

St Andrew's Healthcare Northampton Huntington's Disease Service

St Andrew's Healthcare has a complete range of in-patient services available for men and women over 18 who are suffering from any stage of Huntington's Disease (HD). We offer individualised assessment and treatment for all stages of the disease where patients have challenging behaviour, including individuals detained under the Mental Health Act (1983).

We are uniquely placed to provide a range of care settings, from medium secure to locked door, depending on the severity of a service user's condition, the degree of challenging behaviour displayed and the risk they pose to themselves and to others.

We accept referrals from across the UK and can support local services with patients who:

- Display significant levels of aggression or agitation
- Behave in a highly challenging way
- Have a history of offending behaviour

What does our Care Pathway look like?

The pathway aims to maximise service users' quality of life through helping to maintain functional abilities. We aim to optimise physical health within the constraints of the disease via the on-site GP clinic as well as supporting the acquisition of new skills and interests. The requirements of the Mental Health and Mental Capacity Acts are carefully followed, where these legal provisions are applicable.

Neuropsychological treatment aims to reduce the impact of cognitive deficits and associated behavioural disturbances by using a neurobehavioural approach. This is supported by a multi-disciplinary team who are experts in the field of HD.

The multi-disciplinary team (MDT) is based on-site at St Andrew's Northampton and consists of:

- Neuropsychiatrists
- Nurses
- Clinical Psychologists
- Physiotherapists
- Occupational therapists
- Speech and language therapists
- Social workers
- Dieticians



At a glance - St Andrew's HD Service:

- Medium Secure, Low Secure & Locked door
- Specialist facilities for females & adolescents
- Initial 12 week assessment
- Day care, respite care & out-patient assessment
- Multi-disciplinary team
- Provider of specialist HD training
- Members of various Euro-HD networks

Person-centred Care Management of Challenging Behaviour

Our Care Pathway:

- Starts with an initial assessment period of 12 weeks where we will formulate a comprehensive report summarising the views from each MDT member with treatment recommendations
- Provides regular input from all MDT members working on an interdisciplinary treatment proposal
- Includes an agreed discharge plan which we negotiate with the commissioner and takes into account the views of the patient, family and other interested parties
- Is a person-centred care model
- Can support those in the terminal stage of HD who wish to remain at St Andrew's. Where possible end of life wishes are ascertained and respected.

St Andrew's can also provide:

- Day care for individuals who live within a 25 mile radius of the St Andrew's Northampton campus
 - Respite care subject to bed availability
 - Out-patient assessment and treatment advice
- In addition to patients from the UK we also welcome international referrals.

Care pathways available:

- **Medium secure facilities**, Rose Ward in William Wake House
- **Low secure and locked facilities** within the Neuropsychiatry Service at St Andrew's Healthcare, including Harper and Daniel Rambaut wards
- Facilities for **female only patients** within Allitsen Unit, a locked facility within the Neuropsychiatry service
- Facilities are available on Elgar Unit - our Adolescent ABI service for anybody under 20 years who has **Juvenile Onset HD**.

Referrals

To make a referral or to discuss our services for Huntington's Disease.

Call freephone: **0800 434 6690**

Email: enquiries@standrew.co.uk

www.stah.org

Why St Andrew's?

Treatment gains and preservation of function are measured using a variety of tools suitable for patients with HD, some of which have been created through an active research programme within St Andrew's and approved for use by the Huntington's Disease Association (HDA).

Our practices are regularly audited against professional and industry standards and we have close relationships with the HDA, including recently contributing to their Standards of Care and facilitating a local special interest group for professionals with a support group for relatives. We provide specialist training concerning Huntington's Disease to all our staff and our team of experts are represented on various Euro-HD Network working groups.

St Andrew's has a proven reputation for delivery of effective, research based outcomes. We are committed to the measurement of risk through outcome data and have developed our own measures such as the Overt Aggression Scale – Modified for Neurorehabilitation (OAS-MNR¹) and Sexual Behaviour Assessment (SASBA²). These are now used nationally and internationally and enable us to demonstrate change, for example a 47% improvement in overt aggression between admission and presently in our 2010 cohort of patients.

A focus on research

St Andrew's is now working with the Euro-HD Network to establish a Huntington's Disease research clinic at our Northampton site.

Charity status

As the UK's largest not-for-profit mental healthcare charity, we have no shareholders and are in a unique position to reinvest our surpluses into identifying cutting-edge world class specialist services, highly qualified staff, state-of-the-art facilities and ground breaking research.

1. Alderman, N., Knight, C & Morgan, C. (1997). Use of a Modified Version of the Overt Aggression Scale in the measurement and Assessment of Aggressive Behaviours following Brain Injury. *Brain Injury*, 11 (7), 503-523
2. Knight, C., Johnson, C., Alderman, N. et al. (2008). The St Andrew's Sexual Behaviour Assessment (SASBA): Development of a Standardised Recording Instrument for the Measurement and Assessment of Challenging Sexual Behaviour in People with Progressive & Acquired Neurological Impairment. *Neuropsychological Rehabilitation*, 18 (2), 129-159

For further information about these outcome measures, please visit www.stah.org



St Andrew's
HEALTHCARE