

Podcast Show Notes

Facts and Myths About Suicide

Suicide is often one of the most challenging subjects for healthcare providers to broach, yet it is an integral part of patient safety. The number of annual suicides in the United States translates to an average of one person every 11.1 minutes and one attempt every 26.6 seconds. It is the second leading cause of death for people ages 10 to 34 (American Association of Suicidology [AAS], 2021). This podcast series was developed to help healthcare professionals understand the myths surrounding suicide and to provide healthcare providers with strategies to effectively assess if a person is at risk of suicide.

At Colibri Healthcare, we developed this educational content with a genuine approach to bringing attention to mental illness from a healthcare provider's perspective. This podcast series contains content that may be unsettling to some listeners. Each episode involves an in-depth discussion of suicide, depression, and self-harm. We do our best to discuss sensitive topics such as these with discretion and sincerity. Because of the sensitive topics being discussed, we recommend this podcast series for adults only.

Content Warnings: Mentions of depression, death, suicide, firearms, overdose, and strangulation.

This CE course is relevant to Nursing and Medicine.

Episode 1– Common Misconceptions About Suicide

In this episode, we focus on common misconceptions and myths about suicide.

Guest

Reg Arthur Williams, PhD, RN, BC, FAAN

- Dr. Williams is a professor emeritus in the School of Nursing and Psychiatry, Medical School at the University of Michigan.
- He completed his PhD in higher education in 1980 and became the chair in Psychiatric-Mental Health Nursing at the University of Michigan, where he taught undergraduate, graduate, and doctoral students.
- As a board-certified clinical nurse specialist and nurse practitioner in the state of Michigan, he continues to carry a small caseload of patients who suffer from depression at the University of Michigan Depression Center, where he provides psychotherapy and medication management.
- He has conducted research on depression and was the principal investigator in research funded over a 15-year period by the Department of Defense, TriService Nursing Research Program, to examine stress and depression among young men and women in military service.
- He has written four books and more than 80 journal publications.

Host

Leana McGuire, BS, RN

- Over 30 years experience in healthcare
- Teaching experience in leadership development and executive coaching
- Background in content development, visual performance, speaking and podcast hosting

Reviewer

Candace Pierce, DNP, RN, CNE, COI

- With 15 years in nursing, she has worked at the bedside, in management, and in nursing education.
- She has demonstrated expertise and scholarship in innovation and design thinking in healthcare and education and collaborative efforts within and outside of healthcare.
- As the Lead Nurse Planner for Colibri Healthcare, she engages with nurse planners and subject matter experts to assist in developing high-quality, evidence-based continuing education for nurses and other healthcare professionals.

References

Williams, R. A. (2022). Depression: A major public health concern (2nd ed.). Elitecme.com.

Resources

National Alliance on Mental Illness. <https://nami.org/Home>

988 Suicide & Crisis Lifeline. <https://988lifeline.org/>

Note: 988 is a working phone number throughout the U.S. to make mental health crisis services or help more accessible. You may think about 911 for physical/medical emergencies and 988 for mental health crisis services.

© 2022 Elite Learning by Colibri Healthcare. All Rights Reserved.

Episode 2– Suicide Risk Factors and Evaluation Questions

In this episode, we focus on risk factors of suicide and discuss strategies for effectively assessing the suicide risk of a patient.

Guest

Reg Arthur Williams, PhD, RN, BC, FAAN

- Dr. Williams is a professor emeritus in the School of Nursing and Psychiatry, Medical School at the University of Michigan.

- He completed his PhD in higher education in 1980 and became the chair in Psychiatric-Mental Health Nursing at the University of Michigan, where he taught undergraduate, graduate, and doctoral students.
- As a board-certified clinical nurse specialist and nurse practitioner in the state of Michigan, he continues to carry a small caseload of patients who suffer from depression at the University of Michigan Depression Center, where he provides psychotherapy and medication management.
- He has conducted research on depression and was the principal investigator in research funded over a 15-year period by the Department of Defense, TriService Nursing Research Program, to examine stress and depression among young men and women in military service.
- He has written four books and more than 80 journal publications.

Host

Leana McGuire, BS, RN

- Over 30 years experience in healthcare
- Teaching experience in leadership development and executive coaching
- Background in content development, visual performance, speaking, and podcast hosting

Reviewer

Candace Pierce, DNP, RN, CNE, COI

- With 15 years in nursing, she has worked at the bedside, in management, and in nursing education.
- She has demonstrated expertise and scholarship in innovation and design thinking in healthcare and education and collaborative efforts within and outside of healthcare.
- As the Lead Nurse Planner for Colibri Healthcare, she engages with nurse planners and subject matter experts to assist in developing high-quality, evidence-based continuing education for nurses and other healthcare professionals.

References

Williams, R. A. (2022). Depression: A major public health concern (3rd ed.). Elitecme.com.

Resources

National Alliance on Mental Illness. <https://nami.org/Home>

988 Suicide & Crisis Lifeline. <https://988lifeline.org/>

Note: 988 is a working phone number throughout the U.S. to make mental health crisis services or help more accessible. You may think about 911 for physical/medical emergencies and 988 for mental health crisis services.

© 2022 Elite Learning by Colibri Healthcare. All Rights Reserved.