

Self-Injurious Behavior
Assessment and Intervention Guidelines

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UCLA Health System

Disclosure

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- No Relevant Financial Relationships with Commercial Interests

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Background

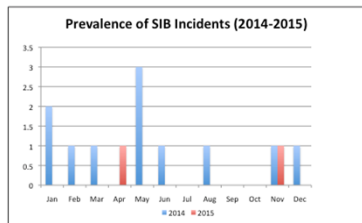
- There is variability in staff nurse knowledge, skills, and practices in assessment and intervention with patients at risk for self-injurious behaviors (SIB).
- An Evidence- Based Practice Assessment Guideline for SIB was developed and incorporated in Care Connect.
- SIB Assessment and Intervention Guideline included during orientation for new hire and New Graduate RNs.

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Purpose

- To understand SIB.
- To understand the motivation behind SIB.
- To implement appropriate interventions.
- To remove the stigma associated with self- injury.

SIB Events



Current Research

- Second Generation of Self-Injurers
 - No history of psychological disorders
 - No history of trauma
 - Ages range from middle school to older adult
- Treatment
 - Replacement Skills Training
 - Cognitive Treatment

Conclusions

- Importance of available resources for nurses to help their patients identify replacement skills.
- SIB Assessment and Intervention classes for New Hire and New Graduate RNs continue to be the foundation for superior assessment skills on the floor
- Managing staff reactions to self-injury (when it inevitably occurs) is critical to helping the patient recover.
