

# Service Protocol Adolescent Self-harm Service

## The Service

- One nurse allocated to each sector of the city (**Base Telephone No: 0141 201 0213**)
- 7 days per week 9.30am-2000 (last referral usually 1800)
- 365 days per year
- On call via a page system to A&E departments across the city **10am-5pm**  
**Page No. 07699 761145 (leave message containing ward number and hospital)**

## Referral Criteria

- Adolescent (12-17 years of age) presenting at A&E departments or admitted to the wards of the District General Hospitals following an episode of self-poisoning or self-harm.
- The service is not designed to address the needs of young people presenting following an episode of accidental overdose of recreational drugs or alcohol. However in cases where it is unclear if the overdose is accidental the young person would benefit from assessment from the Adolescent Self-harm Service.

## Referral Procedure

- The Duty Adolescent Community Psychiatric Nurse from the Self-harm Service will contact each hospital admission ward on a daily basis before 10am for referrals.
- The duty nurse will be on call via a page system to the A&E departments between the hours of 10am and 5pm daily. (See page number above). A referral form should be completed for all young people presenting following an episode of self-harm.
- Referrals from GPs and Social Workers will be picked up by the Adolescent Self-harm Service nurses from the sector adolescent out patient teams, at team allocation meetings once per week.

## Service at RHSC, Yorkhill NHS Trust

This service is for 12-15 year olds who have taken an overdose or harmed themselves and present after 5pm to A&E departments, are **otherwise fit for discharge** but can be offered a bed overnight in RHSC to facilitate an assessment by the Adolescent Self-harm nurses the following day. **The service is not for young people who have ingested recreational drugs or alcohol or who are physically unwell.** A&E medical staff should phone the RHSC medical registrar on call and transfer is dependent on the patient being accepted. It is the responsibility of the adult A&E departments to arrange transfer by ambulance to RHSC.

If transfer to RHSC is not indicated or refused, A&E staff would complete a referral form and refer the young person to the Adolescent Self-harm Service the following day.

## The Service

This consists of a combination of A&E/admission based assessment and follow-up in the form of a home-based intervention model.

## Assessment

The patient will be assessed within A&E/admission ward. The assessment will be carried out by the nurse from the Adolescent Self-harm Service.

The Aim of Assessment will be to Establish

- Risk of repeat attempt
- Mental state
- Whether there is a need for urgent psychiatric intervention
- Circumstances of the episode
- Social life and activities
- School and employment history
- General health
- Family Structure and relationships
- Involvement with any statutory organisations.

This session ends with a conjoint interview with the family/carers during which the follow-up intervention is discussed and agreed.

The nurses from the Adolescent Self-harm Service will take responsibility for discharge and follow-up care arrangements, including liaison and appropriate referral to other agencies.

## Follow-up

The type of therapeutic follow up will be determined on the individual patient's needs. The aim of follow-up will be to address:

- Coping strategies
- Problem solving
- Communication within the home setting
- Social supports
- Prevention of reattempt and crisis planning
- Overview of adolescence as a developmental stage

Follow-up will be provided in a location in which the adolescent feels comfortable enough to work on the above eg. home, school, outpatient adolescent psychiatric clinic. Follow-up will be offered on an individual or family/career basis.