting-hanging-poisons (adults of BOTH sexes)
- Hang- jump (children)

OUTCOME

- Plan
- Problem solving
- No Suicide contracts
- Crisis hotline numbers
- Arrange support
- Inpatient admission



Suicide Contagion

- What is it?
- Can lead to increase in Suicide

What can be done to decrease copycats?

Family support and assessment

Limit media exposure, repetition increases incidence

DO not discuss gruesome details

Public Debate: Rational Suicide?

- Right to die advocacy groups promote suicide as a rational decision (Compassionate Friends/Hemlock Society)
- Research argues it is never a rational decision but more likely the result of depression, anxiety or fear of dependency or pain or being a burden
- More research is needed,

Aftermath

- Extremely painful for remaining family, friends, coworkers
- How does a nurse intervene?



Questions

- Mary, a 45 year old single mother of 3 teens, confides in you that she is thinking of ending her life rather than go through chemotherapy again.

How would you, as her RN, respond?

Answer

- Imminent danger: NEVER LEAVE THEM ALONE' CALL FOR HELP;
- Hospital setting- get a sitter, notify supervisor, MD, obtain a psych consult
- Health teach regarding depression , treatment options while INSTILLING HOPE
- Limit access to harmful devices

True or False

- Four times as many men suicide than women?
- Women attempt suicide more often than men
- Older victims of suicide attempts, are less like to recover from attempts
- The rates for African Americans have risen in the last 20 years