Stress...the silent killer affecting our environment

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Disclosure

• Sharon M. Weinstein has no conflicts of interest
Objectives

- Objectives:

  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!

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Conclusion

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

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