**Suicidal ideations and Psycho-Education Compliance at a Transplant Center**

Faheem Khan, Saima Munawar, Naila Nawaz, Mukesh Bhimani

**ABSTRACT**

**Objective:** To assess the frequency of compliance to provide psycho-education in patients suffering from suicidal ideations.

**Study Design:** RetrospectiveDescriptive cross-sectional study.

**Place and Duration:** Pakistan Kidney and Liver Institute and Research Center, Lahore from 1st January 2021 to 31st December, 2021.

**Methodology:** Electronic medical record of patients visiting psychiatric clinic at Pakistan Kidney and Liver Institute and Research Center from 1st January 2021 to 31st December 2021.

**Results:** Among the total 487 patients majority (34%) were consulted for pre-transplant assessment. The ideations were reported by 6.8% patients only, whereas in 1.4% of patients the record regarding suicidal ideations were not found. The mental health team provided psycho-education in 93% of all patients with ideations. The data suggests that medications were prescribed in all patients who reported suicidal ideation.

**Conclusion:** The suicidal ideations are essential to ask in the clinical encounter. It is concluded that patients report ideations but to enquire is essential. The suicidal risk assessment is not dependent on the clinical site, i.e. whether a tertiary care center or a transplant center. We also conclude that documentation is pertinent and this can be achieved by selecting suicidal risk assessment as department’s Key Performance Indicator (KPI).

**Keywords:** Suicidal Ideations, Compliance, Psychoeducation, Outpatient, Mental Health, Risk Management, Transplant Patients

**How to Cite This:**

Khan F, Munawar S, Nawaz N, Bhimani M. Suicidal ideations and Psycho-Education compliance at a Transplant Center. Isra Med J. 2022; 14(3): 113-116.DOI: [https://doi.org/10.55282/imj.oa](https://doi.org/10.55282/imj.oa1279)1334

This is an Open Access article distributed under the terms of the Creative Commons Attribution-Noncommercial 4.0 International License (http://creativecommons.org/licenses/by-nc/4.0/), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.