

Suicide Prevention and Crisis Intervention: Risk Assessment, Warning Signs, and Nursing Responsibilities in Crisis Care

Jessica A Singh

Senior Nursing Officer, Sir Sundarlal Hospital
Banaras Hindu University, Varanasi, Uttar Pradesh

Abstract: *Suicide is one of the greatest public health issues in the world and it has caused a high number of deaths per year. It is important to identify the at-risk individuals as fast as possible to avert suicide, and it cannot be done without organized risk assessment as well as the early identification of warning symptoms. Being the first line healthcare providers, nurses have a key role in crisis intervention by offering direct assistance, surveillance, and referral to specialized care. This paper will be able to assess the prevalence of risk factors associated with suicide, recognizing the indicators that are commonly used to identify such individuals, and the nursing roles in dealing with patients in a crisis. A cross-sectional survey was carried out on 100 patients with suicidal ideation or attempts and 50 nurses working in the area of crisis care in tertiary care hospitals. Structured instruments such as Suicide Risk Assessment Checklist (SRAC) and Nursing Responsibility Evaluation Form (NREF) were used to gather the data. The analysis of trends and changes in risk factors, patient warning signs, and the nursing interventions were evaluated in terms of descriptive statistics, bar charts, and line graphs. The results indicate that the most prevalent risk factors are depression, social isolation, and prior suicide attempts, and the active involvement of nurses in the risk assessment, counselling, and safety planning can emphasize their importance in the prevention of suicide.*

Keywords: Suicide prevention, crisis intervention, risk assessment, warning signs, nursing responsibilities, mental health nursing

