COPING UP WITH CLINICAL CHALLENGES OF RISK ASSESSMENT

Introduction:

Risk assessment is an important area of clinical work. All of us are constantly engaged in improving it and bridging the gaps between assessment and outcome.

Suicidal ideation is common in about 4% in general population and about 20% in psychiatric population. Suicide attempt and suicidal threats are together seen in about 60-70% in acute psychiatric wards as well as in crisis services. There are tools available for risk assessment of such patients however almost always this is done based upon personal clinical judgment of the clinicians. The science of suicidology is constantly evolving with changing socio-cultural perspectives. Literature suggests three main domains for origin of suicidal ideas i.e. Biological domain, Psychological domain and Social-Environmental Domain. The suicidal ideas have constant interplay with risk factors present in the individual who gives rise to suicidal thoughts. The cognitive set changes and cognitive control is lost which then leads to an 'attempt'. An adequate risk assessment is one, which incorporates all the three domains of risks in the background of suicide protectors.

Objective: The objective is to educate mental health professional in skills of risk assessment and to enhance their competency in recognising and dealing with issues of clinical challenges, complexity of risk and assessment, its measurements, need for a new & comprehensive risk assessment; documentation; risk planning; & risk management

Methods: the course is based on group leaning method and utilises three main contents 1. Background literature 2.available tools.3. Case vintage rating. Short presentations will precede group-discussion and skill building.