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SUICIDE AND IT'S PREVENTION

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ABSTRACT

Suicide is a vital health problem that can have several harmful effects on individuals, families and communities. In recent years, many treatment and management strategies have been developed, tested and implemented worldwide. This article examines the major risk factors, warning signs and different therapies for improving suicide prevention in health care settings. The approach provides new tools for treatment and support; it has been deployed with promising results in behavioral health programs and primary care settings. Broader adoption of improved suicide prevention care may be an effective approach for reducing deaths by suicide.

Keywords: Suicide, Depression, Cognitive Behavioral Therapy, Dialectical Behavior Therapy

Introduction

Most of the people who commit suicide are not psychotic or in same. They may be upset, grief-stricken, depressed but extreme feeling distress and emotional pain. It is not necessary that they show signs of mental illness.

According to WHO (2019)- India has the highest rate of suicide in the South East Asian region. India's suicide rate was 16.5 suicides per 1,00,000 people.

Approximately 1 in 5 people have thought of suicide at some point and suicide accounts for almost one million deaths annually (Fishburn & Barker, 2019; Samaritans, 2019)

Definition

Suicide means ending your own life. It is sometimes a way for people to escape pain or suffering.

Risk Factors

- ❖ Childhood abuse
- ❖ Resent traumatic event
- ❖ Lack of support
- ❖ Staying single
- ❖ Alcohol or drug dependance
- ❖ Stressful life event
- ❖ Depression
- ❖ Isolation

Suicide warning sign

- ✓ Talking about want to die
 - ✓ Looking for a way to commit suicide
 - ✓ Talking about feeling hopeless or helpless
 - ✓ Increasing the use of alcohol or drugs
 - ✓ Sleeping too little or too much
 - ✓ Mood swings
 - ✓ Withdrawing or feeling isolated
- Mental illness and suicide:
- Depression
 - Bipolar disorder
 - Post- traumatic stress disorder
 - Borderline personality disorder



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Prevention of Suicide



Suicide prevention methods and its treatment are based on patient risk factors. One of the best common suicide prevention techniques is psychotherapy. Two main therapies for the treatment of suicide are Cognitive Behavioral Therapy (CBT) or Dialectical Behavior Therapy (DBT).

Cognitive Behavioral Therapy is a common treatment option for individuals suffering from mental disorders with suicide risk. In this method of psychotherapy, you are taught new ways of dealing with stress and stressful life experiences. In this manner, when thoughts of suicide arise, you can redirect those thoughts and cope them in a different way than attempting to take your own life.

Dialectical Behavior Therapy is used to help an individual to recognize disruptive or unhealthy feelings or actions. In relation, this therapy then introduces techniques on how to deal with difficult or troubling situations.

ECT is also one treatment of choice for patients having suicidal risk with depression. Follow up care is important to prevent suicide attempts in future.

Laws related to Suicide in India

Article 309 of the Indian Penal Code (IPC) explains suicide as a criminal offence. According to this law who commit suicide have been punished with simple imprisonment for some period which may extend to one year or with fine, or with both.

Nurses' role in suicide prevention

The major role of the nurses to prevention suicide includes both systems and patient level interventions. At the systems level intervention: the nurse has to assess and maintains environmental safety, develops protocols, policies, and practices consistent with zero suicide. At the patient level intervention: the nurse has to assess risk for suicide, provides suicide-specific psychotherapeutic interventions, monitors and supervises at-risk patients, and to assess outcomes of all interventions.

Conclusion

There are various challenges to improve the assessment and management of suicide. This is very important as suicidal patients are generally referred to behavioral health providers and psychiatric setting. Most of the states evaluate data on deaths and revise their suicide prevention plans, their attention will change into preventing the suicide with their behavioral health systems. As change does not happen overnight, there is still need to do the changes to prevent suicide worldwide. We hope that this article provides much information regarding suicide and its prevention.

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