

Irish College of General Practitioners



Suicide prevention in general practice 2013: what knowledge and skills do the health professionals need?

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EBHC Conference 2013

Setting/Background

- Increasing suicide rate – 11.5/100,000 in 2010
- 11,000 cases/yr of DSH seen in Emergency
- Using DALYs, double the impact economically of diabetes
- Reported over 50% attended GP within 4 weeks
- Impact of training in primary care shown

	Male	Female	Total
2011 final suicide figures	458	96	554
2010 final suicide figures	405	90	495
2011 undetermined deaths			67
2010 undetermined deaths			123

Reach out- National strategy for Action on suicide Prevention Ireland 2005-2014

- “agree, plan and deliver a programme of education and training on suicide prevention for the relevant members of the primary care team. ”
- As part of this action the National Office of Suicide Prevention (NOSP) and the ICGP developed such a course.

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Setting/Background

- Educational Needs Assessment – critical

(Mann & Chaytor, 1992; Myers, 1999; Milton et al, 1999)

- Experience of non attendance at long workshops - **ASIST** (Applied **Suicide** Intervention Skills Training)



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Aim

- To conduct an educational needs assessment of primary care team members in respect of dealing with patients who present with suicidal ideation and DSH to inform the training content and delivery of a course for primary care staff

Consisted of

- Focus group-decision discussion
- Survey of primary care team members and service users

Key Findings

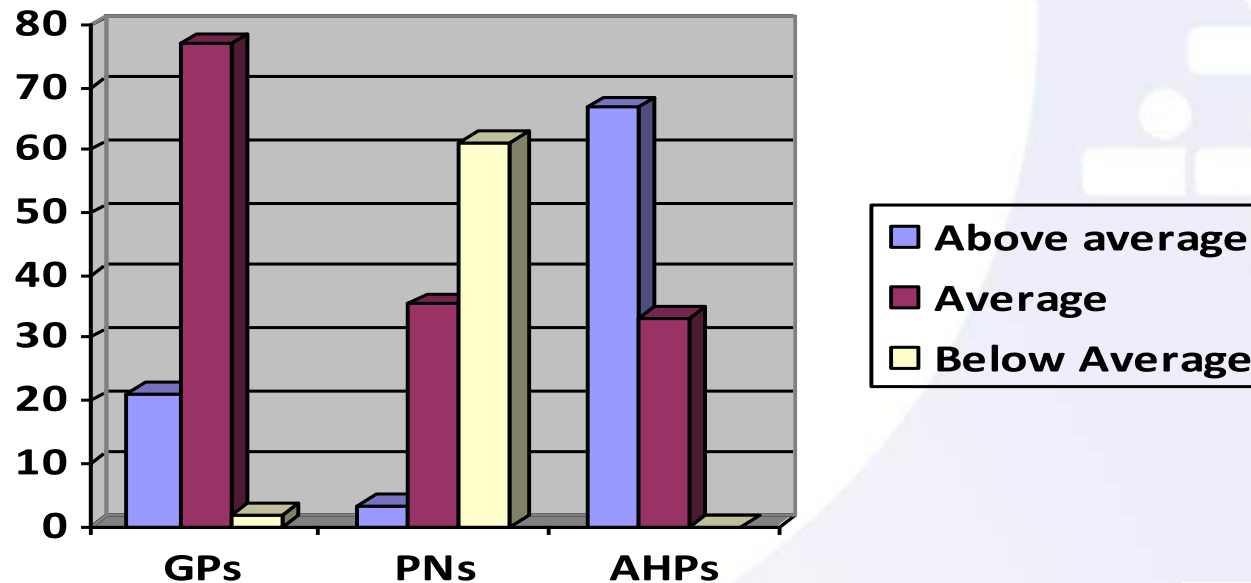
- $\frac{1}{4}$ felt risk assessment knowledge poor
- $\frac{2}{3}$ no training
- $\frac{1}{3}$ felt trained in assessment
- 58% not informed about resources
- 96% overall said GPs had important role
- 7.8% overall felt PC adequately resourced
- 91% willing to participate in a blended course



Current level of knowledge of suicide risk assessment

- **25 %** of total group felt their level of knowledge was below average.
- This varied greatly within the groups with only **2%** of GP feeling their knowledge was below average compared to **61%** of Practice nurses.

Current level of knowledge of suicide risk assessment.



Format of Educational programme

Blended course comprising face to face modules along with online e-learning covering :

- Suicide Awareness & Patient Testimony
- Assessment of suicide risk
- Problem Solving
- Crisis Prevention
- Consultation skills



Module Structure

- Format

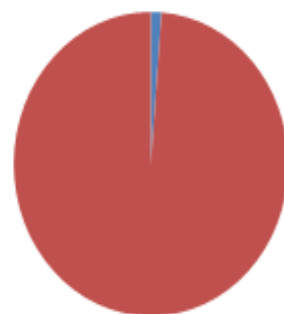
- Prevention – 4 lessons; e-learning

- Intervention – 2 lessons; workshop

- Postvention – 2 lessons; e-learning



Q14. Do you have a written protocol in your practice/service for dealing with the effects of...



■ Yes 1.2%

■ No 98.8%

In Conclusion

- International evidence to support structured training reduces suicide rates
- Need for further ongoing education amongst GPs & Primary Care team members
- GPs & primary care team members are eager to partake in a blended course comprising (E-learning and face to face modules)
- Preferably delivered at CME/CPD.
- Over 90% felt primary care was not adequately resourced in dealing with suicidal patients.

The screenshot shows a web browser window displaying the ICGP Education website. The browser's address bar shows the URL <http://www.icgp-education.ie/suicide-prevention-skills/inc>. The website header includes the ICGP Education logo and a navigation menu with links for Home, About Us, About this Module, Resources, Links, Modules, Contact, and Register. A user is logged in as David McLean. The main content area features a heading "Welcome to ICGP Education" and a sub-heading "Suicide Prevention Based Skills Training". Below this is a paragraph of introductory text. A prominent green button labeled "Go to Module" is positioned below the text. To the right of the text is a graphic of a laptop displaying a 3D bar chart with the text "Suicide Prevention Skills Based Training for General Practitioners". At the bottom left, there is a logo for "Suicide or Survive" with the URL <http://www.suicideorsurvive.ie/> and a short description of the charity. The footer contains the copyright notice "© 2013 ICGP" and links for "Terms and Conditions - Privacy Policy".

<http://www.icgp-education.ie/suicide-prevention-skills/inc>

ICGP education

Home About Us About this Module Resources Links Modules Contact Register

You are logged in as David McLean (logout)

ICGP Education / Suicide Prevention Based Skills Training

Welcome to ICGP Education

Suicide Prevention Based Skills Training

Welcome to this module on Suicide Prevention in Primary Care. The module is the first of three, developed by the ICGP in collaboration with other stakeholders, to support GPs and other members of the Primary Care Team in addressing this challenging issue. As this module is intended for education and professional development of GPs, access through this site is restricted to qualified General Practitioners and the website requires registration and an enrolment key which is provided by the ICGP. Other health professionals will have access through their own professional bodies whom they should contact. Members of the public may wish to visit the Suicide or Survive (SOS) website, through the link on this page.

[Go to Module](#)

<http://www.suicideorsurvive.ie/>

Suicide or Survive

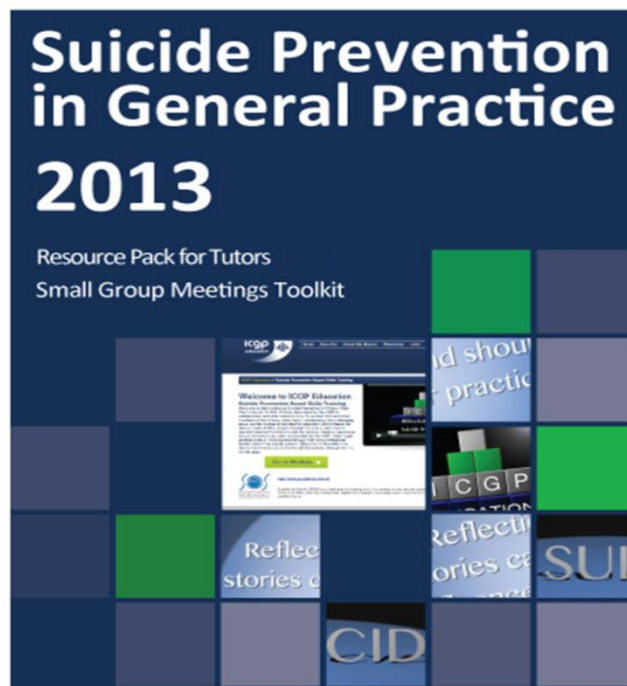
Suicide or Survive (SOS) is an Irish charity working to build a society where people embrace their mental health wellness and those with difficulties are treated with dignity and respect, and experience a service that offers them hope, a safe place and a positive future.

Samaritans 1850 60 90 90

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CME Group Facilitation



<http://www.icgp-education.ie/suicide-prevention-skills/>

Some copies of supporting material on DVD

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