Topic Short Description: Three to four hundred physicians take their lives every year. The suicide rate among male physicians is 40% higher than the general male population, and the suicide rate among female physicians is 130% higher than the general female population.1 Less is known about suicide rate among medical students and residents, although both groups experience a high prevalence of depression and suicidal ideation.2,3 During this workshop attendees will learn evidence-based approaches to reducing risk of medical student and resident suicide, review a newly developed toolkit that provides information about how to respond in case of a trainee death by suicide, and watch a 3 minute publically available trainee suicide prevention video. Facilitated small group work will guide attendees through the process of proactively developing a local suicide crisis response plan and thoughtfully integrating the suicide prevention video into local well-being programming. Time will be allotted for discussion.

Presenters: Lotte Dyrbye, MD MHPE
Professor of Medicine and Medical Education
Mayo Clinic Program on Physician Well-Being
Rochester, MN

Srijan Sen, MD, PhD
Associate Professor of Psychiatry
Department of Psychiatry
University of Michigan

Sidney Zisook, MD
Professor of Psychiatry
Program Director, UCSD Psychiatry Residency Program
University of California, San Diego

Facilitator: Alexandra Wolanskyj, MD
Chair-elect, CGSA
Senior Associate Dean for Student Affairs
Mayo Clinic Medical School

Learning Objectives: 1. Describe evidence-based approaches to reducing risk of suicide
2. List components of a suicide response action plan
3. Explain how a suicide prevention video tailored for medical students/residents could be incorporated into a wellness program

Session Plan: During this workshop presenters will describe evidence-based approaches to reducing risk of suicide and review a newly developed toolkit, co-developed by the American Foundation for Suicide Prevention and Mayo Clinic, that provides information about how to respond in case of a resident death by suicide.4 A similar booklet tailored for medical schools will be available by the time of the conference. Attendees will learn about essential components such as assembling a crisis response team, gathering needed information, communicating with trainees, notifying the community, helping trainees and staff cope, dealing with practical consequences on schedules, and coordinating and planning memorialization. Facilitated small group work will guide attendees through the process of proactively developing a local suicide crisis response plan. Lastly, a new publically available trainee suicide prevention video5 will be shown. Time will be allotted for discussion about how to best integrate these new tools as a part of a thoughtful suicide prevention and response strategy.

1. Brief presentation: Prevalence of suicide among medical students and residents, evidence-based review of strategies to reduce suicide, and components of the Medical Student and Resident Suicide Response Toolkit (20 mins)
4. Small group facilitated work to development of a local response plan (15 mins)
5. Debut of suicide prevention video (3 minutes)
6. Small group facilitated discussion: How could you incorporate this video into a medical student/resident wellness program? (10 mins)
7. Debrief, Question and Answer (12 mins)

References:

Level of Audience: Mid-career
Focus of Presentation: UME, GME
AUTHORS/INSTITUTIONS: L. Dyrbye, A. Wolanskyj, Medicine, Mayo Clinic, Rochester, Minnesota, UNITED STATES|S. Zisook, UCSD, San Diego, California, UNITED STATES|S. Sen, Psychiatry, U of Michigan, Ann Arbor, Michigan, UNITED STATES|