

Course Description:

Faculty:

Prof. Dr. Britta Ostermeyer, USA

Prof. Dr. Vladimir Carli, Sweden

Title:

Early Recognition and Management of Suicide

Objectives:

This course will highlight how general practitioners and mental health professionals can develop formal, systematic suicide risk assessments with appropriate suicide interventions for suicide prevention.

Abstract:

Suicidal behavior remains the most common and most concerning psychiatric emergency. Early recognition of suicidality is crucial as a large portion of suicides can be prevented. Successful suicide intervention requires a thorough psychiatric evaluation with a reliable suicide risk evaluation and diligent interventions to mitigate the suicide risk and prevent suicide. Prof. Carli will present the most current evidence about effective interventions for suicidal behavior and about evaluation of suicide risk, with specific focus on the suicide risk evaluation vs. prediction paradigm.

Next, Prof. Ostermeyer will discuss suicide risk factors, suicide protective factors, and how to compile a suicide risk assessment with suicide prevention interventions to mitigate suicide risk. Suicide risk factors can be divided into (1) static and (2) dynamic risk factors. Static risk factors, such as age, gender, or ethnic origin, cannot be modified and are not subject to suicide prevention interventions. On the other hand, dynamic suicide risk factors, such as substance abuse, homelessness, or interpersonal conflicts, are amenable to change. Each dynamic risk factor is systematically assigned a suicide risk reduction intervention. Prof. Ostermeyer will discuss and utilize the suicide risk assessment resource "Suicide Assessment Five-Step Evaluation and Triage (SAFE-T)" by the U.S. Substance Abuse and Mental Health Administration, which elicits: (1) suicide risk factors; (2) suicide protective factors; and (3) information about the patient's suicide conduct, i.e., thoughts, plans, behavior, and intent. Practitioners then are to (4) determine the suicide risk level and provide interventions, and lastly, (5) document the assessment. Prof. Ostermeyer will also discuss psychiatric malpractice and other legal concerns related to suicide and suicide risk assessment.

The last part of the course will be dedicated to the most common issues related to interviewing a suicidal patient and to the management of acute suicidality. Finally, the

audience will review clinical suicide patient vignettes and be invited to discuss suicide risk intervention plans for each clinical vignette.

References:

1. Zalsman G, Hawton K, Wasserman D, van Heeringen K, Arensman E, Sarchiapone M, Carli V, Höschl C, Barzilay R, Balazs J, Purebl G, Kahn JP, Sáiz PA, Lipsicas CB, Bobes J, Cozman D, Hegerl U, Zohar J. Suicide prevention strategies revisited:10-year systematic review. *Lancet Psychiatry*. 2016 Jul;3(7):646-59.
2. Wasserman D, Rihmer Z, Rujescu D, Sarchiapone M, Sokolowski M, Titelman D, Zalsman G, Zemishlany Z, Carli V; European Psychiatric Association. The European Psychiatric Association (EPA) guidance on suicide treatment and prevention. *Eur Psychiatry*. 2012 Feb;27(2):129-41.
3. SAFE-T. US Department of Health and Human Services Substance Abuse and mental Health Services Administration. Available from <https://store.samhsa.gov/product/Suicide-Assessment-Five-Step-Evaluation-and-Triage-SAFE-T-/SMA09-4432>. Accessed on May 1, 2018.
4. Scott CL and Resnick PJ. Suicide and Litigation. In: *The American Psychiatric Publishing Textbook of Suicide Assessment and Management*. Simon RI, Hales RE, eds. Arlington, VA: American Psychiatric Publishing; 2012. p539-52.
5. Simon RI. Therapeutic Risk Management of the Suicidal Patient. In: *The American Psychiatric Publishing Textbook of Suicide Assessment and Management*. Simon RI, Hales RE, eds. Arlington, VA: American Psychiatric Publishing; 2012. p553-80.