

Prescribing Controlled Substances in Patients at High Risk of Suicide

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Outline

- Identifying individuals at a high risk of suicide
 - Risk Factors
 - Protective Factors
- Evaluating risks of an intervention on an individual patient basis
- Strategies to mitigate the risk of misusing an intervention for suicide

Sam

- 48-Year-Old
- Borderline Personality Disorder
- Attempted Suicide 15 months ago via overdose requiring ICU stay
- First suicide attempt at age 13
- Mom committed suicide when Sam was 9
- Has been diagnosed with Chronic Pain and was referred to you for continued treatment on Norco 10-325 mg PO Q4H PRN (Dispense 180 tablets per month) which has been given for > 1 year

What is Sam's risk for Suicide?

Definitions

- Suicide – death caused by injuring oneself with the intent to die
- Suicide Attempt – when someone harms themselves with any intent to end their life, but they do not die as a result of their actions
- Interrupted Suicide Attempt – when an outside person stops a suicide attempt
- Aborted Suicide Attempt – when the individual stops the suicide attempt
- Perceived Lethality – Individual's belief that the means will kill them

Inquiry

- Ideation
 - Nature
 - Frequency
 - Intensity
- Intent
- Plan



Risk Factors for Suicide

- Static

- Past Attempts
 - Perceived Lethality
 - Aborted
 - Interrupted
- Family History of Suicide
- Age
- Gender
- Living alone

- Dynamic

- Ideation
- Intoxication
- Active Symptoms
- Psychosocial Stressors
- Access to Means
- Severe Anxiety and Rumination

Less
Concerning
Threat



More
Concerning
Threat

Protective Factors for Suicide

- Internal

- Beliefs Regarding Suicide
- Frustration Tolerance
- Coping Skills
- Future Oriented thinking
- Fear of Social Disapproval of Suicide
- Ability to Find Meaning in Life

- External

- Family
- Pets
- Responsibilities
- Social Support
- Therapeutic Alliance
- Employed

Synthesizing a Risk Assessment

- Acute

- Driven by Dynamic Risk Factors

- Creates Elevation

- Chronic

- Driven by Static Risk Factors

- Creates Baseline

Evaluating the Risk of an Intervention



Evaluating the Risk of an Intervention

- Overdose
 - Therapeutic Effects
 - Insulin - Hypoglycemia
 - Direct Toxic Effects
 - Tylenol - Hepatotoxicity
 - Indirect Effects
 - Opiates – Respiratory Depression



Evaluating the Risk of an Intervention

- Intervention Non-adherence
 - Intentionally skipping anti rejection medications
 - Intentionally skipping HAART therapy
 - Intentional Poor Diabetic Care
 - Intentional Dialysis Refusal



Mitigating the Risk of an Intervention



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Evaluating Suicide Risk vs. Risk of Intervention



Evaluating Suicide Risk vs. Risk of Intervention



Questions, Discussion