

## What should care for personality disorder look like?

### Psychological interventions

#### NICE recommends:

Patients should be offered appropriate and timely psychological interventions



30% of **female** and 20% of **male** patients had received psychological therapies



Patients who received long-term therapies found them **extremely beneficial** and **effective** in their **recovery**

"My DBT programme is amazing... the staff are supportive and understanding and the skills I have learnt help a lot"

### Short-term prescribing

#### NICE recommends:



Short-term use of drug treatment may be helpful

Polypharmacy should be avoided



81%

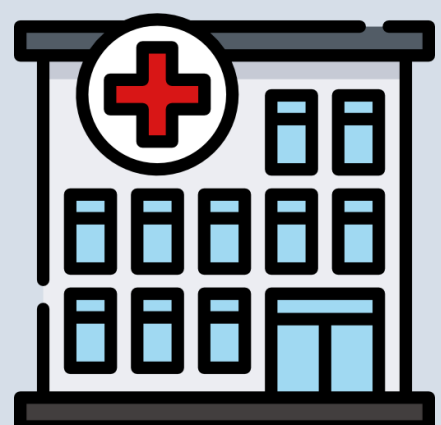
prescribed psychotropic **medication** at **final** service contact

39%

medication prescribed **short-term**

### Avoiding admission to in-patient care

#### NICE recommends:



Admission to in-patient care should be avoided where possible

51%

**admitted to hospital** in the year prior to death

The majority admitted for less than **seven days**



Patients should be treated with compassion, respect, and dignity

#### Additional resources

Safer care for patients with personality disorder

Annual Report 2023: UK patient and general population data 2010-2020

NICE guidance - Borderline personality disorder: recognition and management

National Confidential Inquiry into Suicide and Safety in Mental Health