

Psychiatric Intensive Care (PICU)

The Sherwood Unit - the Men's Service, Northampton

The PICU service is appropriate for males:

1. Aged 18-65 years
2. Suffering from an acute mental illness, a relapse of an enduring mental illness or an exacerbation of a chronic mental illness
3. Who may be displaying challenging behaviours as a result of a mental illness
4. Who demonstrate significant risk, including aggression to self and others, absconding and/or vulnerability
5. Who require relatively short-term intensive care in a secure environment
6. Who have been detained under the Mental Health Act 1983 (as amended by the Mental Health Act 2007).

These criteria are a guide for assessing suitability, each service user will be individually considered.

Service users can be admitted to Sherwood Unit 24 hours a day, seven days a week.

No formal assessment is required at the point of admission. Relevant information will be gathered and a decision will usually be made within one hour.

The service

Sherwood Unit provides psychiatric intensive care within a low secure environment for individuals who are displaying behavioural difficulties and disturbances that seriously compromise the safety of themselves and/or others. Due to their challenging behaviour and the level of risk presented, service users cannot be safely assessed or treated in an open acute inpatient facility and therefore require the physical, procedural and relational elements of a secure environment.

The initial priority is to safely manage and contain disturbed behaviours and associated risks. Once risk is reduced and the service user's mental state and behaviour have been stabilised, transfer to an appropriate facility will take place. This might involve transfer to the local service's open ward, a rehabilitation facility or to a community placement. We will work with the receiving team to ensure a smooth transition occurs to assist with continuous progress towards recovery. Our aim is to move service users on to these services and back into less secure or community settings as soon as possible.

Sherwood Unit provides high quality, intensive care in a clinically safe and supportive environment. Individual treatment programmes are developed in recognition of the service user's unique strengths, needs and risks, with specific emphasis on treating mental illness and starting the recovery process.

The service is supported by high levels of experienced medical and nursing staff, psychologists, social workers and occupational therapists.



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Assessments

Prior to admission, our multi-disciplinary team works collaboratively with referrers and case managers to agree the most appropriate care for the service user.

Following admission an initial comprehensive assessment is undertaken as soon as possible, to understand the extent of risk and determine appropriate treatment, core interventions and safeguards.

A comprehensive mental state assessment is made, based on service user case history and information from family and friends. An assessment of physical healthcare needs is also made, including ECG, screening blood tests and urinary drug screen. Some patients will require detailed psychological testing, such as personality and psychometric assessments and testing. Most patients will require assessment of their daily living skills by one of our occupational therapists.

Ongoing assessments take place during the key stages of treatment enabling us to monitor a service user's progress. These include:

- **Pre-admission** – service user information is gathered from documents supplied by the referrer. Supported by a risk assessment, an initial profile of the service user's needs will be developed
- **Admission** – individual levels of nursing support are determined by medical and nursing staff. A care plan is developed in partnership with the service user and the multi-disciplinary team
- **Weekly** – service users will be reviewed by the multi-disciplinary team in the weekly ward round. An initial working formulation of the service user's needs will be made at the first ward round and a personalised plan of treatment will be developed
- **Prior to discharge** – assessments will take place at significant care decision points including discharge.

Programme interventions and measures of change

Within 24 hours of admission, each service user will be allocated a care co-ordinator. This is a qualified mental health practitioner, usually a nurse, who will work with the service user and the multi-disciplinary team to develop a personalised care plan. The service user's strengths, needs and problem areas are identified and a care plan, which addresses the causes and nature of their challenging behaviour, is developed. We work in partnership with service users during the formulation of their care plan wherever possible.

Initial therapeutic programmes include 1:1 sessions with the care co-ordinator, involvement in activities of daily living, ward-based occupational therapy and relaxation sessions.

As a service user progresses, opportunities to participate in activities off-ward may include: workshops, music studio, gym, swimming and other sporting facilities.

Progress towards recovery

A weekly care plan review will be conducted by the medical and nursing staff with regular Care Programme Approach (CPA) reviews.

Once a service user's symptoms and mental state are stabilised, we will work with the referrer and case manager to identify an appropriate service to continue their rehabilitation. In many instances patients will be transferred to their local acute ward or open rehabilitation facility.

Prior to direct discharge to a community setting, a CPA and section 117 meeting will be held. The service user's GP, community psychiatric team, community care co-ordinator and appropriate relatives, with the service user's agreement, will be invited to participate in this meeting.

Getting in touch

For more information on our PICU service, or to make a referral:

- Visit our website www.stah.org/PICU
- Call **01604 616 000** to speak to a member of our admissions team
- Or email PICUServices@standrew.co.uk

