

East Surrey Hospital Liaison Psychiatry Service, SABP

Improving biopsychosocial assessments after self-harm

Context

- Only 50% of people who have self-harmed receive an assessment in emergency departments
- A biopsychosocial assessment may reduce the risk of repeat self-harm by 40%

2022/23 CQUIN (Commissioning for Quality and Innovation)

- Aims to reduce risk of repeat self-harm and prevent suicide
- Target of 80% of self-harm referrals receiving an assessment

What did we do?

- Used the CQUIN audit tool to evaluate performance
- Opted for a target of 90% of referrals receiving an assessment
- Rolled out a biopsychosocial assessment template
- Ongoing auditing – 10 patient audits a month

What did we achieve in the first six months?

- 84.8% of referrals receiving a biopsychosocial assessment
- Increased quality of assessment
- Increased quality of GP letters
- Increase in copies of GP letters sent to patients

Next steps (2022/2023)

- Involve carers
- Improve risk assessments
- Use a trauma informed approach to assessment
- Roll out template to all psychiatric liaison teams