

GUIDANCE FOR MANAGEMENT OF PATIENTS WITH MENTAL HEALTH PROBLEMS

Patient presenting to GP with suspected Mental Health presentation: undertake brief mental health and physical health assessment to establish need and appropriate service to refer to: 1st line considerations in line with NICE guidelines for Primary Care. Most common presentations will be for relationship difficulties/mood instability/anxiety/depression. 1st line referrals to iCope or TAP. Also consider 1st line treatments of SSRI

Presentation	Crisis presentation: Risk to themselves and/or to others and requiring immediate attention	Common mental health conditions Anxiety, Depression, OCD, Body Dysmorphic Disorder, Pre/Post natal depression, PTSD, Social isolation, Relationship difficulties, Persistent pain or MUS	Psychosis If 1st episode refer to Early Intervention in Psychosis service If known previously/ongoing, recurrent psychosis then refer to RR Team	Patient requiring an assessment for an emerging mental health problem which has not responded to 1 st line referral to iCope or TAP +/- 1 st and 2 nd line SSRIs.	Substance and/or Alcohol Misuse	Dementia	Social Care needs Safeguarding
Refer to:	Islington Crisis Resolution Home Treatment Team 020 3317 6333	Islington iCope 020 3317 7252 cim-tr.icope@nhs.net	Early Intervention in Psychosis Service (Islington) cim-tr.IslingtonEIS@nhs.net 020 3317 6270 North Islington R+R Team cim-tr.nirrt@nhs.net 020 3317 6370 South Islington R+R Team cim-tr.southislingtonrecoveryteam@nhs.net 020 3317 4850	Islington Assessment Team 0203 317 7300 cim-tr.aat-referrals@nhs.net or Islington Practice based team cim-tr.PCMH@nhs.net 020 3317 7300	Alcohol CASA, 332a Goswell Rd, EC1 7LQ 01887 377 106 Drugs: ISIS, 99-101 Seven Sisters Road, EC1V 7LQ 020 7272 1224	Islington Memory Assessment and Treatment Service 020 7561 4198 cim-tr.islingtonmemoryservice@nhs.net	The Access and Advice Team (LOCAL AUTHORITY) 020 7527 2299 access.service@islington.gov.uk
Timeline:	Assessment within 24 hours	Assessment within 28 days	Assessment within 28 days	Assessment within 21 days. Response to calls by the end of the next working day	Assessment within a week	Assessment within 2 weeks	Safeguarding: within 72 hours

Primary Care Based Management and follow-up (GPs)

- Allocation of Practice based named care coordinator (GPs, PN, Support worker). Each Practice should have a allocated GP with Special Interest in MH where discussion, concerns and risk are raised on a monthly basis or allocated set time.
- Joint Care Planning (GP, Pt & Carers, Secondary Care/ SW (if involved), Local services, any others involved in pts care that they would like to be appropriately involved).
- Antipsychotic / psychiatric meds/ depot injection management and reviews as per NICE guidelines <http://guidance.nice.org.uk/CG178>

GP Monitoring and review of care plans for patients with mental health problems can be reviewed by any of the identified care co-ordinators

Frequency	Once monthly	3 monthly	6 monthly	Yearly
Criteria as per: EMISweb, CCG server reporting, Care Planning, NHS Bradford District mental /physical reporting and NICE guidelines	Review Medication Risk assessment	Concordance Following up referrals Risk assessment	Psycho-social assessment: Health and social care Living Financial Factors which may increase risk	Invite every one on the Register for annual physical / MH review inc. baseline and medication ensure feedback and discussion of results Risk Assessment