



Suicide Prevention and Postvention: an interdisciplinary approach

Monday 28 October, 2019



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The General Practice Mental Health Standards Collaboration (GPMHSC).
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Tonight's panel



Dr Chris Ryan
Psychiatrist



Associate Professor Louise Stone
General Practitioner



Dr Rebecca Mathews
Clinical Psychologist

Facilitator



Dr Mary Emeleus
General Practitioner and Psychiatric Registrar

How to use the chat box



The purpose of this webinar is to give health professionals the skills they need, so they can help people more effectively in future. Personal stories of illness are very important and MHPN often includes consumers and carers on our panels.

The chat box however is not a forum for personal stories: it is designed to complement the panel discussion by allowing professionals to share resources, and their experiences of practice.

If content in tonight's webinar causes distress, please seek care by phoning Beyond Blue 1300 22 4636 or contacting your GP or local mental health service.

Learning Outcomes



Through a facilitated panel discussion, about Aiden, at the completion of the webinar participants will be able to better:

- Recognise and respond to mental health issues which may indicate risk factors for suicide
- Support bereaved patients, communities and/or themselves when responding to a death by suicide
- Implement tips and strategies to enhance communication and build capacity between practitioners who are treating people who may be at risk of suicide or who are responding to a death by suicide.

Psychiatrist perspective



Aiden Background

- 20 year old mechanic's apprentice
- Amphetamine-induced psychosis
- Sensible



Chris Ryan

Psychiatrist perspective



Aiden Presentation

- Work certificate – relationship break-up
- “thoughts of own death” – explicitly denies suicidal ideation
- Agrees to psychologist follow-up
- Return 4 weeks



Chris Ryan

Psychiatrist perspective



First impressions

- Everything was done well
- ? Detail of history taken in time allowed



Chris Ryan

Psychiatrist perspective



What else could you have asked?



Chris Ryan

Psychiatrist perspective



What else could you have asked?

- More detail. What is it like to be Aiden?
- Features that might suggest a major depression or increased use of substances



Chris Ryan

Psychiatrist perspective



Take home

- It is not possible to usefully categorise patients who present in psychiatric crisis into those at higher or lower risk of suicide or serious self-harm
- You can't do suicide risk assessment, so FORGET ABOUT IT



Chris Ryan

GP perspective



What is it like for a GP to lose a patient to suicide?

- Where do they get their support?



Louise Stone

GP perspective



As family doctors, we need to consider

- Do we visit the family?
- Do we attend the funeral?



Louise Stone

GP perspective



As community doctors, we try to

- promote healthy grieving
- provide comfort for those who are distressed
- minimise adverse personal outcomes, such as complicated grief, depression and post-traumatic stress disorder (PTSD)
- reduce the risk of suicide imitation
- help restore community functioning
- use the experience as an opportunity to educate the community about mental health, factors contributing to suicide, and the availability of resources to get help.



Louise Stone

GP perspective



What is it like for a GP to lose a patient to suicide?

- Where do they get their support?



Louise Stone

Psychologist perspective



Ethical and professional challenges: What are professionals concerned about?

Competence

- Or confidence?
- What are your professional obligations to Aiden?
- When and how to refer on



Rebecca Mathews

Psychologist perspective



Ethical and professional challenges: What are professionals concerned about?

Confidentiality

- What can be disclosed?
- When and to whom?
- What has Aiden consented to?
- What about after a suicide?
 - What can be shared with family and others?



Rebecca Mathews

Psychologist perspective



Ethical and professional challenges: What are professionals concerned about?

Communication

- Communication protocols
 - A clear, defensible process
 - What information is shared, when and to whom
- When disclosure has to be made
- Follow-up with family members



Rebecca Mathews

Psychologist perspective



Ethical and professional challenges: What are professionals concerned about?

Record keeping

- Adequate records
 - What you did
 - When you did it
 - Why you did it
 - Who you consulted
- To justify decisions-making, action and inaction



Rebecca Mathews

Psychologist perspective



Reflective learning

- Processing the experience in a supportive context
- Could something have been done differently?
- Would it have made a difference?



Rebecca Mathews

Panel discussion



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Help guide tonight's discussion



The panel have suggested the following topics as ones they'd be interested to discuss further:

- **Self-care/practitioner compassion**
- **Risk assessment**
- **Ethics and confidentiality**
- **Rural and remote versus metropolitan context**

A pop up will appear on your screen shortly listing the above; choose the one you'd most like the panel to discuss.



Thank you for your participation

- Please ensure you complete the *feedback survey* before you log out.
- Click the Feedback Survey tab at the top of the screen to open the survey.
- Certificates of Attendance for this webinar will be issued within four weeks.
- Each participant will be sent a link to the online resources associated with this webinar within two weeks.



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**Thank you for your contribution
and participation**

Good evening