

**CHAPTER 25**  
Suicide and Non-Suicidal Self-Injury

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**Suicide**

- Intentional act of killing oneself by any means
  - Tenth leading cause of death
    - Fourth leading cause of death among children 10 to 14 years of age
    - Third leading cause of death in 15 to 24 age group
    - Fourth leading cause of death in 25 to 44 age group
    - Eighth leading cause of death in 45 to 64 age group

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**Risk Factors**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

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### Biological Factors

- ☐ Suicidal behavior tends to...
- ☐ Low serotonin levels

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### Psychosocial Factors

- ☐ Freud—...
- ☐ Menninger
  - Wish to kill
  - Wish to be killed
  - Wish to die
- ☐ Aaron Beck—...
- ☐ Recent theories—...

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### Cultural Factors

- ☐ Protective factors
  - African Americans
    - ...
  - Hispanic Americans
    - ...
  - Asian Americans
    - ...

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**Societal Factors**

- ☐ Oregon’s Death with Dignity Act of 1994 –
- ☐ Washington state –
- ☐ Netherlands –
- ☐ Belgium –
- ☐ Switzerland –

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**Application of the Nursing Process**

- ☐ Assessment
  - Verbal and nonverbal clues
    - 1
    - 2
  - Lethality of suicide plan
  - Assessment tools
    - 1
  - Self assessment

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**Case Study**

- ☐ You are worried about a close friend who recently broke up with a boyfriend. She is taking the breakup very hard and seems depressed.
- ☐ What are some questions you could ask to assess for suicide ideation?

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**Assessment Tools**  
**SAD PERSONS Scale**

Uses 10 major risk factors to assess suicidal potential

1. ...	6. ...
2. ...	7. ...
3. ...	8. ...
4. ...	9. ...
5. ...	10....

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**Application of the Nursing Process**

- ☐ Diagnosis (Table 26-3)
  - Risk for suicide
- ☐ Outcomes identification (Table 26-4)
  - Suicide self-restraint
- ☐ Implementation

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**Levels of Intervention**

- ☐ Primary – ...
- ☐ Secondary – ...
- ☐ Tertiary – ...

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## Interventions

- ☐ Teamwork and safety
- ☐ Counseling
- ☐ Health teaching and health promotion
- ☐ Case management
- ☐ Pharmacological interventions
- ☐ Post-intervention for survivors...

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## Advanced Practice Interventions

- ☐ Psychotherapy
- ☐ Psychobiological interventions
- ☐ Clinical supervision
- ☐ Consultation

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## Question 1

A patient is hospitalized with major depression and suicidal ideation. He has a history of several suicide attempts. For the first 2 days of hospitalization, the patient eats 20% of meals and stays in his room between groups. By the fourth day, the nurse observes that the patient is more sociable, is eating meals, and has a bright affect. Which factor should the nurse consider?

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### Question 1 (Cont.)

- A. The patient is showing improvement and may be ready for discharge.
- B. The patient may have decided to commit suicide; the nurse should reassess suicidality.
- C. The patient is feeling rested, supported by the therapeutic milieu, and less depressed.
- D. The patient is benefiting from the antidepressant he has been taking for 4 days.

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### Nonsuicidal Self-Injury

- ☐ Prevalence
- ☐ Comorbidity
- ☐ Etiology
  - Biological factors
  - Cultural factors
  - Societal factors

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### Audience Response Questions

1. A person with which psychiatric problem is most likely to complete suicide?  
  
A. Personality disorder  
B. Major depression  
C. Substance abuse  
D. Schizophrenia

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### Audience Response Questions

- 2. Which method of suicide has the highest lethality?
  - A. Cutting one's wrists
  - B. Overdose of medication
  - C. Self-inflicted gunshot wound

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