

CHRONIC PAIN & SUICIDE-RELATED BEHAVIOURS

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Online interventions for people presenting to the Emergency Department

BACKGROUND

People who live with chronic pain are more likely to engage in suicide-related behaviours, compared with the general population (Campbell, Bruno et al. 2016). Emergency departments (ED's) are important sites for treating people with suicidal behaviours (SB), but it is not known what proportion of people who attend ED with self-harm or suicidal behaviours are suffering from chronic pain (Perera, Wand et al. 2018).

AIMS

To determine if it is **feasible** to refer individuals at time of discharge from ED to an online intervention delivered by **MindSpot**

Describe **sociodemographics** and **clinical characteristics**

Assess the proportion of these individuals who **self-refer, enrol in, and complete an online intervention**

WHO IS INVOLVED?



PRINCE OF WALES HOSPITAL
MENTAL HEALTH TEAM



UNSW RESEARCH TEAM



MINDSPOT

METHODS

Pilot feasibility study conducted at POWH ED over a 6-month period during the COVID-19 pandemic. All individuals presenting to ED with SB will be assessed for symptoms of depression, anxiety and chronic pain via a screening tool that is completed by clinicians in ED.

SCREENING TOOL RESULTS SO FAR

TWO MONTHS



N = 127

56%
FEMALE

CHRONIC PAIN OVER
PAST 3 MONTHS



1 in 5

MENTAL HEALTH SYMPTOMS

Depression 74%
Anxiety 71%

41%
INTERESTED IN
MINDSPOT STUDY

NEXT STEPS

- Continue screening and recruitment to study until 7th Feb 2021
- Complete follow-up telephone interviews by end March 2021
- Answer study questions



Health
South Eastern Sydney
Local Health District



NDARC
National Drug &
Alcohol Research Centre
The Difference is Research



References

Campbell, G., R. Bruno, S. Darke, F. Shand, W. Hall, M. Farrell and L. Degenhardt (2016). "Prevalence and Correlates of Suicidal Thoughts and Suicide Attempts in People Prescribed Pharmaceutical Opioids for Chronic Pain." *Clin J Pain* 32(4): 292-301.
Perera, J., T. Wand, K. J. Bein, D. Chalkley, R. Ivers, K. S. Steinbeck, R. Shields and M. M. Dinh (2018). "Presentations to NSW emergency departments with self-harm, suicidal ideation, or intentional poisoning, 2010-2014." *Med J Aust* 208(8): 348-353.

Associations

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