WAYPOINT RESEARCH INSTITUTE

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Reducing Suicide Attempts and Self-Harm Among Inpatients

Keywords

Suicide prevention; patients as partners; co-design

Helpful Terms

Acute Assessment Program: A Waypoint program that provides specialized short term services for people who require more mental health support than can be provided in the community.

Co-design: A collaborative approach to design that involves working with patients and hospital staff to create patient-centered solutions.

Project Title: *Using experience-based co-design to reduce suicide attempts and self-harm in the inpatient setting*

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Key Questions

- What are the root causes leading to suicide and self-harm among inpatients at Waypoint?

- How can a co-designed intervention improve patients' safety and respond to their needs?

Project Aims

Patient suicide in hospital is rare—but when it happens, it is devastating for patients, families and providers. Recently Waypoint has reported an alarming rise in suicide attempts and serious self-harm among inpatients. Between 2019 and 2021, suicide and self-harm moved from the ninth most likely cause of patient harm to the fourth most likely. In response, this project seeks to understand and address the reasons for this increase.

This project engages Acute Assessment Program inpatients with their needs, dignity and wellbeing in mind. We know trust and care are important to properly assess and respond to patients' thoughts of suicide. This project has the potential to reduce suicidal behaviour on Waypoint units. It addresses a core mandate of the hospital—to provide safe care and promote healing.

Activities

- Collecting data that show how Waypoint clinicians are supporting high-risk patients and where we can improve.

- Conducting interviews and focus groups with patient partners and staff to learn from their experiences.

- Co-designing and testing a suicide intervention with patients and hospital staff.

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