

Problem	Knowledge	Skills / Attitudes	Learning
Deliberate self-harm/parasuicide	NICE guidelines for deliberate self-harm. http://www.nice.org.uk/	Assessment of suicide risk.	LP
		Management within the Emergency Department	LT
	Risk factors for suicide.		GT
	Liaison with psychiatric services.	Appropriate referral and discharge.	PS
		Identification of co-morbid psychiatric problems.	ODA
		Importance of prevention	

about 20% medical admissions
about 5% definite psychiatric illness
1% commit suicide within a year

NICE Guideline: quick reference guide –

NICE SelfHarm.pdf

Self-harm Advice for healthcare professionals in any setting

General principles

- **Always treat people with care and respect.**
- **Ensure privacy for the service user.**
- **Take full account of the likely distress associated with self-harm.**
- **Offer the choice of male or female staff for assessment and treatment. If it is not possible to give people a choice, explain why and write it in their notes.**
- **Always ask the service user to explain in their own words why they have self-harmed. Remember, when people self-harm often, the reason for each act may be different on each occasion; don't assume it's done for the same reasons. GPP**
- **Involve the service user in clinical decision-making and provide information about treatment options.**

Relatives, carers and friends

- **Include family or friends if the service user wants their support during assessment and treatment, although psychosocial assessment usually needs some time with the service user alone to ensure confidentiality.**
- **Provide emotional support to relatives/carers if they need it.**

Consent

- **Always assess mental capacity and interview relatives/friends to help assessment.**
- **Assume mental capacity, unless there is evidence to the contrary.**
- **Obtain fully informed consent before each treatment or procedure is started (this includes taking the service user to hospital).**

All healthcare professionals

- **Always attempt to gain consent for each and every new treatment, because capacity changes over time. GPP**
- **If the service user is mentally incapable, always act in their best interests even if against their wishes (this includes taking the service user to hospital if they have refused). GPP**
- **Have easy access to legal advice about issues relating to capacity and consent at all times. GPP**

Male
Elderly (esp female)
lives alone
separated,divorced widowed
unemployed retired
physical illness
psychiatric illness
sociopathic personality disorder
violent attempt

Deliberate self harm

Score assess further risk of DSH

Score

Sex Male	1
Age <19>45 yrs	1
Depression/hopelessness	2
Previous suicide attempt/ pschiatric care	1
Excessive alcohol/drugs	1
Rational thinking loss	2
Separated/widowed/divorced	1
Organised or serious attempt	1
No social support	1
Stated further intent	2

Score < 6 may be safe to discharge

6-8 probably requires psychiatric consult

>8 needs admission