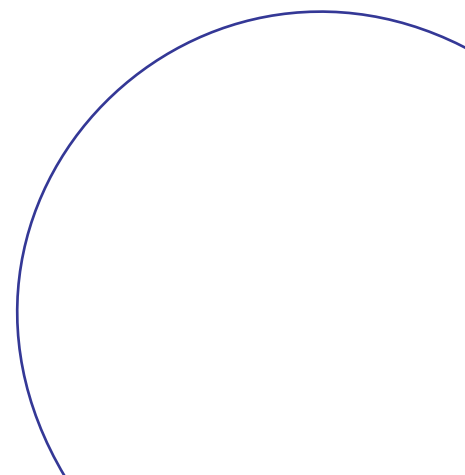


Quick reference guideline



Quick reference guideline	3
Useful contact numbers	4

Quick reference guideline

This guideline gives general guidance only and cannot replace clinical judgement in individual cases.

PATIENT

Essential Assessment Questions:

- ▣ What does the patient think is the problem?
- ▣ Mental state: appearance, mood, sleep, appetite/weight, behaviour, speech, perceptions, thoughts, orientation, suicidal ideas and insight?
- ▣ Past history of personal or family mental ill health?
- ▣ How is patient coping with symptoms currently? How are family/significant others coping?
- ▣ What has helped before/might help now?
- ▣ Drug/Alcohol use?
- ▣ Current medications?
- ▣ Levels of social support and living situation of patient?
- ▣ Spiritual/Cultural beliefs?
- ▣ Has this person got a learning disability?
- ▣ Physical Health?
- ▣ Financial circumstances/in receipt of benefits?
- ▣ Does this person have the capacity to consent to treatment or further referral?

Refer to Gloucestershire Toolkit for specific checklists

Diagnosis

Anxiety

- ▣ Apprehension?
- ▣ Motor tension?
- ▣ Autonomic over-activity?
- ▣ Disruption to work and social life?

Psychosis

- ▣ Hallucinations?
- ▣ Delusions?
- ▣ Disorganised/strange speech?
- ▣ Agitated/bizarre behaviour?
- ▣ Extreme and labile emotional states?

Depression

- ▣ Low mood? Loss of interest/pleasure?
- ▣ Any Alteration: Sleep? Appetite? Weight? Concentration? Energy? Confidence? Libido? Guilt?
- ▣ Sense of: Worthlessness? Hopelessness? Suicidal Ideation?

Substance misuse

- ▣ Dependence?
- ▣ Strong desire/compulsion to take substance?
- ▣ Difficulty in controlling use?
- ▣ Physiological withdrawal when stops/decreases?
- ▣ Evidence of tolerance?
- ▣ Neglect of other interests?
- ▣ Persistent use whilst aware of harmful effects?

Eating disorder

- ▣ Fear of weight gain?
- ▣ Low weight?
- ▣ Missing meals?
- ▣ Restricting meals?
- ▣ Binge eating?
- ▣ Vomiting?
- ▣ Laxatives?
- ▣ Diuretics?
- ▣ Excessive exercise?

General management

Serious/Immediate risk – consider:

- ▣ Urgent referral to Specialist Mental Health Services
- ▣ In-patient admission
- ▣ Mental Health Act Assessment

- ▣ Consider differential diagnosis (including, for older adults – is this dementia?)
- ▣ Explain Prevalence, Prognosis and Treatment Options – including Medication and Talking Therapies e.g Cognitive Behavioural Therapy (CBT), Problem Solving and Counseling
- ▣ Negotiate treatment plan with patient and family/carers etc
- ▣ Give written information/relevant resources to patients/carers. (see toolkit for contact numbers)
- ▣ Consider physical health requirements.
- ▣ Consider level of risk (self-harm, suicide, self-neglect, or harm to others).

Specific management considerations

Anxiety

Medication and CBT are treatments of choice dependent on anxiety categorisation (e.g Stress Management Workshops)

Psychosis

Suspected psychosis: Refer early to Specialist Mental Health Services

Depression

Mild – Education, information self help literature, physical activity
Mod – medication may help but also consider talking therapies and physical activity
Severe – Anti-depressants are 1st line treatment

Substance misuse

Glos Drug & Alcohol Service: Needle exchange, information and advice.
Specialist substance team: Substitute prescribing, assessment & management of dependence, physical complications or psychiatric disorder

Eating disorder

BMI <15 = Conduct physical investigations and seek specialist MH opinion.
 Mild = consider self help info. (inc.guided), or support groups)
 Moderate or severe = refer to CMHT
<18 years refer to CAMHS

PHCT-Detect, monitor and treat

Monitor

- ▣ Medication side effects
- ▣ Level of risk
- ▣ Levels of functioning
- ▣ Available support systems

EPISODE COMPLETE Failure to respond

Specialist mental health services: consultation, assessment and further treatment

Reasons for specialist referral (within the context of mental ill-health)

- ▣ Risk of suicide, serious self-harm or harm to others, inappropriate risk-taking behaviour
- ▣ Inability to function
- ▣ Complex management issues
- ▣ Uncertain diagnosis
- ▣ Severe psychological deterioration
- ▣ Non responders to medication following adequate trial.
- ▣ All primary care interventions have been exhausted

Information required

- Routine referral should be by letter and include:
- ▣ Identified problem
 - ▣ Reasons for referral
 - ▣ Past psychiatric history
 - ▣ Mental state and indication of risk
 - ▣ Social circumstances
 - ▣ Family background
 - ▣ Substance misuse
 - ▣ Current and previous treatment

Specialist provision

- ▣ Full mental health and social care assessment
- ▣ Management of complex cases
- ▣ Specialist treatment and support appropriate to level of risk
- ▣ Full assessment of carers needs
- ▣ Regular and documented reviews of care with patient
- ▣ Recovery pathway

EPISODE COMPLETE

Useful telephone numbers

Useful agencies

*Age Concern	01452 422660
Aware Defeat Depression	02871 260602
Benefit Enquiry Line	0800 882200
*Black Mental Health Team	01452 387744
Calm for young men	0800 585858
Child Death Helpline	0800 282986
Childline	0800 1111
*Citizens Advice Bureau	
Cheltenham	01242 522491
Gloucester	01452 527202
Cirencester	01285 658638
Stroud	01453 762084
Tewkesbury	01684 296347
*Cotswold Counselling Centre	01285 885830
Cruse Bereavement Services	02089 404818
Depression Alliance	02076 339929
Disability Living Allowance	0117 9718311
*Domestic violence advice line	01452 500115
*Early Pregnancy Loss Support	01452 394668
*Eating Disorders Association	01603 621414
*G'shire Assoc for Disability	01453 885587
*Glos Association for Mental Health (GAMH)	01452 416575
*Gloucestershire Carers Project	01452 386283
*Gloucestershire Counselling Service	01453 766310
*G'shire Drug & Alcohol Service (GDAS)	01452 381166
*Gloucester Rape Crisis Centre	01452 526770
*Grapevine Gloucester	01452 500080
*Hearing Voices Network	01612 283896
*Listening Post	01452 383820
Mental Health Foundation	0207 5357400
MIND	0345 660163
National Drugs Helpline	0800 776600
National Phobics Society	01612 279898
*National Schizophrenia Fellowship	01452 330383
No Panic	01952 590545
Parents under Stress	0808 800222
*Primary Mental Health Team	01452 505362

Postnatal Illness Assoc	0207 3860868
*Relate	01452 522071
Rural Minds	02476 414366
*Samaritans	0345 909090
Saneline	0345 678000
Seasonal Affective Disorder Assoc	01903 814942
*Share Young Persons Counselling	01452 524019
*Still Birth/Neo-Natal Death Society	01452 533778
*Stress Management Workshops	01452 505362
*Survivors of Child Abuse	01452 309026
*Tapestry Translation & Interpreting	01452 396909
*Triumph over phobia	01225 330353
Young minds	0800 0182138

* Denotes local services

Specialist mental health services

Gloucester 01452

Adult Teams

Central Team (Denmark Rd)	861220
North Team (Denmark Rd)	891220
South Team (Stroud Rd)	891200
Assertive Community Treatment Team, (Burleigh House)	509011

Community Learning Disabilities Team

891340

Older Person's Team

Holly House	891380
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Child & Family Team

Cleeve House	891300
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Gloucestershire Substance Misuse Teams (ATU)

Wotton Lawn Hospital	891500
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Cheltenham & North Cotswolds

01242

Adult Teams

Little Spa (Brownhill)	275070
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North Spa (Brownhill)	275070	Stroud Valley (Park House)	562090
Central Spa (Lexham Lodge)	576585	Fiveways (Park House)	562090
North Cotswolds (Lexham Lodge)	576858	Older Person's Team	
Community Learning Disabilities Team	272122	Weavers Croft	562160
Older Person's Team		Tyndale Centre	562390
Charlton Lane	272181	Child & Family Team	
Child & Family Team		Marsburgh House	562278
Delancey Hospital	275015	<i>Forest of Dean</i>	<i>01594</i>
Charlton Lane Hospital	272181	Adult Teams	
<i>Cirencester</i>	<i>01285</i>	North Forest (Coleford Hse)	598200
Adult Team		South Forest (Coleford Hse)	598200
Memorial Centre	640933	Older Person's Team	
Older Person's Team		Colliers Crt CMHT/Day Hospital	598085
Cirencester Hospital	884632	Stonebury CMHT/Day Hospital	598262
Apperley House	293193		
Older Person's Team		<i>Police:</i>	
See Cheltenham		Gloucester	01452 521201
<i>Tewkesbury</i>	<i>01684</i>	(Out of hours duty ASW)	
Adult Teams		Cheltenham	01242 521321
Apperley House	293193	<i>Hospitals:</i>	
Older Person's Team		Gloucester Royal	01452 528555
See Cheltenham		(Out of hours duty psychiatrist)	
<i>Stroud</i>	<i>01453</i>	Cheltenham General	01242 222222
Adult Team			
Cotswold & Edge (Park House)	562090		

