2018

STOP: No-Suicide Contracts

Paul Friebe

St. Cloud Hospital, CentraCare Health, friebep@centracare.com

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**Purpose Statement**

The purpose of this evidence-based project is to reduce the number of suicide attempts by identification of at risk patients in the Adult and Adolescent Mental Health Units (MHUs) through implementation of the APNA Psychiatric-Mental Health Nurse Essential Competencies for Assessment and Management of Individuals at Risk for Suicide as compared to the use of No-Suicide Contracts (NSCs).

**Synthesis of Evidence**

- Majority of Literature Grade C
- No empirical evidence that NSCs are efficacious
- NSCs provide no legal protection
- Root causes of inpatient suicide related to environment, improper assessment, and NSCs
- Patients with NSCs 5 times more likely to attempt
- Raised issues of coercion and informed consent
- NSCs utilized as assessments and interventions
- Suicidal patients considered irrational and therefore incompetent to contract

**Team Members**

Stacy Rivers, MSW, LICSW  
Patricia Blonigen-Heinen, MSW, LGSW  
Tyler Dwyer, BSN, RN  
Edith Oxton, MSW, LICSW  
Sandy Thornton, BSN, RNC, Core Charge  
James Pohl, BSN, RN  
Joyce Salzer, RN

**Pre/Post Measures**

**Pre-Implementation**

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<th>Pre-Implementation</th>
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<td>Patient Records With No-Suicide Contract Verbiage</td>
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<td>Suicide Attempt Rates</td>
<td>Suicide Attempt Rates</td>
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**Suicide Attempt Rates**

- Pre-Implementation: 35%  
- Post-Implementation: 20%

**EBP Practice Change**

- Replace NSCs with Columbia-Suicide Severity Daily/Shift Screen  
- Educate and Train Nursing Staff on the use of shift relationships using the Columbia Screen  
- Pilot Test on Paper  
- Technology Change Request to Remove NSCs Verbiage and Build Daily/Shift Screen Flowsheet  
- Production Implementation

**References**


**Recovery Plus Adolescent and Clara’s House, St. Cloud, Minnesota**

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Paul Friebe, BS, RN

friebep@centracare.com