

# PLAIN ENGLISH SUMMARY 1

(authored by Dr Pauline Nelson)

This is a plain English summary of an article directly associated with PABBS evidence-based and evaluated suicide bereavement training.

## GPs' experiences of dealing with parents bereaved by suicide: a qualitative study

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### 1. What did we know already?

Before the study, the research team already knew that being bereaved by suicide means that further suicides might be more likely to happen in the future. We also knew that preventing suicide is an important priority for the NHS. However, we did not know how GPs felt about supporting patients who are bereaved by suicide and how they deal with this aspect of their work.

### 2. What did we want to find out?

We wanted to know about GPs' experiences of dealing with patients at their practice who had experienced the death by suicide of a son or daughter.

### 3. What did we do?

Parents who had been bereaved by suicide between 2002 and 2012 gave us the name of their GP. We asked the GPs if they would talk to us about their views and experiences of dealing with suicide and bereaved parents. We had in-depth conversations with 13 GPs in England between 2012 and 2014. We combined all the information from these conversations and sorted it to find the main views and experiences of the GPs that talked to us.

### 4. What did we find?

GPs said that dealing with the mental health issues of their patients was a common part of their job, but that when a suicide happened, they were not confident in dealing with it or responding to parents who were bereaved in this way.

Although GPs knew that parents needed support and felt it was their duty to care for parents, some were worried about making contact with them after the death. GPs were unsure how to help or where to signpost bereaved parents. The GPs said that they were also personally affected by suicide and that they had no training in how to deal with it or help those who are bereaved.

### 5. What does this mean?

GPs did not feel confident or prepared enough to support parents bereaved by suicide in the best ways. The study showed that they need training in how to respond (including knowing where they can refer parents for extra support). These findings have helped us to create a training programme (known as 'PABBS' training) for GPs and other health and care professionals, to increase their knowledge and skills and help them feel more confident in responding to those who are bereaved by suicide.

\* See full report of the study

Suicide Bereavement UK's website

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