

# CASE STUDY



## Foundation Regional Data Warehouse

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### **Suicide Ideation**

This was the first study in North Texas to identify suicidal ideation and or/self-injury related hospital visits. Findings from this study have major significance in the realm of health care and public health. With the identification of the characteristics of patients who are seen for suicidal ideation and/or self-injury as well as patients with repeat visits in the North Texas region, mental and behavioral health care efforts can be more efficiently targeted towards reducing the risk of suicide.

#### Findings:

1. 19% of all North Texas in and out patient hospital visits over a three-year period had a diagnosis of suicidal ideation. This amounted to 85,519 encounters. More than 41,000 patients in Dallas County, and 22,000 patients in Tarrant County accounted for the majority of these encounters.
2. Analysis of these visits indicated that 61% of all visits were by Whites and 26% were by Blacks. 40% of visits were from insured individuals, and approximately 30% were from Medicaid patients. The average charges per visit were \$10,291. The visits were almost evenly divided between males and females, with males representing a slightly greater encounter number. More than 60% of presenting patients were between the ages of 18 and 44 years.
3. Five zip codes represented the highest encounter visits for suicidal ideation in Dallas County: 75251, 75243, 75228, 75216 and 75217. Two are located in South Dallas, two are in South Richardson and one is in East Dallas. The Dallas zip codes correspond to areas in which the poverty level is above the state and county average. The two South

Richardson zip codes have poverty levels that compare favorably to county and state averages.

4. The top three diagnoses for these patients are suicidal ideation, depressive disorder and major depressive disorder, recurrent. The top three self-injury e-codes were: a. Tranquilizers; b. Analgesics, Antipyretics and Antirheumatics; and c. Cutting or Piercing. These three e-codes account for greater than 50% of all e-coded encounters.
5. A “hot block” analysis was also conducted to demonstrate where most suicidal ideation patients resided.