

Suicide Prevention and Postvention: an interdisciplinary approach

Monday 28 October, 2019



This webinar has been funded by

The General Practice Mental Health Standards Collaboration (GPMHSC). Learn more about GPMHSC by visiting <u>www.gpmhsc.org.au</u>





Tonight's panel



Dr Chris Ryan Psychiatrist

Associate Professor Louise Stone General Practitioner

Facilitator



Dr Rebecca Mathews Clinical Psychologist



Dr Mary Emeleus General Practitioner and Psychiatric Registrar PAGE 3

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.

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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.





Aiden Background

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







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Aiden Presentation

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







First impressions

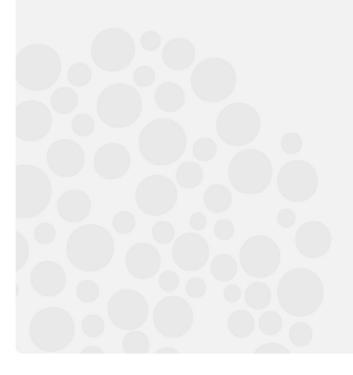
- Everything was done well
- ? Detail of history taken in time allowed







What else could you have asked?





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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





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

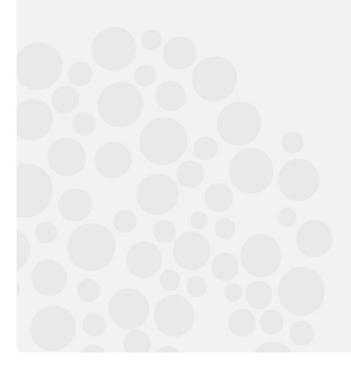


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What is it like for a GP to lose a patient to suicide?

• Where do they get their support?









As family doctors, we need to consider

- Do we visit the family? ۲
- Do we attend the funeral?







As community doctors, we try to

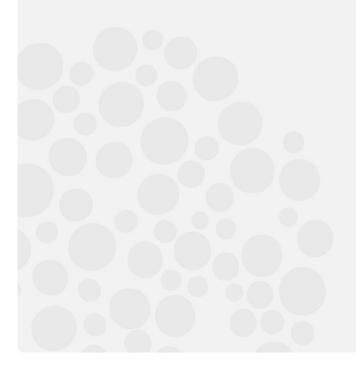
- promote healthy grieving
- provide comfort for those who are distressed
- minimise adverse personal outcomes, such as complicated grief, depression and post-traumatic stress disorder (PTSD)
- reduce the risk of suicide imitation
- help restore community functioning
- use the experience as an opportunity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





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

• Where do they get their support?









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





Mental Health Professionals' Network

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?





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Ethical and professional challenges: What are professionals concerned about?

Communication

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





Mental Health Professionals' Network

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



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Reflective learning

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



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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Are you interested in joining an MHPN network in your local area? View a list of MHPN's networks and join one today! <u>www.mhpn.org.au/find-network</u>

For more information about MHPN networks and online activities, visit <u>www.mhpn.org.au</u>



Thank you for your contribution and participation

Good evening