

5

# Suicide

Patient name: \_\_\_\_\_

Admission: \_\_\_\_\_

NRS  
DATE INITIAL

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- I. **The client/caregiver can list general facts about suicide.**
  - A. It is the eighth leading cause of death.
  - B. The suicide rate is increasing rapidly among adolescents.
- II. **The client/caregiver can list people at greater risk for suicide.**
  - A. There is a history of previous attempts.
  - B. Men are four times more likely to die from suicide.
  - C. There is a family history of suicide.
  - D. There is a history of mistreatment as child.
  - E. There are feelings of hopelessness.
  - F. There is a plan for committing suicide.
  - G. The person is widowed, separated, divorced, or single.
  - H. There is a job loss or failure.
  - I. The person has physical health problems.
  - J. There is drug or alcohol abuse.
  - K. The person is living alone.
  - L. There is a recent loss of spouse, child, or pet.
  - M. The person has a lack of social support system.
  - N. There is a history of mental disorders, especially depression.
- III. **The caregiver can list signs and symptoms of impending suicide.**
  - A. Giving things away
  - B. Refusing food
  - C. Suddenly improving mood or attitude
  - D. Feeling depressed and tearful
  - E. Getting affairs in order
  - F. Verbalizing death wish
  - G. Collecting medications (hoarding medications)

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- IV. **The client/caregiver can list measures to identify or decrease risk of suicide.**
  - A. Ask the client whether he or she has a plan for suicide.
  - B. Remove any dangerous objects (i.e., guns, knives, and razors). Check supply of medication. Do they have more than a 1-week supply and/or hoarding medication?
  - C. Discuss coping methods that have helped in the past.
  - D. Discuss other possible coping methods. Help plan for alternative ways to handle anger or frustration.
  - E. Identify two people to contact when feeling self-destructive.
  - F. Implement a written no-suicide contract if needed.
  - G. Encourage the client to take medications as ordered.
  - H. Encourage the client to keep follow-up appointments.
  - I. Contact family or friend. Arrange for crisis counseling.
  - J. Arrange for hospitalization if client is threatening suicide.
  - K. Stay with the client who is at risk until in a safe environment.
  - L. Activate contact with self-help groups. Encourage participation in support or therapy group where others have similar experiences or thoughts.
  - M. Develop skills in problem solving, conflict resolution, and nonviolent handling of disputes.
  - N. Discuss cultural and religious beliefs that discourage suicide.

(Continued)

**RESOURCES**

National Center for Disease Control and Prevention Fact Sheet  
on Suicide

[www.cdc.gov/ncipc/factsheets/suifacts.htm](http://www.cdc.gov/ncipc/factsheets/suifacts.htm)

Suicide Awareness Voices of Education

[www.save.org/](http://www.save.org/)

Clergy

Mental health professional

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