



Podcast Show Notes

Nurse Suicide and Substance Use Disorder: The Shocking Truth

Some disturbing data: even before the COVID-19 crisis scarred the mental well-being of nurses, research demonstrates that nurses, particularly female nurses, have been at higher risk of suicide than the general population. Also troubling: Suicide among nurses is most often linked to actual or impending job loss, including job loss relating to substance use.

This CE course is relevant to registered nurses and advanced practice registered nurses.

Episode 2 – Proactive Approaches to Nurse Suicide Prevention

Listen to learn about leading-edge programs designed to remove the stigma of mental health disorders among healthcare professionals and identify and support nurses with job-related struggles that could lead to suicide.

Guests

Judy E. Davidson, DNP, RN, MCCM, FAAN

- Nurse scientist at University of California San Diego
- Research focus includes workplace wellness, mental health issues, and suicide and suicide prevention among healthcare professionals
- Led the development of the first suicide prevention program for nurses, which was awarded Edge Runner status, or a model for replication, by the American Academy of Nursing

Marie Manthey, PhD (hon), MNA, FAAN, FRCN

- Multi-award-winning author
- Credited with the development of the primary nursing care model
- Recognized in 2015 as an American Academy of Nursing Living Legend
- Participated in the development of the Minnesota Nursing Peer Support Network

Host

Theresa Gaffney, PhD, MPA, RN

- Assistant Professor, Marymount University Malek School of Nursing Professions
- Former Vice President, Product Development at the American Nurses Association
- Former Executive Director at the American Academy of Nursing

- Former President of the Virginia Board of Nursing

Reviewer

Lisa Simani, APRN, MS, ACNP

- Editor, Nurse Regulatory/Compliance Planner for Elite Learning
- 20 years of publishing experience
- Lead author of peer-reviewed articles for print- and web-based nursing continuing education provider companies

Episode Key Points

Suicide prevention

The National Suicide Prevention Lifeline is an invaluable resource for those struggling with mental health issues during the pandemic and beyond:

- Call 800-273-8255
- Visit www.suicidepreventionlifeline.org

Standards for substance use disorder (SUD) alternative-to-discipline or recovery programs

- The National Council of State Boards of Nursing (NCSBN) provides recommendations and resources for nurse recovery programs:
 - How programs should operate
 - Treatment options
 - Monitoring
- Each state determines how and when the NCSBN recommendations are implemented

Additional efforts

- The Healer Education, Assessment and Referral Program (HEAR):
 - Developed in collaboration with the American Foundation for Suicide Prevention
 - Deploys voluntary, anonymous, encrypted screening for mental health issues, including suicide ideation and SUD, among healthcare professionals
 - Anonymity removes stigma associated with SUD among healthcare professionals
 - Active in more than 30 medical centers across the country for physicians and nurses
 - Recognized as an Edge Runner program, or practical innovation, by the American Academy of Nursing
- University of Missouri Health Care System Second Victim Peer Support Program
 - Nationally recognized model
 - Addresses second-victim phenomenon when healthcare professionals experience significant professional distress or psychological distress
 - Deploys emotional first aide responders to identify healthcare professionals exhibiting mental health struggles

References

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Resources

[National Suicide Prevention Lifeline](#)

[National Council of State Boards of Nursing Alternative to Discipline Programs](#)

[Healer Education, Assessment and Referral \(HEAR\) Program for Suicide Prevention](#)

[University of Missouri Health Care System Second Victim Peer Support Program](#)

[American Academy of Nursing, Suicide Prevention in Nursing: Breaking the Silence](#)

[American Nurses Association, Nurse Suicide Prevention/Resilience](#)