
THE EFFECTS OF TELENURSE CARE (BY MOBILE) ON THE PATIENTS PRIOR TO SUICIDE ATTEMPT WITH ANXIETY & DEPRESSION DISORDERS

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Objectives: Around 800,000 to a million people die by suicide every year, making it the 10th leading cause of death worldwide.

Aims: The aim of this study was to survey contact to Mobile by psychiatrist physicians with nursing before suicide attempt in suicide attempters with anxiety & depression in outpatient hospital in Tehran.

Methods: This research is interventional. In this study one questionnaire was distributed to nursing staff working in prevention suicide Unit. The questionnaire was to assess the knowledge of the nurses with regards to essential information required for; nursing care for patients with anxiety & depression disorders. Their knowledge was then re-assessed following forward of 22 Newsletter via SMS mobile phone to the same nursing staff during a one month. The two results, before and after sending the information, was compared.

Results: The findings of this study showed there was significant improvement in awareness and knowledge of the nurse in the bipolar disorders ward of Tehran Psychiatry Hospital before and after sending E-newsletter containing the required information, via SMS. ($p < .0/05$).

Conclusion: Knowledge about behavioral patterns of suicidal persons before suicide attempt is needed for suicide prevention programs. Many studies have shown that suicide attempters had contacts with physicians before suicide attempt. Thus it is suggested that nurses and other medical group-s uses a Distance learning by mobile in suicide programs