

Stress...the silent killer affecting our environment

Sharon M. Weinstein, MS, RN, CRNI-R, FACW, FAAN, CSP

Disclosure

Sharon M. Weinstein has no conflicts of interest



Objectives

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 - 1. Discuss the incidence of suicide and nursing's role in prevention
 - 2. List 3 initiatives aimed at ensuring a healthy environment
 - 3. Describe the Matt Adler Act and mandate for continuing education



Introduction

- Awareness
- Incidence...numbers matter
 - Historical perspective

 All lives matter

 Why



Healthy Environments

- AACN Initiatives
- The Joint Commission
- The ANA





Why Stress Matters

- Good or bad
- Link to depression
- Impact of environment



Precursors

- Trauma
- Bullying
- Relationships
- Pressure
- Academics





Stress Killed Matt

...and each of us



- Distressed
- Depressed
- Desperate for relief

Time Stood Still

- Something happened
- Hopelessness
- The Matt Adler Suicide Assessment,
 Treatment and Management Act of 2012





As of July 1, 2017

- Counselors
- Chemical dependency professionals
- Marriage/Family therapists
- Mental Health counselors
- Occupational and Physical Therapy practitioners
- Psychologists

- Social workers
- Chiropractors
- Dentists and hygienists
- Naturopaths
- Registered Nurses, APRNs
- Physicians and Surgeons
- Physician Assistants



Nursing Role

- Education
- Clinical
- Leadership
- Research



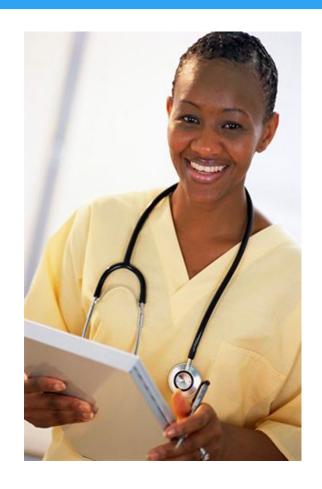
What to Do

- Look for warnings
- Empathize and listen
- Ask directly about suicide
- Remove dangers
- Next level of care: resources
 - 800.273.8255
 - 911



Performance

- Schedules
- Responsibility
- Frustration
- Productivity
- Outcomes





Leadership

- Safety is our imperative
- The work environment
- Prevention
- Professional help



Population Health

- An underappreciated problem
- The Centers for Disease Control
- Here and now





Collectively, we must...

- Change the conversation
- Engage communities
- Enhance awareness
- Be there!





Conclusion

- A crisis
- Competency training
- Nurses and nursing can make a difference
- I could have done better!



Sharon M. Weinstein founder@gedinfp.com

THANK YOU

