Is there room for compassion in good clinical governance?
The Connecting with People approach to suicide mitigation

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&
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Overview of Presentation

- Scale of challenge
- Impact of stigma
- Reducing Human Factors Errors
- Role of compassion

Connecting with People
SAFETY FIRST

Five-Year Report of the National Confidential Inquiry into Suicide and Homicide by People with Mental Illness

Report 2001

NATIONAL CONFIDENTIAL INQUIRY INTO SUICIDE AND HOMICIDE BY PEOPLE WITH MENTAL ILLNESS
World Suicide Prevention Day

Stigma: A Major Barrier to Suicide Prevention

September 10, 2013
EXCLUSIVE INVESTIGATION

1,200 KILLED BY MENTAL PATIENTS
Shock 10-year toll exposes care crisis

Mental Patient Fancy Dress Costume
£20.00
Select colour, size & quantity

Connecting with People
Neuroscience stigma

Parts of the Brain Involved in Fear Response

- Sensory Cortex
- Thalamus
- Hypothalamus
- Amygdala
- Hippocampus

I'm dealing with depression. Stupid names don't help.

Connecting with People
Relationship different types stigma

Public stigma
- Negative attitudes
- Discriminate

Individual stigma
- Personal stigma
- Perceived Stigma
- Felt stigma
Human Factors – World Health Organisation Definition

‘Human factors examines the relationship between human beings and the systems with which they interact... with the goal of minimizing errors.’
“The Best People Sometimes Make the Worst Mistakes”
Doctors vs Pilots
Five broad areas
Human Factors Error

Organisational Culture
Policy & Guidelines
Team Interactions
Technology
Practitioner
Organisational Culture
Avoidable deaths

• Errors are made by “good people trying to do the right thing”
• Errors often linked to team interaction
• Errors can be reduced by
  – Check-lists
  – Simulation based training
  – Standardized communication (Clinical tools)
Identification of suicide risk

Surface Level

Patients identified as high risk

Patients identified as low risk
C-K Classification of suicidal thoughts

- Passive
- Active
- Dangerous
- Dangerous and imminent
# C-K Classification of suicidal thoughts

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Passive</th>
<th>Active</th>
<th>Dangerous</th>
<th>Dangerous &amp; Imminent</th>
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<tr>
<td>Nature of thoughts</td>
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<td>Perception of future</td>
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<td>Planning</td>
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<td>Preparation</td>
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<td>Ability to resist</td>
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<td><strong>Safe triage &amp; response required</strong></td>
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RCPsych patient leaflets
Suicide prevention

Ocean

Estuary

River

Stream
Relationship self-harm to suicide

Suicidal thoughts

Self-harm

NSSI

Suicide
Compassion

‘A sensitivity to the distress of self and others with a commitment to try to do something about it’.
Mother and infant coordinate heart rhythms through episodes of interaction synchrony
Essential components

Non Judgement
Motivation
Sensitivity
Sympathy
Distress tolerance
Empathy

(Adapted from Gilbert 2009 with permission)
Circle of Influence

- Control
- Influence
- Outside your sphere of influence
5-a-day for Emotional Wellbeing

- Eat well
- Connect
- Exercise
- Take a break
- Talk
Self Care – Big Rocks
Is there room for compassion in good clinical governance?
References:

- **Cole-King A, Lepping, P** Suicide mitigation: time for a more realistic approach. 2010. BJGP 3-4
- 2009 4 RCPsych peer reviewed poster presentations of all clinical tools
# Connecting with People Evidence Based Training

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<td>Suicide Response part 1</td>
<td>Suicide Response part 2</td>
<td>Self Harm Awareness</td>
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<td>• Mitigation Framework</td>
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<td>• Bank of Hope</td>
<td>• Harm minimisation &amp; safety plan</td>
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- Suicide Awareness
  - Talking to someone who is emotionally distressed
  - Classification
  - Third sector support

- Suicide Response part 1
  - Questions to ask
  - Classification
  - Continuum
  - Risk Factors & Red flag warning signs
  - Immediate safety plan
  - Third sector support

- Suicide Response part 2
  - Mitigation Framework
  - Bank of Hope
  - Longer term safety plan
  - Third sector support

- Self Harm Awareness
  - Self Harm Mitigation Framework
  - Harm minimisation & safety plan
  - Third sector support

- Emotional Resilience
  - U Can Cope

- Compassionate Care
  - Science of compassion

- Self Harm Response
  - Self Harm Mitigation Framework