



RESEARCH ARTICLE

CHAUFFEUR OF CHANGE IN SUICIDE PREVENTION: HEALTH CARE WARRIORS

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ABSTRACT

Suicide...Itself a word of terror to us. Globally, suicide is the most important issue which is taking lead among the general population and it is a pitiable moment for us to imagine that every 45 seconds, someone is taking their life. As a vital part of the society, there is a need of medical trainees professional to rise up from the base and improve suicide risk prediction. Becoming the revolution in this era of emotional burden is a difficult task, but this legacy put on by the health care warriors through earliest screening, diagnosis, managing and usage of technology.

INTRODUCTION

If you imagine that suicide is not a backbreaking task, it is really hard for a person to give up on their abilities. Suicide is simply not about taking life, even it may include that the person is having suicidal thoughts or may attempt suicide. It may include piling up of many situations so as to create that aura of suicidal thoughts/attempts surrounding him/her. Suicide is a serious public health problem which does not have differences according to religion, culture but it may hunt for the general population. Suicide is a public problem, but it affects an individual as an unabridged edition. It seems to be an act, but truly it is a process to take an action.⁽¹⁾

Suicide, when it will end?: A big question mark to every other person's views. It is a time to take deliberate efforts to make it actually a preventable concern. It is heard that suicides are preventable but it would be possible only if collaborative energies will be inculcated in the plan of action. To make it happen, a coordinated and intersect oral ambiances of particular environment have to come to the forefront of the pattern of hitches.⁽²⁾ WHO also recognizes suicide as a health priority, and priority always comes foremost. The medical trainees professional and other sectors will have to join hands-to-hands to become a driver of change in suicide prevention. Understanding suicide is important to us-when a person becomes overloaded with low confidence, low self-help, hopelessness or giving up on the life, and then this burst out from inner self.

For a person to understand their own suicidal ideation is hard, as they may not be aware about self-abilities. Therefore, medical trainee's professional should be equipped with skills to recognize suicidal ideations and construct a change.

Rise of medical trainees professional: As a vital part of the society, there is a need of medical trainees professional to rise up from the base and improve suicide risk prediction. Every suicide has some risk factors at the back, but it is a want to take it to the front. But how? The medical trainee's professional have to be amicable, open minded towards the population and use the available resources to identify risk factors which may clasp the suicidal attempts/behavior. This may aid to intervene accordingly to the risk factors. According to Franklin-We've been moving in circles in suicide research, and we aren't where we want to be in terms of suicide prediction.⁽³⁾ There are some people who are struggling in silence as well as among the crowd and one day, this becomes an end and this generates a big alarm- to break the silence or to come out from the crowd. In this technological era and submarine of social media usage, it can be implemented using various technologies such as applications used to track the suicidal rates in the globe using location services and it also aid in tracking the emotions of the person by evaluating it timely. The applications can be used in various ways such as assessing the effect, sentiments, reactions and even aids them to vent out their feelings. It will increase the awareness among the general population and help to take the measures on time. Assistance is a big gun for health professionals. It is not only providing help to other while it may also include to cry for help. Sometimes, it may not be laidback to enquire for assistance from someone to vent out the feelings.⁽⁴⁾ It is also

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important to know the part from another person-what are their secrets because a secret can slay you. Hence, it is the responsibility of medical trainees professional to weigh the situation where assistance is needed. It is important that concerted approaches to be applied by the professionals for creation of change in suicide prevention such as to road map and charting things in a progressive and linear way regarding the feelings, emotions, factors which give bump to suicide. The most important panache is to not to ignore even a little thing which make a pathway towards suicidal ideation and to listen attentively the person. Mental health...which is a term only for convention but when it comes talking or considering about it, somewhere it becomes disappear in the heap of physical problems. Not only this, even if we consider mental health while it may take only fence for few days. So, it is a matter of priority for medical trainees professional to reflect on mental health with other domains of health too. There should have a response team and policy which pacts the suicide emergencies with prompt action via sureness. The professionals should have supportive milieu with each other and with the patients. The team should also include the cloud full of assets to acknowledge the effect of other person and not to discount it on any cost, confiscating the stigma surrounding the suicidal attempts/behaviors.

It is the responsibility of medical trainees' professionals to screen, early diagnosis and manage timely. Therefore, quarterly mental health checkups and arrangement of awareness programs, competitions can be done so as to create cognizance among the population. The suicidal rate is higher among the adolescents hence their mental health checkup should be a key of focus. The rain blossoms the atmosphere, likewise the emotional and informational support from peers, friends and family blooms the individual as a whole. ⁽⁵⁾ Though there has been many tactics for suicide prevention by medical trainees professional, but the point of concern should be on assessing the factors for suicidal attempt/behaviors, refer to suicidal prevention support groups and making use of available resources with conjoined hands. Suicide is like a communicable disease in our society where all the people have to make their immune system more robust by enhancing the concept of mental health.

But to make immune system more robust. Is it really possible? Yes, then how...Concept of Mental health...Again an immense query mark.... Mental health is not a simple term but a daily task to consider in one's own living. Let's create a happy world, happy living.

Conclusion

Though, there is a constant uplifting rates of suicide in this era of technology, which creates havoc in both personal and professional life of an individual. But still medical trainee's professional may initiate with suicide prevention following various tactics in their respective field.

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