

# 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

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**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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