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Background

Adult R died in the summer of 2021, she was in her sixties, her cause of death is considered to be from suspected completed suicide. Adult R was a wife, mother & grandmother. She was a Registered Nurse for many years, until she retired at the age of 50. Adult R was described by her husband as a very proud lady, who took pride in her appearance & home. She enjoyed reading & annual holidays with her husband.

CTMSB ADULT PRACTICE REVIEW ADULT R



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Context

In the final year of Adult R's life, she had suffered two significant bereavements, her mother and brother both passed away in 2020, which had a significant impact on Adult R's emotional wellbeing. Adult R had experienced a voluntary period of admission as an inpatient at a mental health unit. This was following significant concerns raised by her family, as she was presenting as physically and verbally aggressive, agitated and anxious, which was not the usual presentation of Adult R.

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Improving Systems and Practice

- Agencies including emergency services, need to have access to relevant background information that enables them to consider risk factors during their assessment to formulate safe decisions.
- Practitioners recognise the effect a person's condition may have on family members & relationships. Effective communication with families & carers will ensure that they are able to access support for themselves and the person for who they are caring.



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Themes Identified

- Recognising the impact of deterioration/change in the presentation of a person with long term mental and/or physical health.
- Understanding & assessing the impact of significant change in a person's life and the possible consequences for mental health and well-being.
- Lack of information sharing
- Lack of adequate knowledge & skills by agencies with regards to domestic abuse & MARAC process to enable them to appropriately signpost and support.

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Improving Systems and Practice

- Practitioners were not aware of any services that will work with couples who wish to remain within a relationship. There needs to be appropriate support available to assist in developing plans that will increase resilience and reduce risks.
- Agencies to encourage professional curiosity & embed it within practice. Practitioners need to exhibit confidence in discussing feelings of suicide and respectfully challenge those at risk

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Improving Systems and Practice

- Health practitioners to have access to DA training so they have a good understanding of complexities associated with the older person's relationship.
- MARAC representatives to have access to training that helps them understand their role in the response to safeguarding adults at risk of DA. This should include guidance on information sharing within their organisations.

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Effective Practice

- Agencies consistent in their attempts to engage Adult R.
- MH services worked with Adult R & held multi-disciplinary meetings to coordinate her care.
- MARAC - good representation from all agencies
- The DA Unit within SWP attempted to engage Adult R numerous times.
- Emergency services responded quickly to 999 calls & tried to engage Adult R despite this being during the COVID pandemic