**SUICIDE**

**Introduction:**

Suicide is the act of intentionally causing one's own death. It is a type of deliberate self-act of intentioned and self-inflicted cessation of life.

The act of killing oneself, most often because of depression or other mental illness such as alcohol dependence syndrome (ADS), schizophrenia, psychotic features like delusion or hallucination.

It is also a self-destructive behavior of the person due to increased physical, mental, and emotional stress.

**Suicidal attempt** is a suicidal act that either failed or was incomplete.

**Suicidal ideation** means the person is having thoughts about killing himself or herself.

Epidemiology**: (WHO)**

* An estimated 1 million people worldwide take their lives by suicide every year.
* Worldwide, suicide ranks among the three leading causes of death among those aged 15–44 years.
* Suicide is currently the leading cause of death for Nepalese women aged 15–49.
* Suicide attempts are up to 20 times more frequent than completed suicides. Females have higher rates of suicidal attempt, and males have a much higher rate of completed suicide.
* The countries of the Eastern Europe and East Asia have the highest suicide rate in the world.
* Nepal, Ranked 126th by suicide rate globally by the 2015 World Health Organization report.

**Causes of suicide:**

1. **Psychosocial factors:**

Socio economic factors such as unemployment, financial factors, poverty, homelessness, and discrimination trigger suicidal thoughts.

* Previous attempt of suicide
* Hopelessness
* Lack of social support
* Isolation and alienation from social groups
* Failure in examination
* Loss of loved ones
* Financial losses
* Dowry harassment
* Mass media influences such as broadcasting news of suicide in detailed via television, social media.

1. **Medical condition:**

* Medical illness: - Persons in treatment for such serious, painful, or incurable diseases as AIDS, Parkinson's disease, and certain types of cancer are at increased risk of suicide.

1. **Mental disorders:**

* Clinical depression is an especially common cause.
* About 90 % people commit suicide, have mental illness at the time of their death.
* Mood disorders are present in 30%.
* Substance abuse in 18%
* Schizophrenia in 14%
* Personality disorders in 13% of suicides (such as obsessive-compulsive disorder, paranoid disorder)
* About 5% of people with schizophrenia die of suicide.
* Major depression and alcoholism are the specific disorders which are most strongly correlated with suicidal risk.
* Risk is greatest during the early stages of illness among people with mood disorders, such as major depression or bipolar disorder.

1. **Biology factors**

* Lower serotonin level:

Serotonin is a vital brain neurotransmitter; in those who have attempted suicide it has been found that they have lower serotonin levels, and individuals who have completed suicide have the lowest levels.

* Genetic factors responsible for the major psychiatric disorders associated with suicide.

**Warning sign of suicide:**

* Previous suicide attempts
* Physical changes: such as lack of energy, different sleep patterns, change in weight or appetite, poor hygiene.
* Withdrawal from friends and family
* Sadness and hopelessness
* Lack of interest in previous activities, or in what is going on around them.
* Loss of self-esteem, negative comments about self-worth
* **Bringing up death or suicide in discussions, writing or behavior such as.**
* Writing farewell letters
* Giving away treasured goods
* Making a will
* Closing bank accounts
* Appearing peaceful and happy after a period of depression.

**Treatment:**

1. **Psychotherapy**

* Psychological counseling or talk therapy, explore the issues that makes feel suicidal and learn skills to help manage emotions more effectively.
* Patient and therapist can work together to develop a treatment plan and goals.
* Open talk or ventilation of feelings or emotions with close ones.

1. **Pharmacotherapy**

* Anti-depressants, antipsychotic medication, anti-anxiety medications and other medications for mental illness or physical illness can help reduce symptoms, which can help individuals feel less suicidal.
* Treatment for drug or alcohol addiction can include detoxification, addiction treatment programs and self-help group meetings.

1. **Family support and education**

* Loved ones can be both a source of support and conflict. Involving them in treatment can help them understand what they are going through, give them better coping skills, and improve family communication and relationships.
* Close observation of things that can be used for suicide such as poison, pesticide, ropes, medicines.

1. **Diversion therapy:**

* Physical activity and exercise have been shown to reduce depression symptoms.
* Consider religious faith and worship, walking, jogging, swimming, gardening, or taking up another form of physical activity that the patient enjoys.
* Involving self in social groups and activities.

**Nursing management:**

**Assessment**

* Presence of suicidal ideation
* Self-destructive tendencies
* Feeling of hopelessness or worthlessness
* Withdrawn behavior.
* Lack of impulse control
* Sleep disturbances.
* Suicidal gestures or attempts
* Refusal to eat.

**Nursing Diagnosis**

* Risk for self-directed violence related to impulsive and aggressive tendency.
* Potential for self-inflicted injury related to lack of impulse control/suicidal ideas or feelings/hopelessness.
* Potential for injury to others related to lack of impulse control.
* Potential for disrupted homeostasis related to inadequate food and fluid intake.
* Imbalance nutrition less than body requirement related to loss of appetite.
* Ineffective self-health management related to negligence behavior, unwillingness to perform daily living activities.
* Disturbance in interpersonal communication related to decreased ability to express feelings.
* Impaired social interaction related to low self-esteem, hopelessness, possibly evidence by decrease verbal communication, unable to attended social function.
* Ineffective role performance related to worthlessness possibly evidence by not able to perform role task, financial crisis.

**Nursing Intervention**

* Provide a safe environment and protect the client from self-destructive tendencies and prevents the client from harming others such as ropes, glass, poison, sharp objects)
* Maintain close supervision of the client, sudden changes in behavior.
* Close observation of things that can be used for suicide such as poison, pesticide, ropes, medicines.
* Be alert to possible signs that might lead to suicidal behavior.
* Decrease rumination or excessive talk about suicide. Do not watch news of suicide.
* Promote adequate nutrition, hydration, and elimination. Promote an adequate balance of rest, sleep, and activity.
* Decrease feeling of depression and increase feeling of self-worth.
* Decrease withdrawal, increase communication with others.
* Help the client develop insight and decrease his or her ability to express and deal with feelings in a heathy manner.
* **Suicide is a medical legal case, informing the police is very important.**

**Prevention**:

* Family members should help to strengthen protective factors and problem-solve around risk factors.
* Both families and the suicidal person should be supported by health care providers to cope with the societal stigma surrounding mental illness and suicide.
* Attention should also be given to the suicidal person’s cultural background as this can aid in understanding protective factors and problem-solving approaches.
* Promoting mental resilience through optimism and connectedness.
* Assessing the suicidal thought.
* Close supervision.
* Give maximum time to ventilate their feelings.
* Involving in stress reduction program.
* Reducing access to convenient means of suicide (e.g., toxic substance, handguns, ropes/shoelaces, sharp instrument).
* Reducing the quantity of dosages supplied in packages of non-prescription medicines.
* Interventions targeted at high-risk groups.
* **Suicide prevention Hotline in Nepal – 1166.** if any suicidal ideation arises then call-in hotline number. It is operated in all over Nepal which is free of cost.