

Crisis Admission Worksheet

This document aims to enable most effective use of a crisis admission. Current best available evidence indicates that an outpatient setting is the most effective environment for the treatment of personality disorder, as it is best suited to the acquisition and development of self-management and problem-solving skills. Occasionally, admission to hospital can be necessary and in these circumstances careful planning is important to maximise the benefits and reduce the risks of harm. Further information can be found in the **NHS Highland Personality Disorder Integrated Care Pathway (PD-ICP)**.

It is important to have thought through the following:

What is the purpose of coming into hospital? What do I hope to achieve through this admission?

What are the advantages of being in hospital? What will be available to me here that wouldn't be there at home?

Are there any disadvantages or potential problems to admission?

How long will I stay in hospital? There is strong evidence suggesting that extended admissions can be harmful, whereas short, focused admissions may sometimes help. Guidelines suggest that 48 to 72 hours is a reasonable length for a short, focused crisis admission. The discharge date should be agreed at the time of admission and should not be changed.

It is also important to start making plans right at the start of the admission for things that will be helpful when you do go home. What existing supports can be set up? This includes things you can do, and things that professionals, friends and family can help with.

Is there anything new to organise

How will I keep myself safe on the ward? What would be a helpful way to use time off the ward? It is very important that people stay responsible for their own safety. Behaviours such as self harming, using drugs or alcohol, leaving the ward without telling staff, suggest that admission is not helpful, and early discharge will be considered. It will help to complete a **Crisis Self-Management Plan**. Your nurse can support you to do this.

How can I start using my usual coping skills again? What do I usually find helpful?

Are there any problems or situations that could be changed to reduce my stress levels? Admission is a good opportunity to do problem solving work; it is helpful to set specific, achievable goals.

Is there anything that I have learned about myself from this crisis that I could use to help me avoid crisis in the future? Do I need to add anything or make changes to my crisis plan?

You may want to add more detail to your plans as you go along, but thinking this through at the start of admission gives you the best chance of success.