

# Our Program Experience With Suicide

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Scott & White

MEDICAL CENTER

TEMPLE

*Part of Baylor Scott & White Health*

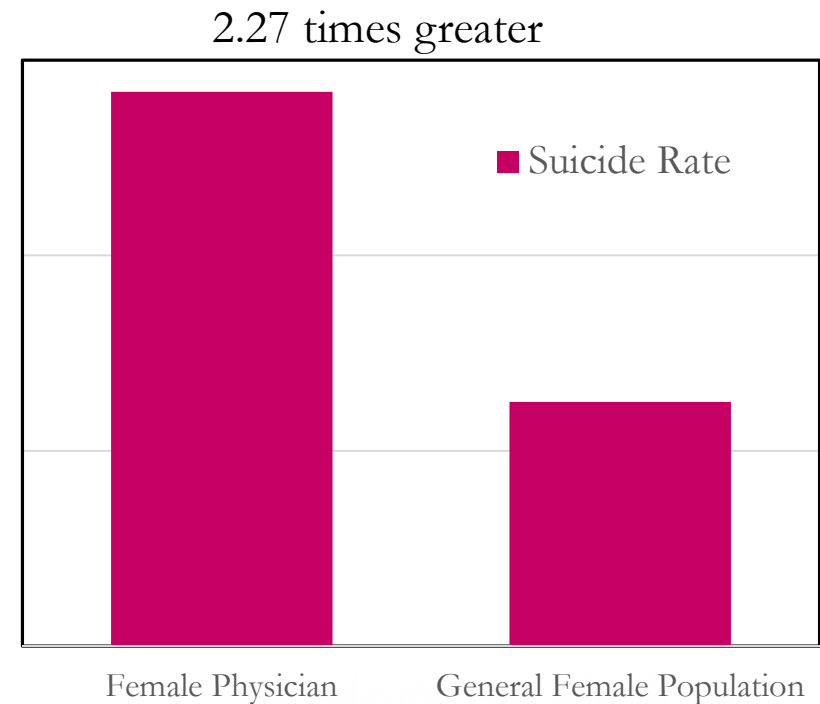
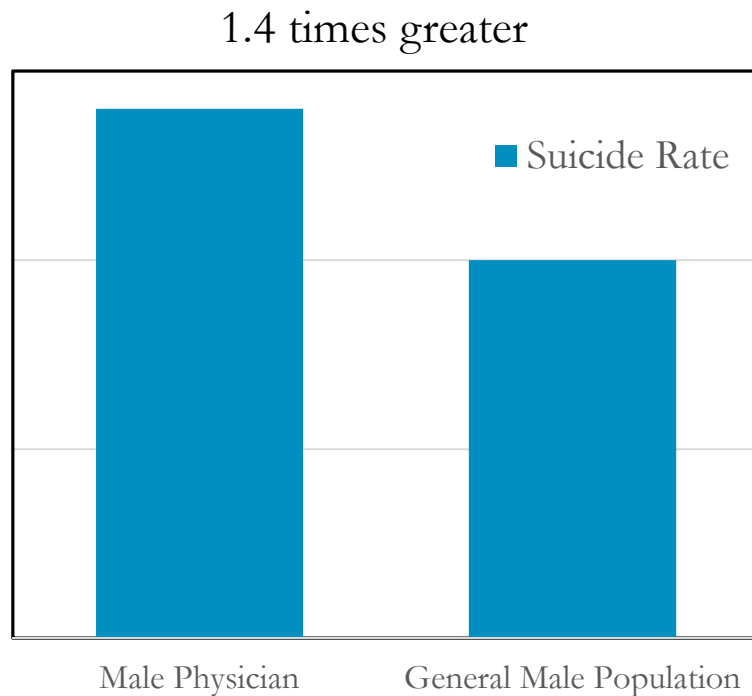
# Conflicts of Interest

- Nothing to disclose

# Facts About Physician Suicide and Mental Health

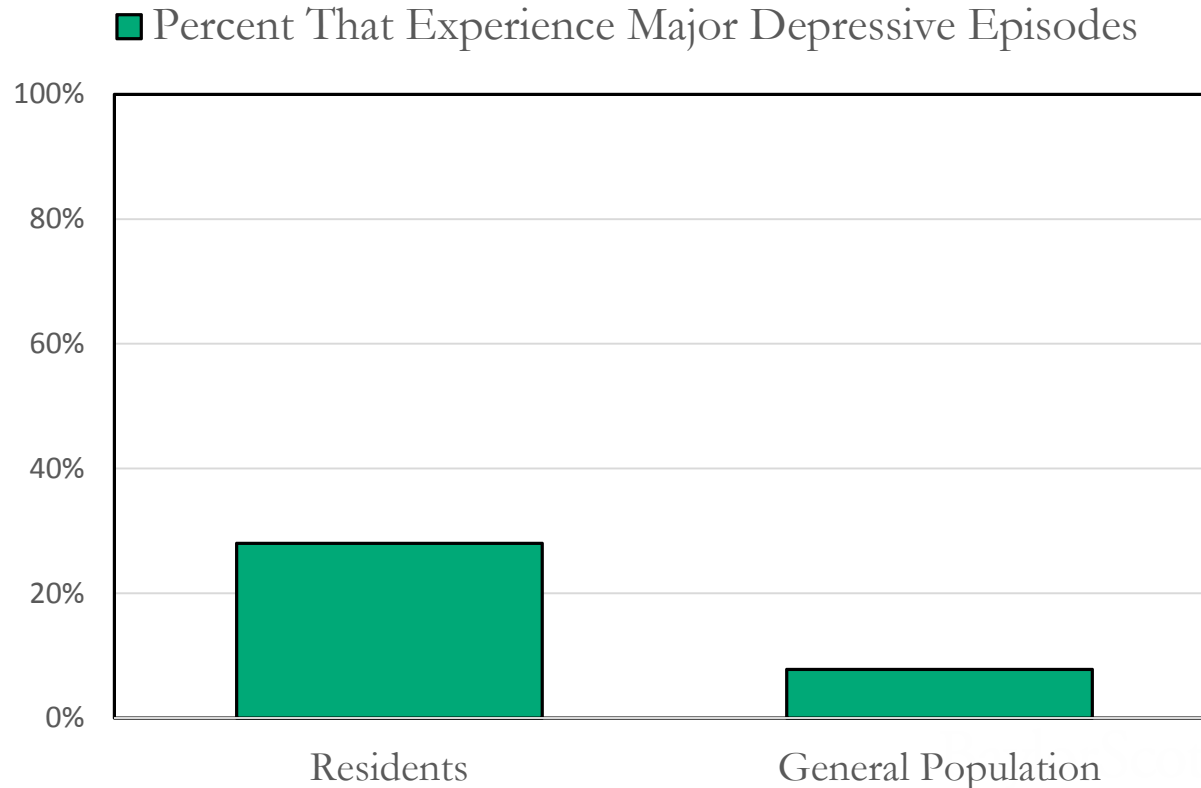
- Suicide is generally caused by the convergence of multiple risk factors. **The most common is untreated or inadequately managed mental health conditions.**
- An estimated **300 physicians die by suicide** in the U.S. each year.
- In cases where physicians died by suicide, **depression** is found to be a significant risk factor leading to their death at approximately the same rate as among non-physician suicide deaths; but physicians who took their lives were less likely to be receiving mental health treatment compared with non-physicians who took their lives.

# Facts About Physician Suicide and Mental Health



American Foundation for Suicide Prevention. After a Suicide: A Toolkit for Physician Residency/Fellowship Programs - Ten Facts About Physician Suicide and Mental Health – Retrieved from <https://afsp.org/wp-content/uploads/2016/11/ten-facts-about-physician-suicide.pdf>

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# Our Story



# Signs of Trouble

- ICU rotation
- Identifying risk
  - May be hard to see
  - Signs of burnout
  - Online resources (web based screening, assessment and referral)
- Later in the Spring...

# Signs of Trouble

- Several faculty voiced concerns about patient care and unusual behavior
- PD, APD and IM PD met with David
  - Advised to see his physician and a psychiatrist
  - Drug testing
  - No moonlighting
  - One week off from patient care duties
  - Remediation period



# Dealing with Mental Illness

- Frustration
- Psychiatric help was needed
  - When to refer
    - Self referral
  - Barriers to seeking help
    - Stigma
    - Time away from training
    - Negative effects of career

# The Clinical Competency Committee

- David was required to;
  - Meet with a psychiatrist regularly
  - Exercise
  - Change rotation schedule (no call, revise clinic)
  - Take time off from work
  - Meet with APD regularly

# Our Approach From the CCC

- Texas Physicians Work Monitor Program
- Recommended change in career plans
  - Focus on well being /self care
- Extended second year with lighter work schedule and clinical duties
- Met with David and his wife

# May 2017

- We received a call that David had a cardiac arrest from an overdose

# Aftermath

- The fellows were having a hard time dealing with David's suicide.
- No changes were needed with rotations or vacancies needing to be filled.
- ACGME reporting, New Innovations changes, Texas Medical Board reporting, seemed to keep growing.

# SWADDLE Program

The screenshot displays the Baylor Scott & White Health website's page for the Staff Well-Being Assistance During Difficult Life Events (SWADDLE) program. The page features a navigation menu at the top with links for Home, About Us, News, Services, Teams, and Locations. The main content area is titled "Staff Well-Being Assistance During Difficult Life Events (SWADDLE)" and includes a sub-heading "Supporting When Caring Hurts". The text explains that Baylor Scott & White Health is committed to supporting its 20,000 employees, whose mission is to serve all people by providing personalized health and wellness through exemplary care, education, and research. It notes that as employees strive to live this mission, sometimes the unexpected and resplendent outcomes occur, and the very individuals delivering care become the ones in need of support. A section titled "Healing Together" describes how when second victims (healthcare adversity happens) feel that if questions abound and feelings of helplessness, vulnerability and fear are common, the SWADDLE team is here to support you and/or your staff through unanticipated events and difficult times that occur in the workplace with understanding, compassion and confidence in a healthy recovery. To the left of the main text is a sidebar with a "Peer Support Site" section and a "Resource Guide" section containing links for "Legal/Compliance Complaint Resources", "Unintended Death/Second Victim Resources", "Resilience Resources", "Burnout Resources", and "Death and Dying Resources". Below the main text is a video player with the title "You're Not Alone - Swaddle Is Here For You" and the text "Swaddle is here for you." The video player shows a play button, a progress bar, and the Baylor Scott & White logo.

# SWADDLE

- Acronym for: Staff Well-Being Assistance During Difficult Life Events
- SWADDLE used in 4 hospitals across the country
  - Johns Hopkins
  - Brigham and Women's Hospital
  - University of Missouri
  - Baylor Scott & White Healthcare

# SWADDLE

- Supports hospital staff experiencing second victim/healthcare adversity with individual peer support through the “SWADDLE” team



# SWADDLE

- The SWADDLE program is supported by leadership in recognition of how unexpected healthcare adversity affects all members of our Baylor Scott & White Healthcare team
- Staffed by well-trained and skilled volunteers from various areas of the hospital family

# Dealing with Suicide

- Support from SWADDLE/others
- Be **honest** about grief, guilt, and regret that are often in the wake of suicide
- Provide time for funeral services

# SWADDLE- Memorial Service

- SWADDLE counselors helped the fellowship program with a memorial service. They explained to us that the memorial service, held here at the hospital, was for David's "work family". A memorial was set up for David in June. The service was held in our main auditorium and was very well-attended. Both faculty, fellows and friends of David spoke at this service.

“ When you come to the end of your rope,  
tie a knot and hang on.”

Franklin D Roosevelt

We would like to thank David's wife.  
She graciously gave us permission to  
tell David's story in this presentation.