

# Suicide Prevention Online CME

Free – 6 hour training (DOH approved 2017 Model List)



## Target Audience

Physicians and physician assistants; osteopathic physicians and osteopathic physician assistants; licensed practical nurses, registered nurses, and advanced registered nurse practitioners; naturopaths; social workers, and mental health providers.

## How to Take the Course

This course can be completed in about 6 hours. You do not have to complete the course in one session. You may exit the course at any time and return later to the place where you left off.

1. Log into <https://kaiserpermanente.care.ronline.com> (If links not responding, cut/paste URL into browser)
2. Register as a new user, or login with your email address and password.
3. Complete the course.

Instructions on how to receive your certificate of completion and/or claim CME credit will be provided when you have completed all 6 modules.

## Course Outline

This course will take about 6 hours to complete. Each module contains a pre-quiz and post-quiz.

1. Introduction
2. Suicide Prevention Modules
  - Module 1 - Overview, prevalence and risk factors for suicide
  - Module 2 - Screening for depression using the Patient Health Questionnaire (PHQ9)
  - Module 3 - Assessing suicidality using the Columbia Suicide Risk Assessment
  - Module 4 - Developing a crisis response plan and lethal means removal
  - Module 5 - Treatment of patients at risk for suicide
  - Module 6 - Patient referrals and resources
3. Certificate of Completion and/or CME Category 1 Credit

## About the Course

Screening and assessment of suicide risk in medical settings is crucial to providing safety and treatment to a suicidal patient. Suicide is the tenth-leading cause of death in the United States, ahead of both prostate cancer and automobile accidents. A devastating event for family, friends, and care providers, suicide is preventable. Because 50 percent of individuals who die by suicide see a medical provider within one month before their passing—often for treatment of depression—the issue of suicide prevention is of particular importance in the health care setting. Kaiser Permanente is committed to developing an evidence-based approach to preventing suicide in health care settings by systematically screening patients for suicide risk, providing structured assessment of those identified as being at risk, and following up with interventions that include crisis response planning, removal of lethal means, and integrated behavioral health care.

## Objectives

At the end of this educational activity, participants will be able to:

- Restate the importance of suicide risk prevention in the health care settings.
- Restate the prevalence and risk factors for suicide for different patient populations (e.g., veterans)
- Assess patients for risk of suicide.
- Screen patients for depression using the PHQ9.
- Utilize the Columbia to screen for suicide risk.
- Integrate behavioral health screening into routine daily practice.
- Develop a crisis response plan for patients scoring 3 or higher on Columbia.
- Reduce imminent risk through removal of lethal means with patients and family members.
- Treat underlying conditions of depression, anxiety, and substance abuse disorders.
- Conduct suicide risk assessment and prevention with special populations (e.g., veterans)
- Manage the pathway of care of a depressed or suicidal patient.
- Implement a treatment plan through referral and resources.

# Suicide Prevention Online CME

## Faculty & Planning Committee

Bradley Steinfeld, PhD  
Program Chair, Faculty & Planning Committee; Psychology, Tacoma Behavioral Health Services; Assistant Director of Professional Services, Behavioral Health Support Services, Washington Permanente Medical Group



Amado Daylo, MD  
Psychiatry, Assistant Medical Director, Behavioral Health Services, Washington Permanente Medical Group

Rebecca Parrish, MSW, LICSW  
Behavioral Health Integration, Clinical Consultant and Social Work Manager, Behavioral Health Services, Kaiser Permanente

Samantha Girard, PhD, RN  
Nursing Education and Practice Specialist, Nursing Operations, Kaiser Permanente

Julia Sokoloff, MD  
Family Medicine, Olympia Medical Center, Washington Permanente Medical Group; Clinical Instructor, Family Medicine, University of Washington

Zandy Harlin, MPH, RN-BC  
Quality Improvement Specialist, Quality & Planning, Kaiser Permanente

Colin Hutchinson  
Manager, Finance and Business Analytics, Behavioral Health Services, Kaiser Permanente

Maria Cárdenas-Anson  
Manager, Clinical Knowledge Development & Support, Kaiser Permanente

## Washington State Requirement

The state of Washington recently passed legislation (RCW 43.70.442) mandating that health care providers (physicians and physician assistants; osteopathic physicians and osteopathic physician assistants; licensed practical nurses, registered nurses, and advanced registered nurse practitioners; naturopaths; social workers, and mental health providers) receive a one-time 6 hours of training in suicide prevention.

Certified counselors, chemical dependence professionals, occupational therapists and assistants, and physical therapists and assistants, must receive a one-time 3 hours of training in suicide prevention.

Visit the Washington State Department of Health "[Suicide Prevention Training for Health Professionals](#)" web page for information on your specific requirements and timelines for completion.

## Accreditation and Disclosure

Kaiser Foundation Health Plan of Washington is accredited by the Washington State Medical Association to provide continuing medical education for physicians.

Kaiser Foundation Health Plan of Washington designates this live activity for a maximum of 6.0 *AMA PRA Category 1 Credit(s)*<sup>™</sup>.

This activity meets the criteria for up to 6.0 hours of Category I CME credit to satisfy the relicensure requirements of the Washington State Medical Quality Assurance Commission.

Individuals listed above have disclosed that their participation/presentation includes no promotion of any commercial products or services, they do not have any financial relationships with a commercial interest, and they do not anticipate discussing any off-label uses of a product.

## Policy on Privacy and Confidentiality

This website is compliant with ACCME guidelines for Internet-based CME programs. Advertising is not permitted, there are no links to pharmaceutical websites, and the CME department assures full compliance with the policies governing the use of the Internet.

The education provider has access to an individual user's data, such as evaluation and quiz results. This is required so the education provider can certify successful program completion and award continuing medical education credits. Aggregate data is also collected to analyze the effectiveness of this educational program and contribute to the success of future programs.

## Training and testing records

The following data points will be tracked by Kaiser Permanente and the CARE Inc. module system: name, title, discipline, start date of course, completion date of course, CME accreditation.

## Assistance

- For technical support contact, [carekpwa@ronline.com](mailto:carekpwa@ronline.com)
- For questions about course content, contact Brad Steinfeld, PhD, at [steinfeld.b@ghc.org](mailto:steinfeld.b@ghc.org)
- For questions about CME accreditation, contact Maria Cárdenas-Anson at [cme@ghc.org](mailto:cme@ghc.org)