

Suicide Ideation Among Healthcare Professionals

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ABSTRACT

Suicide ideation among healthcare professionals is a serious and complex issue that warrants attention. This review aims to explore the prevalence, risk factors, and preventive strategies related to suicide ideation among healthcare professionals.

Introduction

Suicide risk was increased in certain occupational groups, especially in medical-related professions(1). Physicians, and other health-care workers such as nurses(2)(3), were considered like high risk group of suicide in different countries(4)(5)(6), especially for women(7)(8). Indeed, despite considerably higher risk of suicides in men than women in the general population(9), female doctors have higher suicide rates than men(10), putatively because of their social family role (11), or a poor status integration within the profession . Suicide rate in physicians was also not homogenous in all countries , and physicians' satisfaction has been reported to change between different epochs of times(12). Physicians working conditions varied substantially between countries and over contemporary times, these factors were never investigated in relationships with suicide in physicians. For example, there were tentative to regulate working time of physicians over the recent years, such as in Europe with its European Working Time Directive (EWTD)(13). Some specialties have been suggested to be particularly at risk of suicides(14) (15)with occupational factors individualized in different medical or surgical specialties: heavy workload and working hours involved in the job such as long shifts and unpredictable hours (with the sleep

deprivation associated)(16), stress of the situations (life and death emergencies) (17), and easy access to a means of committing suicide(18) . To implement coordinated and synergistic preventive strategies, we need to identify physicians in mental health suffering(19). Several studies have investigated the prevalence of suicide ideation among healthcare professionals. A systematic review and meta-analysis by Dutheil et al.(20) found that the pooled prevalence of suicide ideation among healthcare professionals was 1.4 Subgroup analysis revealed variations with female at higher risk and variation in prevalence across different healthcare professions, with physicians, nurses, and paramedical staff reporting higher rates compared to other healthcare professionals. In Islam it is prohibited issue and here we focus on common risk factors for this phenomenon

Risk Factors for Suicide Ideation Among Healthcare Professionals:

Several factors contribute to the risk of suicide ideation among healthcare professionals:

1. Work-Related Stress

High levels of work-related stress, including heavy workloads, long working hours, and exposure to traumatic events, increase the risk of suicide ideation.

2. Job Dissatisfaction

Feelings of job dissatisfaction, lack of autonomy, and limited opportunities for career advancement contribute to feelings of hopelessness and despair.

3. Stigma and Shame

The stigma associated with mental health issues and the fear of being perceived as weak or incompetent prevent healthcare professionals from seeking help.

4. Access to Means

Easy access to means of self-harm, such as medications and medical equipment, increases the risk of suicide ideation and completion.

Preventive Strategies

Preventive measures are essential for addressing suicide ideation among healthcare professionals:

1. Education and Training

Providing education and training on mental health awareness, stress management, and coping strategies helps healthcare professionals recognize the signs of suicide ideation and seek help when needed.

2. Access to Support Services

Ensuring access to confidential support services, such as employee assistance programs (EAPs), counseling services, and peer support groups, encourages healthcare professionals to seek help and reduces feelings of isolation.

3. Workplace Support

Creating a supportive work environment that promotes work-life balance, open communication, and peer support

reduces the risk of suicide ideation among healthcare professionals.

4. Destigmatization

Destigmatizing mental health issues and encouraging open discussions about suicide ideation help reduce barriers to seeking help and support.

Conclusion

Suicide ideation among healthcare professionals is a significant concern that requires urgent attention. By addressing the underlying risk factors and implementing preventive strategies, healthcare organizations can create a supportive work environment that promotes the mental health and well-being of their employees.

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