

## **Developing Individualized Non-Suicidal Self-Injury Behavior Management Plans for Adult Inpatient Settings**

Adult Inpatient Psychiatry specializes in the treatment of individuals with significant behavioral and medical issues. The primary goal of this leadership project is to support caregivers treating patients with challenging behaviors on inpatient units. Specifically, non-suicidal self-injury (NSSI) was identified by staff as a priority behavior to address on the units.

### **Objectives**



Create a treatment plan template that can be individualized to assess and treat NSSI



Develop a training program to support providers in implementing the treatment plans with both psychoeducational and application components



Assess effectiveness of the training program by disseminating a pre-survey, post-survey, and post-applied practice survey



### **Training Program**

- Background of NSSI theory, prevalence, and functions of these behaviors
- Differentiation between NSSI and suicidal behaviors
- Inpatient policies and nursing competencies
- Explanation and rationale behind the treatment plan template
- Guided implementation on units with feedback
- Pre-training and post-training surveys



### **Treatment Plans**

- At admission, obtain history of NSSI behaviors
- Providers and Patient collaborate to create an individualized plan
- Components of the Plan: 1.Triggers, 2. Positive Reinforcement Strategies 3. Coping Skills 4. Engagement in Milieu 5.Therapeutic Responses to patient urges or actions
- Templates are documented using a "." (dot) phrase for each patient



### **Surveys & Data Collection**

- Surveys are brief, anonymous, and include 4 Likert scale questions
- Data will be collected using SurveyMonkey across three time points: Pre-training, post-training, post-application training
- Questions:
  1. How comfortable are you in clinically responding to non-suicidal self-injurious behaviors?
  2. How confident are you differentiating between non-suicidal self-injury versus suicidal behaviors?
  3. On a scale of 1-5 how much of a clinical issue is NSSI on your unit?
  4. Clinical care of patients who engage in NSSI behaviors are responded to in a consistent way by all staff on your unit?

### **Current Project Status**

Training program, treatment plan templates, surveys are finalized. The program is projected to roll out end of May.