

A Staged Approach to Embedding Suicide Awareness and Responses Training in a General Hospital

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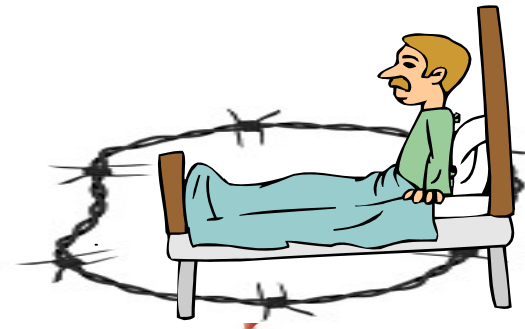
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Why embed suicide awareness training in a general hospital?

- Liaison teams have an important role in training (RCP, 2014).
- Acute Trust staff - first point of contact but little training
- Patient - Staff communication often perceived as poor (Norheim, et al., 2013).
- Allows a platform for clinicians to speak openly, honestly and in confidence about their own anxieties
- Improved patient care



Suicide Awareness and Responses Training

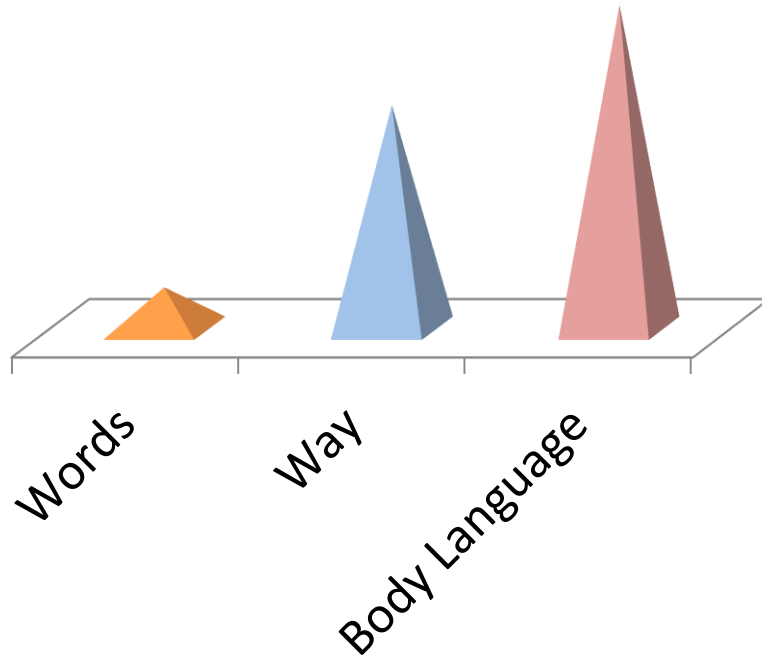
Training Package for clinicians at the Royal Derby Hospital

Aims:

1. Eliminate myths around suicide and reduce fear.
2. Enable empathy, compassion and support
3. Support on how to approach the question “do you think about suicide?”.
4. Empower staff to confidently manage suicidal thoughts/ behaviours.
5. Enable staff to recognise when and how to safely refer on



Suicide Awareness and Responses Training



CWP Classification of Suicidal Thoughts

Passive



Active

**Dangerous
and
imminent**



Dangerous



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Suicide Awareness and Responses Training

- Utilises stories from people with lived experience of suicidal thoughts/behaviours, such as the Johnny Benjamin case; context ensures that the training is more meaningful to attendees.



- We now have a handout on how to ask questions around suicide following feedback from evaluation forms.

Journey from bite sized to mandatory sessions

Drop in sessions

Need: Training around suicide awareness and responses within general hospital

Action: Drop in sessions for training made available on the Medical Assessment Unit, a department that the Liaison Team work closely with.

Post incident and tailored

Need: A need was identified for prompt training and support following an incident involving a patient suicide or attempted suicide .

Action: Trainer attended the relevant department following an incident and tailored the Suicide Awareness and Responses training to the specific case. The training was therefore more meaningful to the attendees and they could apply it to their daily clinical activities.

Comprehensive training

Need: A need and desire for comprehensive training within the hospital from a variety of healthcare professionals.

Action: A bespoke and bitesized training package was created and delivered throughout the hospital for example on Medical Assessment Unit & Emergency Department.

Regular and mandatory

Need: It became clear that there was a need for more regular sessions as more staff needed to learn about the importance of suicide awareness and be confident in their interactions with patients .

Action: With the support of the acute hospital, Suicide Awareness and Responses training is now mandatory for all nurses, agency staff and those who require it.

How is it going?

- 44 sessions run and 501 staff trained to date
- **97%** of trainees felt their awareness and understanding of suicidal thoughts and behaviours had increased
- **81%** of trainees felt they would now know what to say to a patient who was having thoughts of suicide
- **90%** of trainees felt they would now know what to do if a patient expressed thoughts of suicide
- **83%** of trainees felt confident that they could prevent someone from dying by suicide

How is it going?

- Some anxiety still remains after the training
 - E.g. patient reactions
- Over half requested further training (54.3%)
 - E.g. targeted mental health/processes training, communication and de-escalation skills.

Next step:

- Delivering “Connecting With People” to the Emergency Department

Challenges

- Staffing
- Time Constraints
- Number of Trainers
- Logistics

Top Tips

1. Use all naturally occurring opportunities for informal training and rapport building.
2. Share perspectives e.g. shadowing and insight visits
3. Be ready to respond to staff and organisation's needs accordingly.
4. Be persistent!

1. What challenges have you found to delivering self-harm, mental health or substance misuse training within a general hospital?

2. What are your Top Tips?

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