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

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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
<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2011 final suicide figures</strong></td>
<td>458</td>
<td>96</td>
<td>554</td>
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<tr>
<td><strong>2010 final suicide figures</strong></td>
<td>405</td>
<td>90</td>
<td>495</td>
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<tr>
<td><strong>2011 undetermined deaths</strong></td>
<td></td>
<td></td>
<td>67</td>
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<tr>
<td><strong>2010 undetermined deaths</strong></td>
<td></td>
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<td>123</td>
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Prepared by Dr. Griffin and Prof Arensman from the National Suicide Research Foundation.
“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.
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)
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

- ¼ felt risk assessment knowledge poor
- ²/₃ no training
- 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.
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 (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.

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CME Group Facilitation

Suicide Prevention in General Practice 2013

Resource Pack for Tutors
Small Group Meetings Toolkit
http://www.icgp-education.ie/suicide-prevention-skills/

Some copies of supporting material on DVD

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