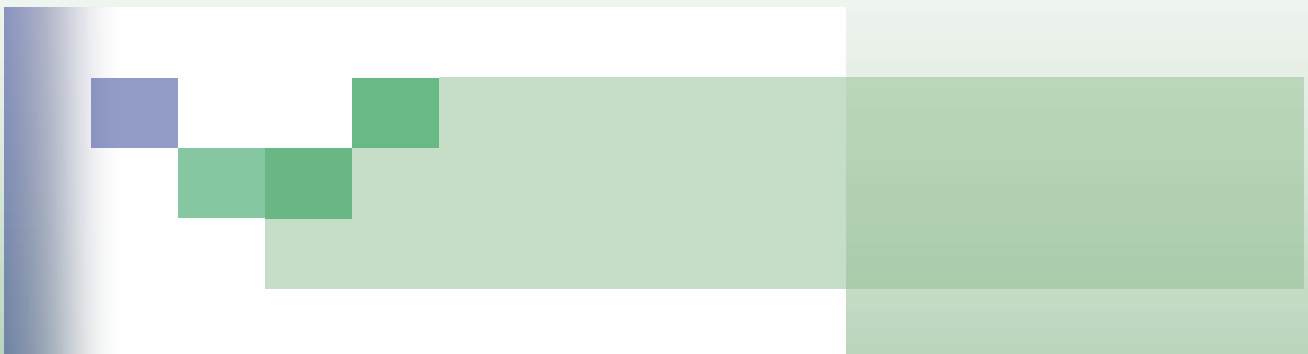




**National Clinical Care Programme  
for the Assessment and Management of Patients Presenting to  
Emergency Departments following Self-Harm**

**Continuing Professional Development Record**

**November 2014**



## 1. Introduction

This Clinical Programme aims to ensure that all patients receive a standardized triage, bio-psycho-social assessment and assertive follow up from competent clinicians.

As the Clinical Nurse Specialist (CNS) appointed to this role you will be expected to acquire new skills in the assessment, management and assertive follow up of patients who present with self harm.

This electronic record is designed to give you a clear picture of what is required of you and to enable you to record your progress in observing and carrying out of assessments under supervision as a precursor to proficiency in the assessment and management of patients presenting with self harm.

It is recommended that you observe a minimum of 3 cases, prior to having 3 cases supervised by a named Consultant Psychiatrist.

This record is an important document. It should serve as a good basis for self-directed learning and contribute to your Continuing Professional Development as part of your state registration.

<b>Name</b>	
<b>Team</b>	
<b>Post Location</b>	
<b>Start date in post</b>	
<b>Consultant Psychiatrist</b>	
<b>Nursing Line Manager</b>	
<b>Clinical Supervisor</b>	

## **1. Core Competencies:**

*This is not an exhaustive list and should be used as a guide during clinical supervision. Clinical Supervision should be agreed with your Clinical line manager/Consultant Psychiatrist and occur at regular intervals.*

### **Theoretical Competencies**

- Can demonstrate knowledge of this Clinical Programme including the standard operating procedure and literature review
- Can demonstrate knowledge of the use of and effectiveness of assessments tools and risk assessments
- Can demonstrate up to date knowledge of self harm issues and its treatment
- Can demonstrate knowledge of local and national policies in relation to the management of self harm including the National Registry of Deliberate Self Harm Ireland.
- Can demonstrate knowledge of the Mental Health Act and have completed the online Mental Health Act training (Mental Health Commission)

### **Clinical Competencies**

- Can use theoretical knowledge with practical clinical skills in assessing risk
- Can use assessment and risk tools effectively
- Can formulate a clear and concise management/care plan to address the needs and risks identified.
- Can engage with the patient and family/carer during the process
- Can seek advice from colleagues appropriately and in a timely manner

### **Communication Skills**

- Can record a written care plan in the medical files
- Can actively engage with the patient and family/carer in agreeing the care plan and implementing it during follow up
- Can communicate the level of risk identified and the care plan to all relevant professionals
- Can link with and coordinate the role of different members of the clinical team in assessing and managing the needs of the patient.
- Can link with a variety of community agencies to ensure that the patient attends recommended next care appointment
- Can record and manage data effectively to demonstrate outcomes

### **Team Working**

- Can work effectively as a member of a number of teams: Liaison/General Adult, Emergency Department team and ward team.
- Can work effectively with a variety of disciplines to meet the needs of the patient
- Can work collaboratively with non mental health staff to promote positive attitudes towards patients who present with self harm.
- Work with ED staff to improve skills in triage and assessment of mental health issues

Competencies adapted from A Competency Framework for Liaison Mental Health Nursing (2014)

## 2. Bio- Psycho- Social Assessment

Date attended:	
Venue:	
Certificate received:	

### Pre reading material: Reflections

### Post course actions:

- 1.
- 2.
- 3.
- 4.

### 3. Train the trainers: Self Awareness Training for Emergency Department Staff

Date attended:	
Venue:	
Certificate received:	

#### Pre reading material: Reflections

#### Post course actions:

- 1.
- 2.
- 3.
- 4.

#### Self Awareness training Course delivered:

Date:	Facilitated course with	Number attended

#### Agreed actions post course:

- 1.
- 2.
- 3.
- 4.

#### 4. Brief Interventions for Alcohol Misuse

Date attended:	
Venue:	
Certificate received:	

**Pre reading material: Reflections**

**Post course actions:**

- 1.
- 2.
- 3.
- 4.

**5. Record of Cases**

<b>Date</b>	<b>Diagnosis</b>	<b>Observed or supervised case</b>	<b>Satisfactory/Unsatisfactory</b>	<b>Additional training identified</b>	<b>Signature of supervisor</b>
<b>1.</b>					
<b>2.</b>					
<b>3.</b>					
<b>4.</b>					
<b>5.</b>					
<b>6.</b>					

## 6. Additional training attended

Title:	
Date attended:	
Venue:	
Certificate received:	

### Pre reading material: Reflections

#### Post course actions:

- 1.
- 2.
- 3.
- 4.



## 7. Bio Psycho Social Assessment of needs and risk - Guide

- **Psychiatric History**
  - Introduction
  - Presenting Complaint
  - History of Presenting Complaint
  - Past Psychiatric History
  - Family History
    - ✓ Parental History
    - ✓ Siblings
    - ✓ Family Psychiatric History
  - Past Medical and Surgical History
  - Alcohol and Substance Misuse History
  - Current Medications
  - Personal History
    - ✓ Birth and Development
    - ✓ Childhood and Adolescence
    - ✓ Education and Literacy
    - ✓ Occupational History
    - ✓ Relationship History
    - ✓ Psychosocial History
  - Forensic History
  - Premorbid Personality
  
- **Mental State Examination**
  - Appearance and behaviour
  - Speech
  - Mood and affect
  - Thought
  - Perception
  - Cognition
  - Insight
  
- **Collateral History**
  
- **Formulation**
  - Predisposing factors
  - Precipitating factors
  - Perpetuating factors
  
- **Differential Diagnosis**
  
- **Investigations**
  - Biological
  - Psychological
  - Social
  
- **Management**
  - Biological
  - Psychological
  - Social
  
- **Prognosis**
  - Short term factors
  - Long term factors

