



Colorado EMS Primary Instructor Training Lesson Guide

Session Title: Recognizing the Patient at Risk of Suicide

Session Reference:

Time Required: 10 minutes

Materials:

References: National D.O.T. E.M.T. Curriculum

Prepared By:

Preparation / Set:

Attention / Motivation:

There are over 25,000 suicides each year. Men over the age of 65 have three times the suicide risk of the rest of the population. A young person attempts suicide every 90 seconds. There is a successful suicide every 90 minutes. Recognizing the patient at risk of a suicide attempt could save a life.

Objectives:

At the completion of this session, the student will be able to:

1. Discuss the characteristics of an individual's behavior which suggests that the patient is at risk for suicide.

Session Overview:

- C Assessment for suicide risk
- C Suicide risk factors



Instructor Notes	Outline
	<ul style="list-style-type: none">I. Assessment for suicide risk<ul style="list-style-type: none">A. Depression<ul style="list-style-type: none">1. Sad, tearful2. Thoughts of death or taking one's lifeB. Suicidal Gestures - the EMT must recognize and intervene in self-destructive behavior before the patient commits the act of suicideC. Risk Factors<ul style="list-style-type: none">1. Individuals over 402. Single, widowed or divorced3. Alcoholic4. A defined lethal plan which has been verbalized5. Unusual gathering of articles which can cause death such as the purchase of a gun, large volumes of pills, etc6. Previous history of self-destructive behavior7. Recent diagnosis of serious illness8. Recent loss of significant loved one9. Arrest or imprisonment10. Loss of job

Summary:

Review:

- C Assessment for suicide risk
- C Suicide risk factors

Re-motivation:

Evaluation

Written test and/or quizzes.