

Flex Therapist CEUs

Suicide Prevention

1. Which screening tool is most commonly used in emergency departments to determine suicide risk?

- A. ASQ
 - B. Patient Safety Screener
 - C. Brief Suicide Safety Assessment
 - D. PHQ
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2. What is the next step for a PT after identifying a patient is at high risk of suicide in a hospital setting?

- A. Contact RN and Mental Health Provider
 - B. Leave the Room for Safety
 - C. Mobilize Hospital Security
 - D. Mitigate Patient's Risk of Escaping
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3. What group has the highest suicide rate in the state of Washington?

- A. Native American
 - B. Black
 - C. White
 - D. Asian
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4. In what situation could a patient be involuntarily admitted for suicide risk?

- A. If a Patient is at Low Risk of Suicide
 - B. If a Family Member Asks
 - C. If the Evaluating Mental Health Provider Decides this
 - D. If the Patient Agrees to be Admitted
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5. What is not a reason to call the National Suicide and Crisis Lifeline?

- A. Suicidal Ideation
 - B. Financial Worries
 - C. Advice on a Career Change
 - D. Emotional Distress
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6. What is characterized by persistent thoughts of suicide?

- A. Suicidal Ideation
 - B. Suicidal Attempt
 - C. Suicidality
 - D. Suicide
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7. What resource should a PT give a patient to search for counseling services anywhere in the United States?

- A. Mental Health Association
 - B. Psychology Today
 - C. Suicide Prevention Act
 - D. NIH Mental Health Service Locator
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8. In which situation would a PT need to investigate into severe suicide risk?

- A. A Patient who Scored a 3 on the Suicide Behaviors Questionnaire
 - B. A Patient with a Negative BSSA
 - C. A Patient with a Score of 15 on the PHQ-9
 - D. A Patient with a Score of 5 on the PHQ-9
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9. Why are elderly people represent high rates of suicide compared to other ages?

- A. Grief
 - B. Lethal Means
 - C. Financial Troubles
 - D. All of These
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10. What should a PTA do in a hospital where a patient begins aggressively shouting at them and begins to walk toward them?

- A. Attempt to Calm the Patient
 - B. Follow Protocol to Contact Hospital Security
 - C. Walk Toward the Patient and Restrain Them
 - D. Shout for Help
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11. What component is not part of a patient safety plan?

- A. Driving as a Self-Soothing Strategy
 - B. Make a List of Triggering Events
 - C. Clear a Room of Harmful Objects
 - D. Contacting a Therapist in Suicidal Ideation
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12. What act is the most widespread effort in the United States to create funding to prevent self-harm?

- A. Suicide Act
 - B. Suicide Prevention Act
 - C. Suicide Cause Act
 - D. None of These
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13. What disciplines of care should a PT know if a patient screens positive for moderate depression?

- A. Psychiatry
 - B. Licensed Mental Health Counselor
 - C. Primary Care
 - D. Both A and B
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14. Which screening tool is best for identifying youth risk for death by suicide?

- A. ASQ
 - B. PHQ
 - C. BSSA
 - D. Full Safety Assessment
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15. What resource should a PTA present to a patient who is at low risk of suicide?

- A. Emergency Safety Plan
 - B. Suicide and Crisis Lifeline
 - C. Intensive Outpatient Therapy Program
 - D. Doctor referral
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16. Which risk factor for suicide is most directly linked to death by suicide?

- A. Mild Depression
 - B. Anxiety
 - C. Borderline Personality Disorder
 - D. Loneliness
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17. What might a PT do if they overhear someone in a park (not their patient) talk about a suicide plan?

- A. Avoid Being Nosey and Walk Away
 - B. Call 911 and Report it
 - C. Approach the Person and Offer to Help
 - D. Tell Another Person in the Park and then Leave
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18. What factor explains why more men die by suicide even though more women attempt suicide?

- A. Lack of Resources
 - B. Loneliness
 - C. Higher Depression Rates
 - D. More Lethal Suicide Means
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19. Which factor does not put a patient at a higher risk of suicide compared to the other factors?

- A. Past Suicide Attempt
 - B. A Relationship Breakup
 - C. Financial Hardship
 - D. Homelessness
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20. In which group is suicide the most common cause of death in the world?

- A. Older Adults
 - B. Hispanic Population
 - C. Alaska Native Population
 - D. Youth
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21. What should a PT do if an adult patient is hesitant to disclose information with their partner present for an outpatient PT examination?

- A. Nothing, the Partner Should Remain Present
 - B. Ask if the Partner Would Go to the Waiting Room for a Few Minutes as Part of Evaluation Protocol
 - C. Wait for an Opportunity to Ask Sensitive Questions until the Patient is Alone
 - D. None of These
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22. Why might a person addicted to drugs be predisposed to suicide?

- A. Addiction Causes Isolation
 - B. Addiction May Cause Financial Problems
 - C. Addiction May Accompany Underlying Depression or Other Mental Health Diagnosis
 - D. All of These
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23. What is the best strategy to reduce the number of suicide deaths in Washington and the remainder of the US?

- A. Early Access to Mental Health Services
 - B. Psychiatric Inpatient Stay
 - C. Suicide Screening of High-Risk Patients
 - D. Dispersing the Suicide Crisis Line
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24. If a patient is resistant to participate in a suicide screening in a hospital, what should a PTA do?

- A. Skip The Suicide Screening
 - B. Insist the Patient Participates
 - C. Contact Mental Health Colleagues to Conduct the Screening
 - D. Discuss the Patient's Refusal with PTA Colleagues
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25. What program might a patient discharging from a 24/7 inpatient psychiatric hospitalization undergo next as a transition before outpatient therapy?

- A. Post Psychiatric Hospitalization Therapy
 - B. Partial Hospitalization
 - C. Intensive Outpatient
 - D. Either B or C
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26. What is appropriate language to introduce a suicide screening questionnaire?

- A. "This is a mandatory part of my evaluation."
 - B. "Now I am going to ask a few sensitive questions I ask of all patients."
 - C. "I need you to participate with a few additional questions."
 - D. "Your history and risk factors point to a suicide attempt."
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27. What should a PT do if after alerting other providers in a hospital about active suicide risk, the patient becomes aggressive towards the PT?

- A. Follow Protocol for Mobilizing Hospital Security
 - B. Try to Calm the Patient Down with Neutral Language
 - C. Leave the Room
 - D. Both A and C
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28. What is appropriate action for a school student who a PT finds to be at moderate risk of suicide?

- A. Contact School Mental Health Professionals
 - B. Refer the Student to Outpatient Mental Health
 - C. Drive the Student to an Emergency Room
 - D. Leave the Student Alone to Help Calm Him/Her
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29. Which provider will complete a full safety assessment for suicide risk?

- A. Physical Therapist
- B. Registered Nurse
- C. Licensed Mental Health Practitioner

D. The Provider who Identified Suicide Risk

30. What should a PTA do if their patient in home health discloses they have a plan to end their life?

- A. Call the Patient's Primary Care for a Referral
 - B. Give the Patient the Suicide and Crisis Lifeline Number
 - C. Call 911 and Stay with Patient
 - D. Conduct a Full Safety Assessment
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