



Ruby Ward

Personality disorder admission process

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Admission process for people with a diagnosis of complex needs (personality disorder).

Our Commitment to You

Our committed staff offer patients various interventions including:

- In-patient groups
- 1:1 time with staff for daily support
- Safety planning
- 24-hour staffing and observations
- Professional Support: You will have access to a team of dedicated professionals.
- Support you to develop strategies to keep yourself safe.
- Crisis admission of between 5-7 days.
- Prompt Review: Your admission will be reviewed within 72 hours of coming to the ward.

How you can make the most of your admission.

- **Active Participation:** Engage in in-patient groups, follow safety plans, and make the most of 1:1 support provided.
- **Collaboration:** Work with us in reviewing your care and treatment.
- **Open Communication:** Communicate your needs, concerns, and progress with our staff.
- **Respectful Behaviour:** Adhere to clear boundaries regarding behaviour, including refraining from aggression, the use of illicit substances, or alcohol. Treat our staff with respect.

Personality Disorder: What does the evidence say about in-patient admission?

NICE (National Institute of Clinical Excellence) recommendation is to admit people with personality disorders to acute psychiatric inpatient units only when they face crises with substantial risks to themselves or others when they cannot be supported elsewhere, or when detained under the Mental Health Act. When considering such admissions, it is crucial to involve the patient actively in the decision-making process. This involves reaching a mutual understanding of the potential

benefits and harms of admission, as well as agreeing on the length and purpose of the admission in advance.

"My life has changed dramatically since accepting and working on my personality disorder. I can now see a positive life worth living ahead of me" - STAR (Support, training, and recovery worker)

NICE (National Institute for Health and Care Excellence) recognizes the potential effectiveness of various types of talking therapies for people who are diagnosed with personality disorder.

Cognitive Behaviour Therapy focuses on helping you change unhelpful ways of thinking and behaving.

Dialectical Behaviour Therapy helps with how you think but it also focuses on accepting who you are at the same time.

We would also recommend Complex Needs service (CNS): Approximately 95% of referrals will meet diagnostic criteria for Personality Disorder. All treatment occurs in groups and CNS does not offer any one-to-one treatment.

NICE (National Institute for Clinical Excellence) website is below.

<https://www.nice.org.uk/guidance/cg78>

A note for families and significant others

When a loved one is admitted to an acute psychiatric unit and has a personality disorder, it can be a challenging and stressful time for both the individual and their family. It's important for families to have information that helps them understand the situation, provide support, and navigate the treatment process. It may seem like we have lots of rules, however if you speak with the manager, we can try to be flexible.

We have designated time slots available on Thursday afternoons with our family liaison nurses. Please schedule a meeting at your earliest convenience where you can discuss the care of your loved one. However, it's important to note that these meetings do not require patient consent; rather, they are also designed to provide you, as a caregiver, with the support and information you need. We look forward to meeting with you and addressing any concerns or questions you may have. Please also have a look at our family booklet.

"For people with personality disorder the ward stay isn't designed to fix. It is more for respite and support". (A. Carer)

Resources for service users and their families

CRISIS SUPPORT (Please remember to use safety plans. Call 999 if there is an immediate risk to the person or others)

Please scan QR code for Bridging the gap document. Useful resources for those who are seeking support (or ask staff to print this out for you).



Families, carers, and significant others Please scan QR code for carers handbook or ask our staff to print this for you.



Thanks to all involved in this Quality Improvement Project. This leaflet and the process was formulated with special thanks to our STARS (Pauline and Andrew) and Andy (our carer by experience)

Accessibility

Patient information leaflets are available on our website:
www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Oxford Health NHS Foundation Trust
 Trust Headquarters
 Littlemore Mental Health Centre
 Sandford Road, Oxford OX4 4XN

Phone 01865 901 000
Email enquiries@oxfordhealth.nhs.uk
Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971
Email PALS@oxfordhealth.nhs.uk

Become a member of our foundation trust: www.ohftnhs.uk/membership

Support Oxford Health Charity, making a difference to patients, their families and staff who care for them: www.oxfordhealth.charity