



# 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



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