

NCISH

Annual Report 2017

What will these findings mean for you?

Post-discharge care

If you are discharged from an in-patient unit, you should be followed up by the service as soon as possible, ideally within 3 days of going home. You should also have a care plan in place at the time of discharge.

Out of area treatment

If you are acutely ill, you should be accommodated in a local in-patient unit. Being admitted locally should make your care planning easier – care plans are important to safety after discharge from hospital.

Diagnosis

We are asking care teams to be aware that patients with an eating disorder, autism spectrum disorder or dementia may feel suicidal. If you are concerned about your safety, you should feel able to discuss this with professionals who can call on people with specialist skills when needed.

Safer prescribing

Your mental health team and GP may ask what medication you are taking for other conditions and what medications you have at home, particularly if you suffer with long-term pain. This will include painkillers that may have been prescribed for someone else in your household, or bought over the counter in a pharmacy or shop. You may only be prescribed short-term supplies of certain medications.

Alcohol/drugs service

Specialist drug and alcohol services should be available for you if you need them. If you are receiving care from both mental health services and drug and alcohol services, these services should work closely together, and agree on the arrangements for your care.