

DEPRESSION AND SUICIDE RISKS AMONG NURSES IN AFRICA: AN INTEGRATIVE REVIEW

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Headlines like this!

NEWS

More than 300 overworked NHS nurses have died by suicide in just seven years

EXCLUSIVE: Heartbreakingly high suicide figures reveal the struggle nurses face on a daily basis

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BY ALAN SELBY

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Nurse Died By Suicide Due to Reported Bullying at Work



Angelina Walker

Own memories

- ◎ **1982 or thereabout in Ile-Ife**
 - my student
- ◎ **1999 in Durban, SA**
 - my colleague

Suicide tracking

- ⦿ Countries like United Kingdom, Japan, and Denmark have been tracking nurse suicide rates for over 10 years.
- ⦿ Not sure if there are such efforts or records in Africa
- ⦿ Suicide discussions, and in particular among nurses is a difficult conversation to have

WHY?

Nurses mental health

- ⦿ Nurses, more so, psychiatric nurses, should be in a healthy form and state of mind without any form of apprehensions and worries for them to execute their duties well and effectively so.
- ⦿ Unfortunately among health workers, nurses are the group most prone to mental health problems because they deal with human suffering, pain, joy, sadness, and are called upon to offer help to those who need their care.

Raising awareness

- ⦿ This presentation is to raise awareness of and begin to build an open dialogue regarding nurse suicide
 - At work
 - Among colleagues
 - With employers
 - Policy makers
 - Associations
- ⦿ The loss of a nurse colleague to suicide is more common than generally acknowledged

Statistics we need to know

- ④ 4.3% of the global burden of disease (WHO estimate) is caused by depression
- ④ 15% of Depression attempt suicide
- ④ Suicide is a Major cause of death among adolescents 15-19 years
- ④ 90% of suicide patients fit one or more criteria of mental disorder

Depression and Suicide

- ⦿ Understanding depression and risk of suicide is important for the mental health of the people
- ⦿ Cause immense suffering among the lives of the people affected
 - families,
 - friends and
 - community

More Stats we need to know

- ⦿ Every 40 sec someone dies from suicide in the world
- ⦿ About 1 million people commit suicide per year
- ⦿ 4 times more women than men make attempt, but men are more likely to get it completed than women

More stats

- ① 30 is the position of Nigeria out of 183 countries with the highest rate of suicide in the world
- ① the odds ratio for a nurse dying by suicide was 1.58 times greater than the general population in a 1990 study in the US

Integrative review

- ⦿ Do mental health nurses in Africa suffer from depression and suicide?
- ⦿ What factors contribute to depression and suicide risk among mental health nurses in Africa

Reviews

- ⦿ Brazil and the rest of Latin America
 - ⦿ Europe, particularly UK and Ireland
 - ⦿ North America
 - ⦿ Asia
 - ⦿ But scanty literature in Africa
-
- ⦿ Nursing AND Suicide
 - ⦿ Nursing AND Depression
 - ⦿ Nursing AND suicide AND depression
 - ⦿ Nursing AND suicide AND depression AND Africa
 - ⦿ Tried including specific names of countries eg Nigeria, Ghana, Kenya, sub Saharan etc

Prevalence

- ⦿ Estimating prevalence in different countries is problematic because in many countries suicide is hidden and therefore 'prevalence estimates' taken from national records will probably underestimate real suicide rates.
- ⦿ Among nursing college students in a Greece study 43.9% of them experienced depressive symptoms

Ghana

- ⦿ Psychiatric nurses (75%) at the Accra Psychiatric hospital were reported to be stressed due to their work in a study by
 - **KYEREME PA (2018)**

Nurses in Aro in a 2012 study

The prevalence rates of Burnout Syndrome subscales were

- ⦿ 51.3% for Emotional Exhaustion,
- ⦿ 84.7% for Depersonalization,
- ⦿ 24.5% for Personal Achievement
- ⦿ while that of Generalized Anxiety Disorder was 4%.

Risk factors

- ◎ Key risk factors for nurse suicide are similar to those for general population
 - mood disorders,
 - past attempts,
 - access to means,
 - substance abuse, and
 - past or current mental health problems

Collective Risk factors for nurse suicide include

- ① depression, or under treatment of depression
- ① knowledge of how to use a lethal dose of medication and toxic substances,
- ① personal and work-related stress,
- ① smoking,
- ① substance abuse

Work place Risk factors

Health professionals are often not aware of the factors that contribute to their own general and mental health

Workplace stressors present in nurses putting them at high risk for suicide include

- ⦿ feelings of inadequacy,
- ⦿ lack of preparation for the role,
- ⦿ lateral violence, and
- ⦿ transferring to a new work environment

Others include

- ⦿ Difficult working conditions
- ⦿ Lack of professional recognition
- ⦿ crises and conflicts especially related to welfare of staff
- ⦿ Burnout syndrome
- ⦿ Low personal fulfilment

Comparatively

- ⦿ Nurses exhibit higher levels of depression than doctors
- ⦿ In turn affects more of their social life and family

Depression risk factors in a South African study

- ⦿ Work environment
- ⦿ Family conflict
- ⦿ Interpersonal conflict in the workplace
- ⦿ Bullying
- ⦿ Stress
- ⦿ Lack of professional autonomy
- ⦿ Young adults and marital status
- ⦿ Graveyard shifts
- ⦿ Family income
- ⦿ Work overload

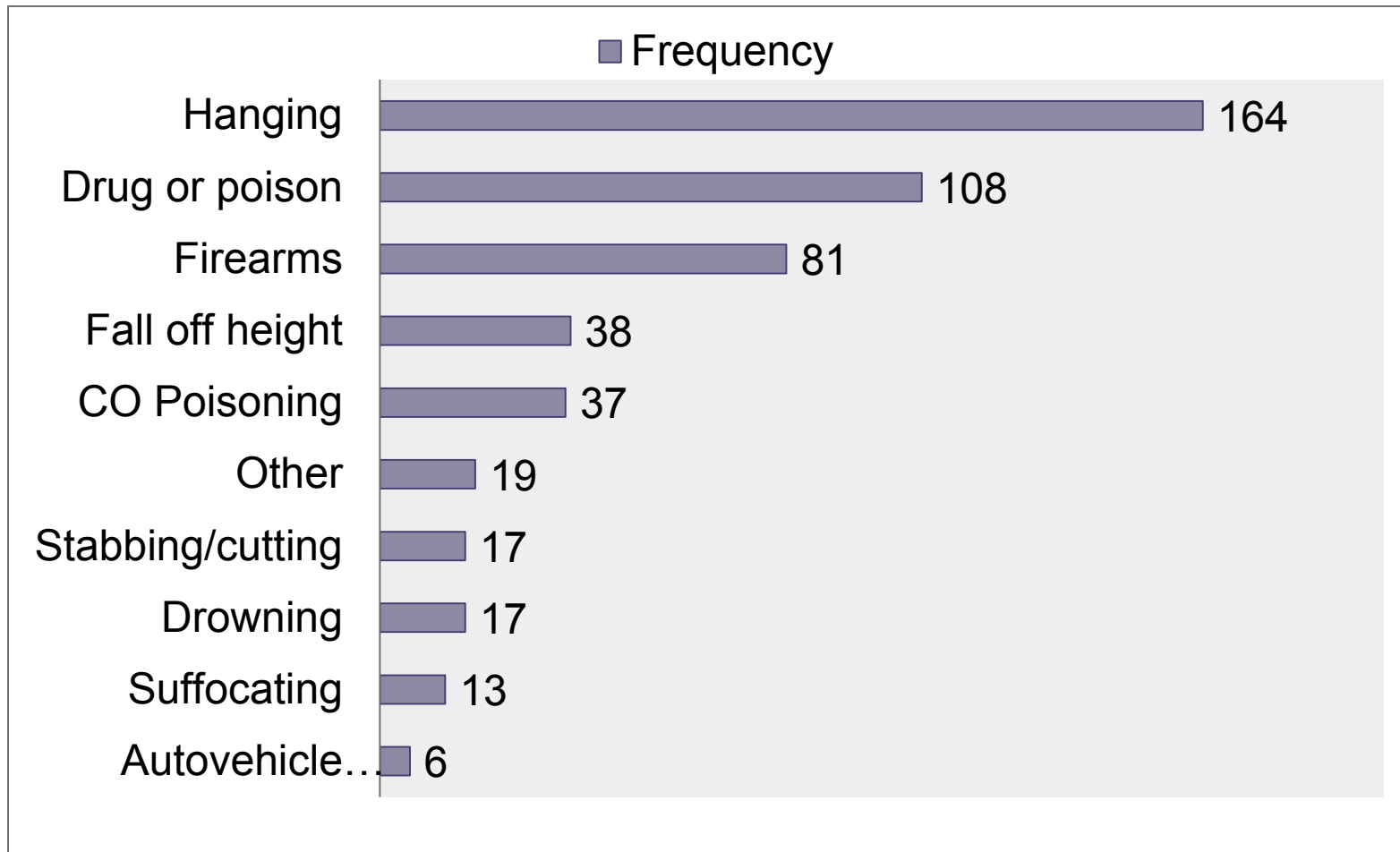
Continuum of Risk

- ⦿ Suicidal Ideation
- ⦿ Suicidal plan
- ⦿ Means and lethality
- ⦿ Prior suicidal behaviour
- ⦿ Triggers to suicidal behaviour
- ⦿ Unbearable distress or pain
- ⦿ Poor Emotional state
- ⦿ Absence of Support of protective factors
- ⦿ Substance use
- ⦿ Mental health care history
- ⦿ Suicide of others

Aggravating Risk factors

- ⦿ Current loss
- ⦿ Unresolved grief
- ⦿ Current relationship problems
- ⦿ Recent criminal charges
- ⦿ Negative attitude regarding help-seeking
- ⦿ Significant others do not take suicidality serious
- ⦿ Violence or homicidal ideation
- ⦿ Pattern of impulsive behaviour
- ⦿ Psychosis
- ⦿ Trauma

Means of suicide



Ways you can help to prevent nurse suicide

- A. Know the risk factors of suicide
 1. Mental health disease
 2. Hopelessness
 3. History of abuse or trauma
 4. Loss of job or finances
 5. Major physical illnesses
 6. Behaviours such as impulsivity or aggression
- B. Provide employee screenings to identify risk before negative actions ensue
- C. Be prepared ie have plan in place to help staff members get the help they deserve

Help Explore reasons to live

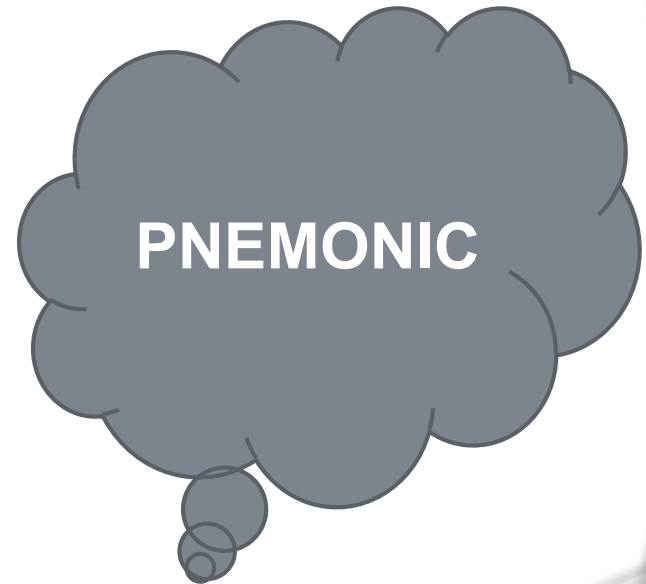
- ⦿ What keeps you alive right now, what keeps you going?
- ⦿ What's kept you going in the past when you have had these thoughts?

Reasons to live

- ⦿ Effects of suicide on others
- ⦿ Others need me
- ⦿ Fear of pain in killing oneself
- ⦿ I will get through it, it will pass
- ⦿ Looking forward to a positive future event
- ⦿ Beliefs about suicide
- ⦿ Beliefs about life after death
- ⦿ Having made an agreement with someone not to commit suicide

IS PATH WARM?

- ⦿ **I**deation
- ⦿ **S**ubstance use
- ⦿ **P**urposelessness
- ⦿ **A**nxiety
- ⦿ **T**rapped
- ⦿ **H**opelessness
- ⦿ **W**ithdrawal
- ⦿ **A**nger
- ⦿ **R**ecklessness
- ⦿ **M**ood changes



SLAP!!!

- ⦿ **Suicidal ideation**
- ⦿ **Lethality**
- ⦿ **Access**
- ⦿ **Plan**

Protective factors

protective factors include

- ⦿ access to effective behavioral healthcare;
- ⦿ connection to friends, family, and community;
- ⦿ good problem-solving and coping skills; and
- ⦿ having a sense of purpose, as well as
- ⦿ training nurse leaders and managers.

Conclusion

- ① Depression and suicide risk is high among nurses
- ① The high efforts and low rewards for nurses may have negative impact on their physical and mental health
- ① Efforts should be made to track and prevent occurrence of depression and suicide among nurses.
- ① Hospital management and policy makers in mental health care settings should design programmes for early detection and prevention of depression among nurses to protect their wellbeing and that of the healthcare industry

Thank you for listening

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