The Shocking Truth About Job-Related Issues Leading to Suicide Amongst Nurses

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NPSNetwork
Nurses Peer Support Network

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Trigger Alert

- This is a sensitive topic
- Feelings and emotions may surface
- You are not alone
- Talk to a friend, family, or your physician
- 24/7 Crisis Hotline: 1-800-273-TALK (8255)

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Why Now More Than Ever

Pandemics result in:

- Panic Disorder
- Stress Disorders
- Depression
- Suicide

Angela Klinkhamer, RN

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Poll #1

Which of the following is true about nurse suicide?

A. ICU nurses are at greatest risk, followed by emergency department nurses.
B. "Boomer" nurses are at less risk due to resiliency offered by experience.
C. Nurses with greater empathy have more suicidal ideation than others.
D. Nurses are at greater risk than gender/age matched population.

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Poll #2

Which of the following is true about nurse suicide?

A. Night shift nurses are at higher risk than others related to circadian disruption.
B. Emergency department nurses are at the highest risk due to exposure to violence.
C. Nurses are at higher risk of suicide than physicians.
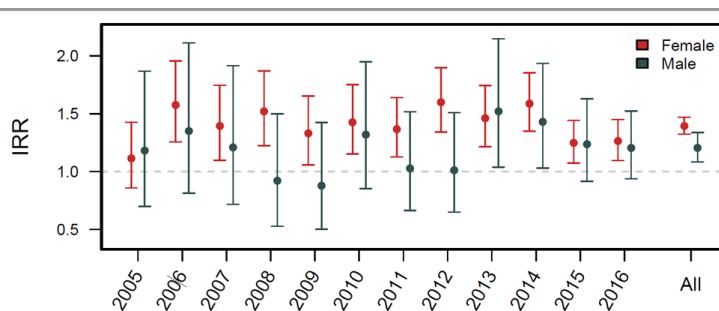D. Tech-native (younger) nurse are at higher risk than tech-non-native (older) nurses.

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Significant Findings 2005-2016 NVDRS

Incident Rate Ration RNs vs. Gender Matched Population

IRR 1.4 female, 1.2 Male, p<0.001

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A Longitudinal Analysis of Nurse Suicide in the United States (2005–2016) With Recommendations for Action

⚠ Correction(s) for this article ˅

Judy E. Davidson DNP, RN, MCCM, FAAN ✉, James Proudfoot MS, Kelly Lee PharmD, MAS, Garni Terterian BS, Sidney Zisook MD

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Poll #3

Which of the following is true about nurse suicide and job problem?

A. Being witness to repeated death increases our risk of suicide.
B. Stressors of shift work increase clinician risk of suicide.
C. Millennials are at greatest risk due to insufficient positive feedback.
D. Job loss due to substance use investigation may be a unique risk to nurses.

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Poll #4

Which of the following is true about substance use disorder (SUD) and nurse suicide?

A. SUD, though important, has no relationship to suicide.
B. Mandatory state reporting decreases suicide rates of nurses with SUD.
C. Treatment for depression will not mitigate suicide amongst those with SUD.
D. The process of losing your RN license due to SUD can lead to suicide.

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Job-Related Problems Prior to Nurse Suicide, 2003-2017: A Mixed Methods Analysis Using Natural Language Processing and Thematic Analysis

Judy E. Davidson, DNP, RN, MCCM, FAAN; Gordon Ye; Melissa C. Parra, BSN, RN; Amanda Choflet, DNP, RN, OCN; Kelly Lee, PharmD; Arianna Barnes, MSN, RN, CCRN, SCRN, PHN; Jill Harkavy-Friedman, PhD; and Sidney Zisook, MD

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Coded Nurse Victim Characteristics

	RN	Female Nurse	Male Nurse
Intimate Partner Problem	Less Likely	Less Likely	
Job Problem	More Likely	More Likely	More Likely
Mental Illness Treatment Current	More Likely	More Likely	
History Mental Illness Treatment	More Likely	More Likely	
Circumstances Known	More Likely	More Likely	
Suicide Note	More Likely	More Likely	
Physical Health Problem		More Likely	
Number of Crises			Less Crises
Finance Problem			Less Likely
Any Crisis			Less Likely
Suicide Thought History			More Likely

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Results

NVDRS 2003-2017

Coded for job-related issues

N= 203 narratives

187 (92%) unemployed or in the process of losing their job and/or license

167 (82%) known depression

	n	%
Depression	167	82
Rx Meds	134	66
SUD/Misuse	132	65
Job Loss	124	61
Previous Attempt	89	44
Drugs of Abuse/Diversion	74	37
Pain	52	36
Bipolar	15	7.4
Alcohol	78	38

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Composite Case 1

The victim was a nurse who was terminated from his job at a hospital the night before death.

His wife said he was terminated from his job because of an investigation the hospital was conducting.

This morning the victim's wife reported him missing to the police when he did not return home from work.

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Composite Case 2

The victim had lost her job 2 months ago and had financial difficulty, which also caused marital strain.

She had been fired for stealing medications from work and had issues with chronic pain.

Her suicide note stated, "I am so sorry, I know you tried to help. I will now finally be at peace."

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Composite Case 3

The victim had chronic pain due to fibromyalgia and was prescribed narcotics. Under investigation for 'fit for duty'.
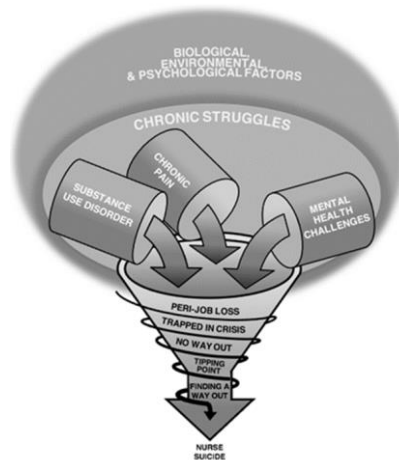
Found impaired on the job.

Family states she was distraught about needing to leave the profession because of the uncontrolled pain.

Depression being treated but has become worse since the investigation started.

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Job Loss Spiral to Death

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The time around an investigation or job loss is vulnerable.

Something about the process of investigation and job-loss is leading to death.

Acrylic on Canvas Sarah Pai, NP, RN

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Poll #5

Which of the following is true about nurse suicide prevention?

A. There is no known method of suicide prevention in nursing.
B. Anonymous screening can detect nurses at risk so that they can be referred for treatment.
C. Nurses are refractory to treatment for depression because they wait too long to obtain treatment.
D. Nurse suicide may be prevented by reporting high risk nurses to the Board of Nursing.

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Suicide Prevention Strategies
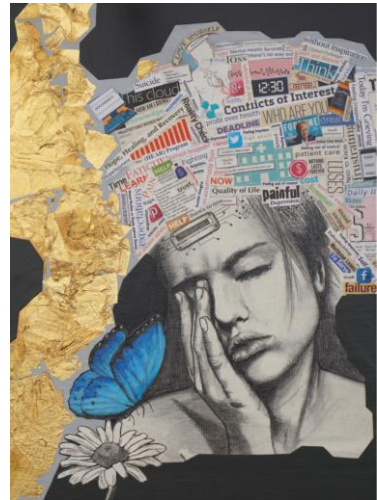

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UCSD HEAR Suicide Prevention Program:

Risk Screening… A Chance for Rebirth

Art by Linda Lobbestael, MSN, RN-BC

Read the story behind this award-winning art: https://www.americannursetoday.com/suicide-among-nurses-might-hurt-us/

AMERICAN ACADEMY OF NURSING
EDGE RUNNERS

Suicide Prevention in Nursing: Breaking the Silence - American Academy of Nursing Main Site (aannet.org)

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ORIGINAL ARTICLE

Journal of **Clinical Nursing** WILEY

A comparative analysis of the substance use and mental health characteristics of nurses who complete suicide

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Amanda Choflet, San Diego State University, 6145 Mesita Drive, San Diego, CA, 92115, USA

Abstract
Aims and objectives: To describe the substance use and mental health characteristics of nurses who complete suicide compared to non-nurses.
Background: Nurses are at higher risk of suicide than the general population. The relationship between substance use, mental health and suicide in a large sample of nurses in the USA has not been previously described.
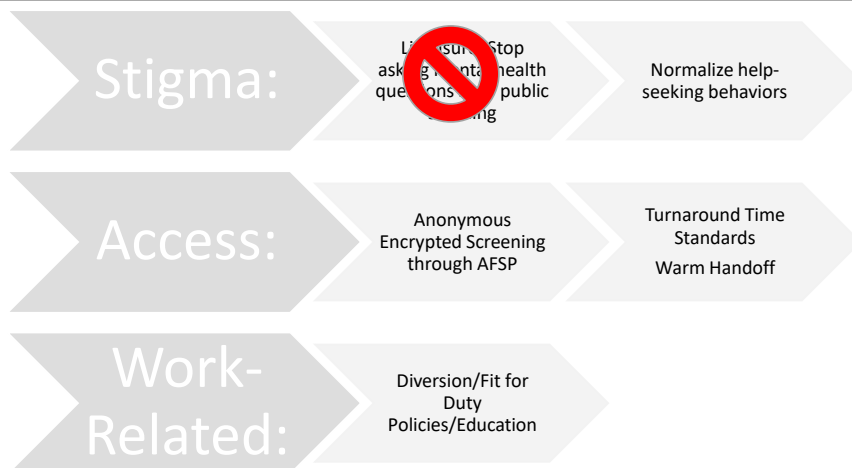
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TABLE 6 Comparison of substances used in suicide

| Substance[a] | All nurses versus All other | | |
	Nurses (n = 802)	Other (n = 15,540)	p-value
Anticonvulsant	67 (8.35%)	196 (1.26%)	<.001
Antidepressant	353 (44.01%)	1,460 (9.40%)	<.001
Antihistamine	131 (16.33%)	855 (5.50%)	<.001
Antipsychotic	56 (6.98%)	356 (2.29%)	<.001
Acetaminophen	58 (7.23%)	313 (2.01%)	<.001
Barbiturate	39 (4.86%)	168 (1.08%)	<.001
Benzodiazepine	350 (43.64%)	1,708 (10.99%)	<.001
Caffeine	58 (7.23%)	186 (1.20%)	<.001
Diverted substances	21 (2.62%)	43 (0.28%)	<.001
Alcohol	338 (42.14%)	2,021 (13.01%)	<.001
Inhalant	43 (5.36%)	639 (4.11%)	.084
Miscellaneous	125 (15.59%)	751 (4.83%)	<.001
Muscle relaxant	39 (4.86%)	231 (1.49%)	<.001
Nicotine	24 (2.99%)	144 (0.93%)	<.001
Nonbenzodiazepine sedative	38 (4.74%)	245 (1.58%)	<.001
Opioid	358 (44.64%)	1,836 (11.81%)	<.001
Stimulant	70 (8.73%)	310 (1.99%)	<.001
Substances of abuse	95 (11.85%)	520 (3.35%)	<.001
Tetrahydrocannabinol	28 (3.49%)	229 (1.47%)	<.001
Poison	21 (2.62%)	100 (0.64%)	<.001

[a]More than one substance may have been used per individual.

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Drivers of Suicide

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From Moral Failure to Chronic Disease

Living Legend:
Marie Manthey, PhD (Hon.), MNA, FAAN, FCRN

http://www.npsnetwork-mn.org

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Questions and Answers

Sculpture:

Woman with the Weight of the World on
Her Shoulders

Artist: James T. Hubbell

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