

The aim of this diploma work is to explore tactics which would help serve as a preventive measure from inpatients inflicting self-harm. This work was conducted in selected psychiatric departments throughout the Czech Republic by using an anonymous questionnaire investigation.

Only fifty percent of the departments have internal guidelines for detection of at risk patients. Eighty-eight percent of departments have an internal system for reporting extraordinary events. Many of these departments have advanced technical equipment, but there are still some departments with technical equipment at lower levels, probably due to the high costs associated. Only two departments are using scales for evaluation of admitting patients. Fifty percent of the departments evaluate risks of self-harm for admitting patients. Self-harm was present in all departments in this study; seventeen percent of departments did not report any number of suicide attempts and forty two percent of the departments did not report any number of the self-harm attempts.

The results are showing a positive trend in the role of prevention, as well as increasing the safety level within individual departments. The data are also showing that not all of departments are taking sufficient measures to ensure prevention. Clear evidence of self-harm and suicide attempts is missing in some departments. Today it is necessary that this issue is resolved by the creation of an efficient self-harm prevention system, which currently does not exist. A set of central rules and “norms” that are required by every department should be created. These rules and norms should act to guarantee for patients that every department is safe anywhere throughout the Czech Republic.