



Findings from the Canadian Armed Forces 2010-2015 Medical Professional Technical Suicide Review Reports: Examining Factors That May Have Contributed To Member Suicides

Human Factors and Medicine Panel HFM-275 Symposium
on Military Suicide Prevention

Ms. Elizabeth Cyr
Directorate of Mental Health

Dr. Elizabeth Rolland-Harris
Directorate of Force Health Protection

Major Jennifer Purdy
Directorate of Mental Health

Canadian Forces
Health Services Group



Groupe des Services de
santé des Forces Canadiennes

Background

2009 Canadian Armed Forces (CAF) Expert Panel on Suicide Prevention:

- ✓ Recommendation: convene a “rapid” medical professional technical (prof-tech) review of all suicides.



Medical Professional Technical Suicide Review (MPTSR)

Purpose

1. Review the quality of care provided to the deceased
2. Health protection
3. Suicide surveillance





MPTSR Process

1. Military physician and mental health professional review medical / psychosocial records and conduct key interviews
2. MPTSR report is completed
3. Recommendations reviewed / actions proposed
4. Final copy is forwarded to Deputy Surgeon General for approval
5. Implementation of actions to address recommendations



MPTSR Report

- Description of Event
- Mental Health Issues and Care Received
- Medical Issues and Care Received
- Psychosocial circumstances surrounding the suicide
- Suicidal Risk Factors
- Recommendations

 Directorate of Mental Health Medical Professional Technical Suicide Review 	
<div style="background-color: #003366; color: white; padding: 2px; text-align: center;">Reviewer Information</div> <p>Date of Review: <input type="text"/> / <input type="text"/> / <input type="text"/> <small>Day Month Year</small></p> <p>Names of Reviewers: _____</p> <p>Location of Review: _____</p>	<div style="background-color: #003366; color: white; padding: 2px; text-align: center;">Section I: Personal Info (continued)</div> <p>Did the deceased live alone at the time of event? <input type="text"/></p> <p>Did the deceased have minor children? <input type="text"/></p> <p><i>If yes</i>, were the children residing with him/her? <input type="text"/></p> <p>Description of Incident: <i>A one paragraph factual summary of the event that should include: setting, timing, method, discovery, autopsy finding.</i></p> <div style="border: 1px solid black; height: 150px; width: 100%;"></div> <p>Authority for Review: <i>Use the paragraph below (as written) to address this section.</i></p> <p>The investigation was conducted in accordance with the Terms of Reference released by the Deputy Surgeon General on (DATE) and the Mann model and its CF version. Both the Reviewing Medical Officer and Mental Health clinicians were from CF H Svcs C (LOCATION). The member being investigated was receiving health services from CF H Svcs (LOCATION). Information was gathered by reviewing the member's Medical Chart, Pers File, Unit Employment Record (UER), and through a series of interviews that were coordinated through Chain of Command (CoC) at (LOCATION).</p>
<div style="background-color: #003366; color: white; padding: 2px; text-align: center;">Section I: Personal Information</div> <p>Date of Suicide: <input type="text"/> / <input type="text"/> / <input type="text"/> <small>Day Month Year</small></p> <p>Last Name: _____</p> <p>First Name: _____</p> <p>Middle Initial: _____</p> <p>Rank: _____</p> <p>Service Number: _____</p> <p>Date of Birth: <input type="text"/> / <input type="text"/> / <input type="text"/> <small>Day Month Year</small></p> <p>Sex: <input type="text"/></p> <p>Marital Status: <input type="text"/></p> <p>If Married, where did the deceased reside? <input type="text"/></p> <p>Education: <input type="text"/></p>	<p style="font-size: small;">version 7.5.1: 24 Feb 2016 Page 1 of 15</p>



72 MPTSRs for **Regular Force male** suicides from
2010-2015 (inclusive)

Canadian Forces
Health Services Group



Groupe des Services de
santé des Forces Canadiennes

2010-2015 MPTSR Findings Overview

- CAF Regular Force males who died by suicide:
 - 20-34 year old age group
 - Junior non-commissioned members
 - Army
 - At least one previous deployment



2010-2015 MPTSR Findings Overview (cont'd)

- Prior mental health / substance use problems
- Failing spousal / intimate partner relationships
- Subject to professional issues, including workplace conflict or administrative measures



Mental Health Factors: 2010-2015

Mental Health Diagnosis	Total N (%)
Substance use disorders	29 (40.2%)
Depressive disorders	27 (37.5%)
Trauma and stress-related disorders (PTSD)	19 (26.4%)
Anxiety disorders	11 (15.3%)
Personality disorders	8 (11.1%)
Trauma and stress-related disorders (other)	6 (8.3%)
Traumatic brain injury	4 (5.5%)



Work and Life Stressors: 2010-2015

Work and Life Stressors	Total N (%)
Failed/failing spousal/intimate partner relationship	29 (40.2%)
Professional issues	27 (37.5%)
Family or personal illness	19 (26.4%)
Friend/family suicide or death	11 (15.3%)
Debt	8 (11.1%)
Legal problems	6 (8.3%)



Access to Care: 2010-2015

Service	N (%) with Access Anytime	N (%) with Access Within 30 Days	N (%) with Access Within Past Year
<i>Primary Care</i>	63 (87.5%)	40 (55.6%)	58 (80.6%)
<i>Outpatient Mental Health</i>	44 (61.1%)	20 (27.8%)	36 (50%)
<i>Psychosocial Services</i>	32 (44.4%)	6 (8.3%)	23 (31.9%)
<i>Addiction Treatment Services</i>	28 (38.9%)	5 (6.9%)	21 (29.2%)
<i>Inpatient Mental Health</i>	19 (26.4%)	7 (9.7%)	13 (18.1%)
<i>Chaplain Services</i>	15 (20.8%)	7 (9.7)	13 (18.1%)



Recommendations from MPTSRs

Examples:

- Improving communication between mental health and primary care.
- Reducing stigma associated with seeking mental health care.
- Improving management of addictions.



Outcomes

Examples:

- Supported enhancements to member's electronic health records
- Supported initiatives to improve mental health literacy and de-stigmatize care-seeking
- Supported the review and standardization of addictions treatment



Questions ?

Canadian Forces
Health Services Group



Groupe des Services de
santé des Forces Canadiennes