

Suicide Prevention Programme – Wave 4 Workshop 6

24th March 2021, 13:00 – 14:00

Details	Link
<p><u>Welcome and introduction</u> Emily Cannon - <i>National Collaborating Centre for Mental Health (NCCMH), Royal College of Psychiatrists</i></p> <p>Housekeeping.</p> <p>The aim of these workshops is to bring a learning community together to support each other, discuss issues and share some of our work around suicide prevention.</p>	<p>Please get in touch with NCCMH at Suicide.Prevention@rcpsych.ac.uk if you would like to contact any workshop participants.</p>
<p><u>Experiences of people with a learning disability who tried to end their life by suicide</u> Eddy Hyde- Lecturer in Nursing. <i>Learning Disabilities, School of Health, Wellbeing and Social Care, Faculty of Wellbeing, Education and Language Studies</i></p> <p>Question: If you know of any key pieces of literature or groups that would be relevant to link in with regarding professional doctorate?</p>	<p><u>UK Health and learning Disabilities network:</u> https://www.learningdisabilitieshealthnetwork.org.uk/</p> <p><u>Autistica:</u> https://www.autistica.org.uk/about-us/about-us</p> <p><u>Suicidal Behaviours Questionnaire - Autism Spectrum Conditions (SBQ-ASC)</u> Mental Health in Autism - Tools (google.com)</p> <p><u>Learning disability student conference:</u> https://www.learningdisabilityengland.org.uk/news/conference-2022/</p>

Eddy is doing a professional doctorate and looking to raise awareness of experiences of people with a learning disability who tried to end their life by suicide

People with a Learning Disability (LD) experience severe health inequalities and suicide risk factors such as loss of relationships and mental health difficulties. There is little data captured around suicide in people with LD.

There are many co morbidities with LD or those who haven't had their LD identified. The Office for National Statistics doesn't record LD as a data point, so when a death is recorded as suicide a LD isn't recorded alongside it. So this doctorate is likely to be looking for a hidden population.

A literature review found 11 articles but there was no qualitative data and no opportunity to hear the voices of individuals or voices of those with a LD.

No tools were identified for people with suicide risk in people with a LD, and there are conversations around the effectiveness of tools assessing suicide risk in those with a LD.

Discussion

Clarification sought around learning disability and learning difficulty. Is this distinction always helpful?

Eddy Hyde (EH): within the UK there are specific definitions for LD – Dyspraxia as an example falls under learning difficulty. It is useful to have a differentiation as

Stay Safe: Toolkit for People with Learning Disabilities:

<https://shininglightonsuicide.org.uk/stay-safe-toolkit-for-people-with-learning-disabilities/>

there are individual needs between the groups and people with LD have individual health needs that people with a learning difficulty may not experience.

Is there a possibility that classifying as a difficulty could restrict the help someone is able to access and put them at further risk of suicide?

There are some resources in 'Autistica' looking specifically at suicide risk in children.

A suggestion to link in with coroner's society to see if there is guidance around corners asking questions around LD.

Suicide prevention for patients on leave

Rachel Lees- *Chair for the East Midlands Patient Safety Network Suicide and Self-harm Community of Practice*

Question: What is taking place or available in the area of self harm and patients on leave?

A systematic review on self-harm and leave has recently been done in the area and they have seen a number of incidents that they wanted to understand better. 70% of self-harm/suicide attempts happen off the ward (on leave or AWOL).
Diagnosis for most of the incidents looked at were Emotionally Unstable Personality Disorder (EUPD) or

National Confidential Inquiry into Suicide and Safety in Mental Health

<https://documents.manchester.ac.uk/display.aspx?DocID=55332>

Suggested resource

Local police reviews

NCISH latest Annual Report

<https://documents.manchester.ac.uk/display.aspx?DocID=55332>

Autism. Impulsivity was also a theme that was prevalent in instances of self harm.

Discussion

Met Officer Peter Frost has completed an MA on missing people and suicide - Many of these were people missing from wards or who had failed to return from leave.

Anthony Reilly: Similar findings on similar work, often a EUPD diagnosis, looking to put in place a pilot on pre leave assessment. Anthony is happy to link up when this happens.

Keith Waters: Are there similarities with patients who are leaving other settings such as hospital environments? How replicable is information to other settings such as when people leave other settings such as A+E?

RL: Difficult to capture but we are looking into this.

Fiona Bone: Suggested thinking more broadly and linking in with EUPD services to see what they are doing in this area.

RL: We are also thinking about how the diagnosis of EUPD and Autism come about together, possible wrong diagnosis, especially in females. (Under diagnosis of Autism in females?)

Suicide awareness and menopause, premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD)

Suicide ideation across reproductive life cycle of women Results from a European epidemiological study

<https://www.sciencedirect.com/science/article/abs/pii/S0165032708004771?via%3Dihub>

Susan Willgoss - *Advisor for Suicide Prevention with Lived Experience at Norfolk and Suffolk NHS Foundation Trust*

Question: Looking to ask some questions as a couple of weeks ago a public live webinar was done- Lots of people unaware of PMS and PMDD- want to ask some questions about people's knowledge and see what information is currently available.

Wondering what other information or awareness is available as wanting to raise awareness on this topic.

SW is currently supporting someone with PMDD and finding it very hard to get support for the condition.

At a perimenopause/menopause webinar recently and lots of people said so little was known on this topic.

Discussion

Marina O'Brien: PMS and PMDD should be included in risk assessment. Marina is keen to share information and contacts to establish a network of support around this topic.

Would be great to see every GP surgery have a menopause lead to raise awareness on the topic

A paper on 'Suicide attempts among women during low estradiol/low progesterone states' was recommended.

The Leeds menopause and wellbeing festival covers topics such as this and may have some useful resources and contacts.

Suicide attempts among women during low estradiol/low progesterone states:

<https://www.sciencedirect.com/science/article/pii/S0022395609001794>

Leeds menopause and wellbeing festival 2022:

<https://www.leedsandyorkpft.nhs.uk/advice-support/leeds-recovery-college/leeds-menopause-festival-2022/>

BALANCE app:

<https://balanceapp.com/>

The BALANCE app has been well reviewed and recommended.

AOB and close

Emily Cannon- *National Collaborating Centre for Mental Health (NCCMH), Royal College of Psychiatrists*

Next learning set on the 6th April 11am-1pm.