

Self-harm

The short-term physical and psychological management and secondary prevention of self-harm in primary and secondary care

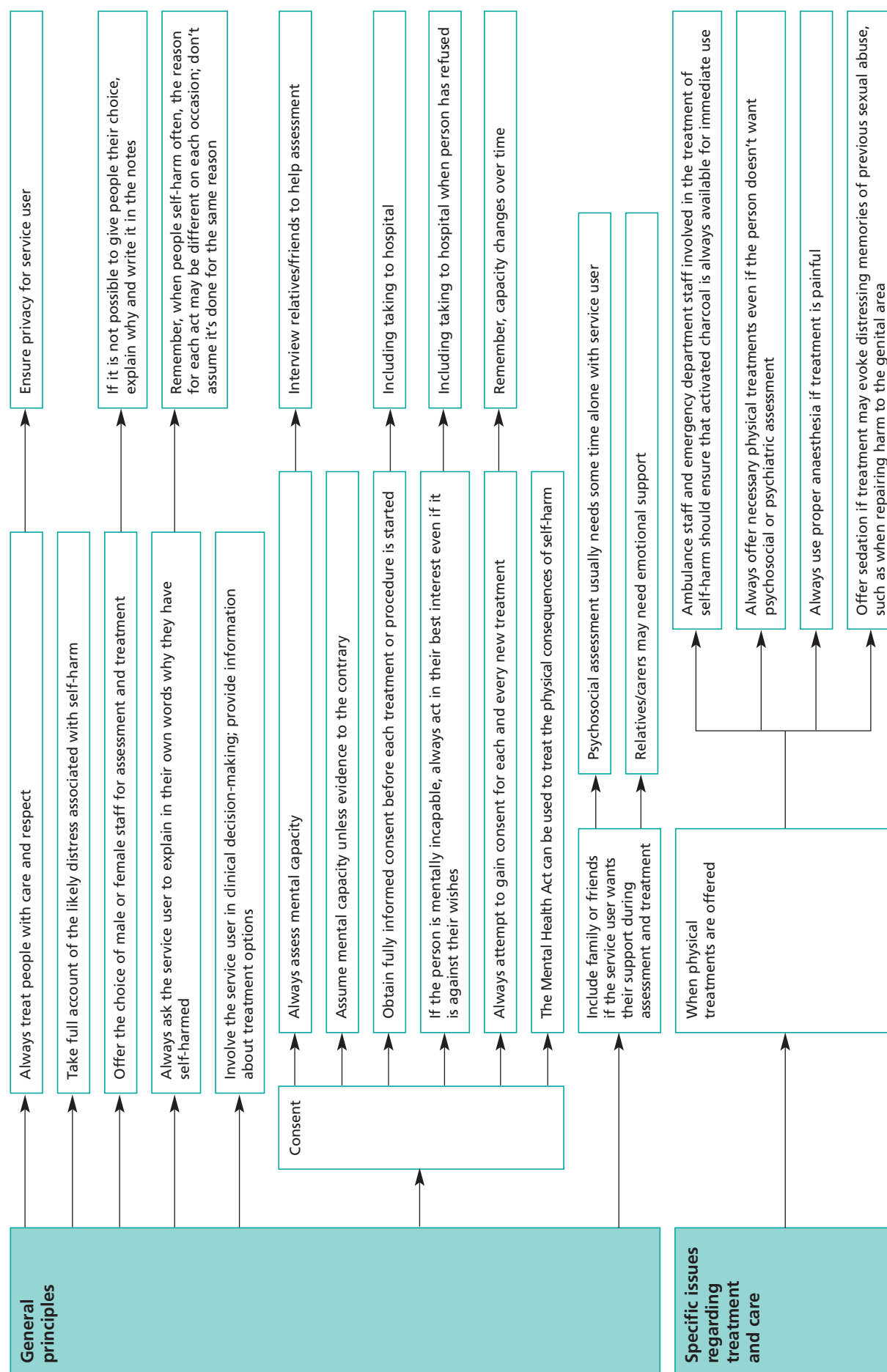
Summary of management and treatment

**Clinical
practice algorithms**

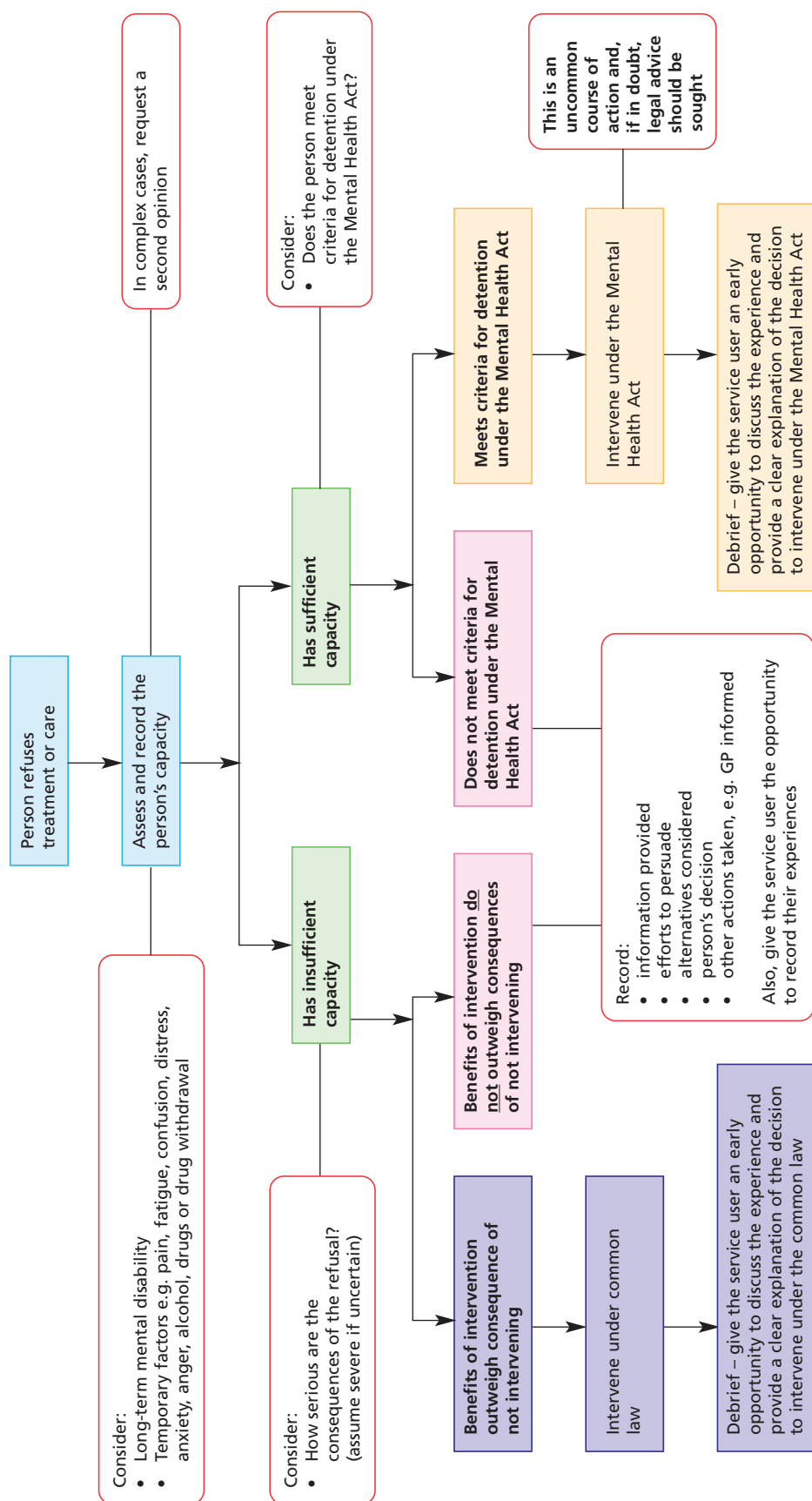
July 2004

Developed by the National Collaborating Centre
for Mental Health

Advice for healthcare professionals in any setting



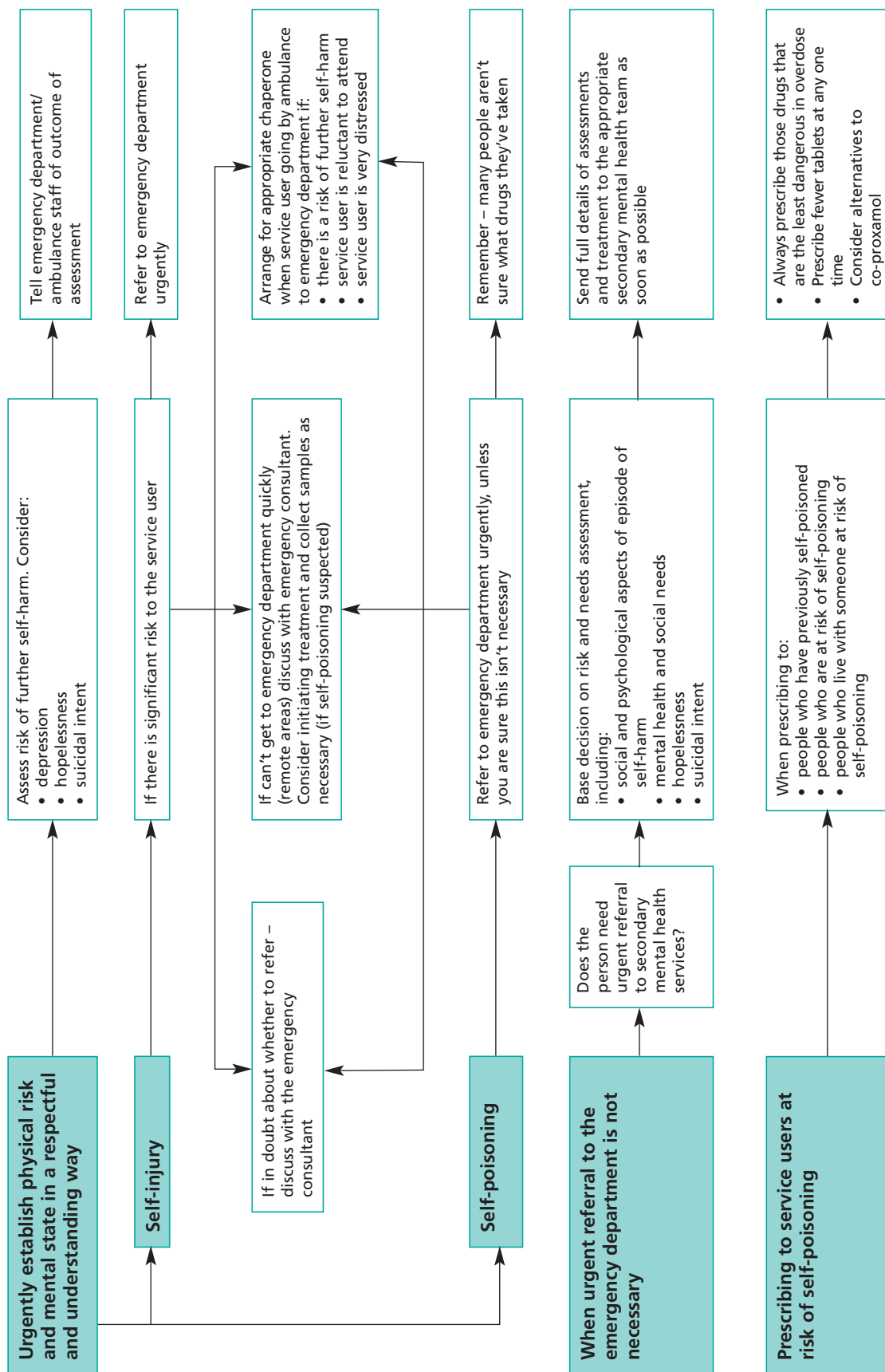
Decision making in the event of a person refusing treatment for the physical effects of self-harm



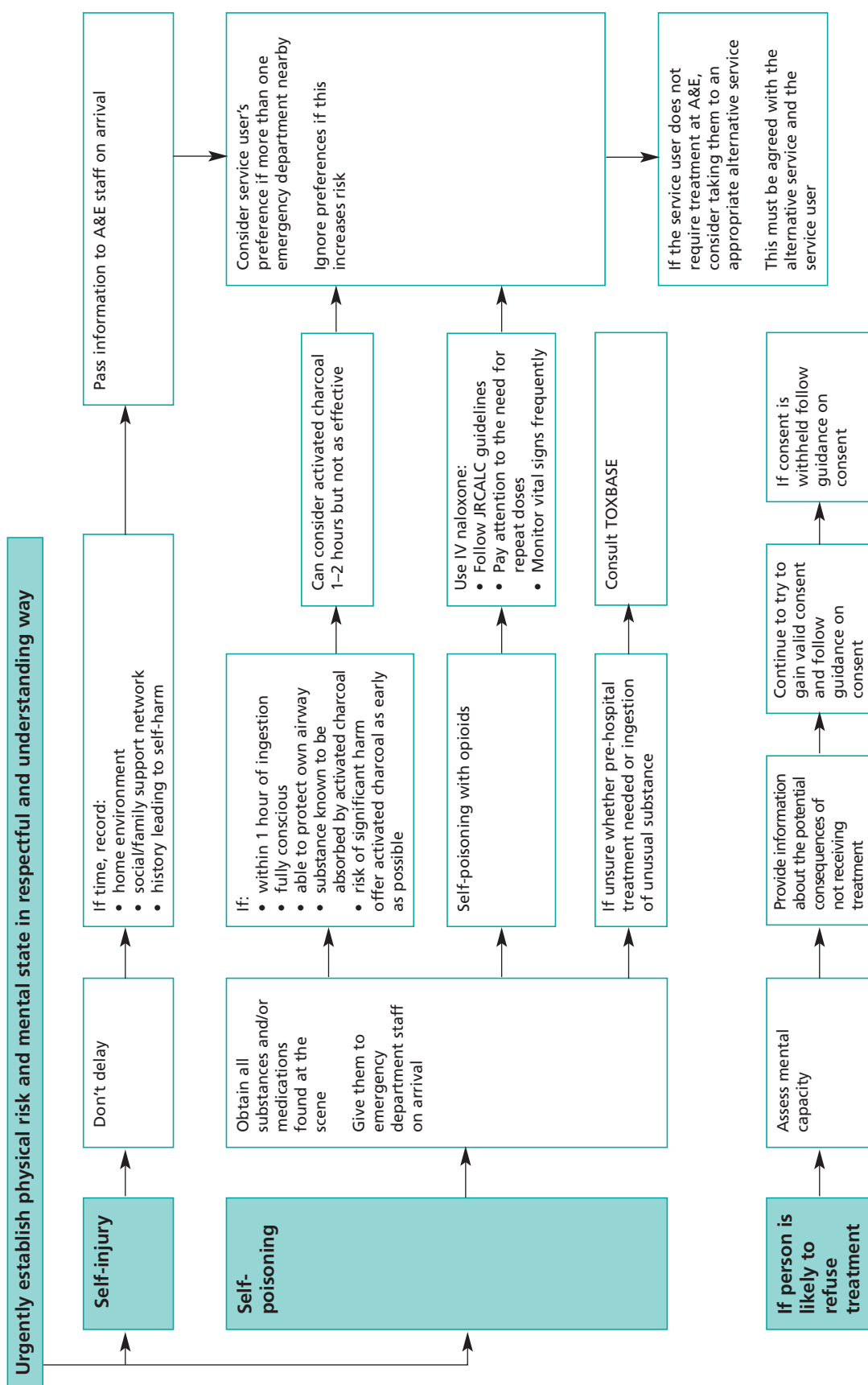
When considering the algorithm, it should be noted that:

- The person must be given full information about the nature of the proposed intervention and the likely consequences if the intervention is not undertaken
- Staff should make concerted and repeated attempts to gain consent throughout the process of assessment and treatment
- Attempts to gain consent should not be coercive e.g. threats to use the Mental Health Act if the person refuses
- Within the bounds of patient confidentiality, every effort should be made to involve family members and friends in the decision

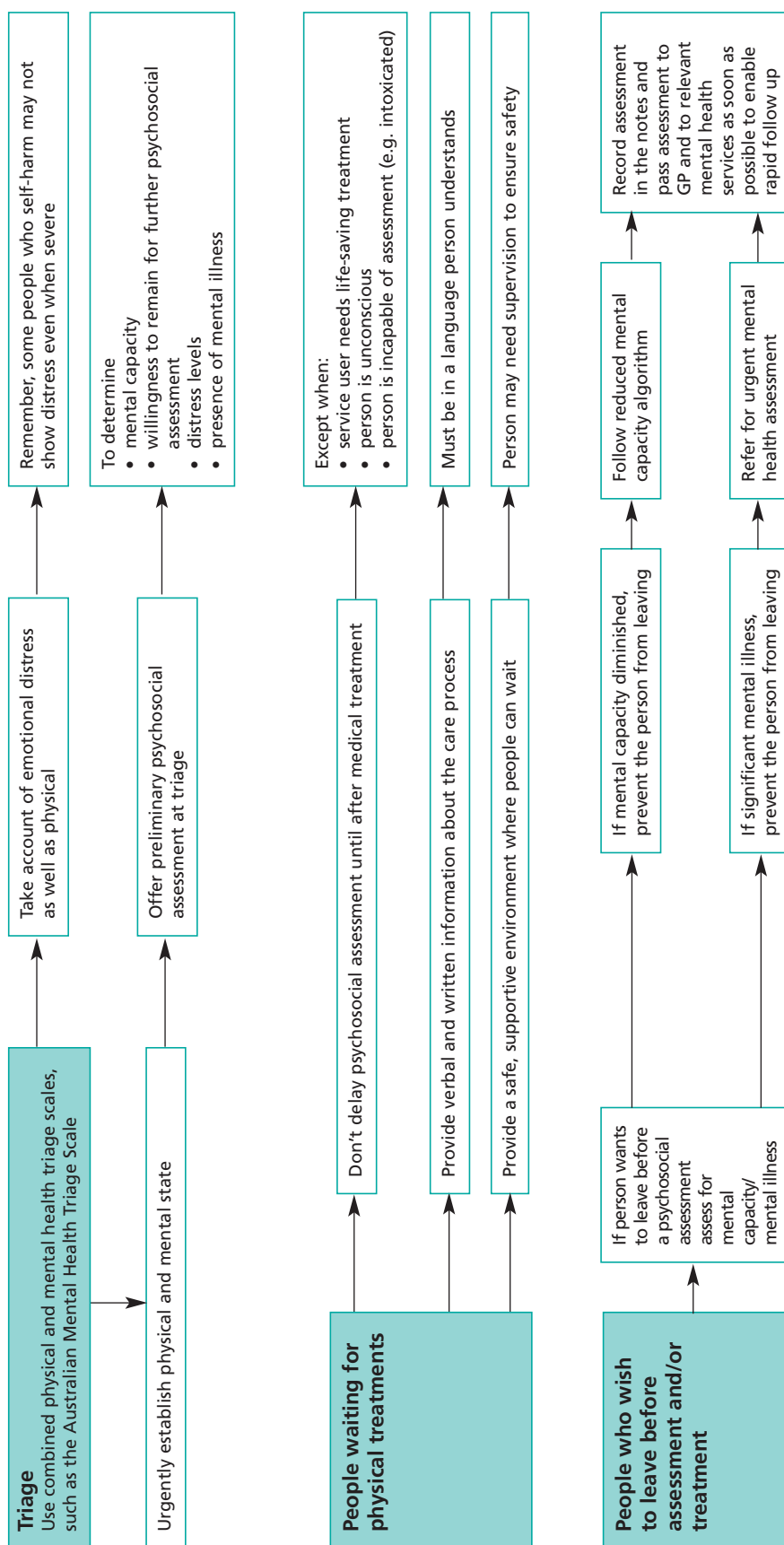
The management of self-harm in primary care



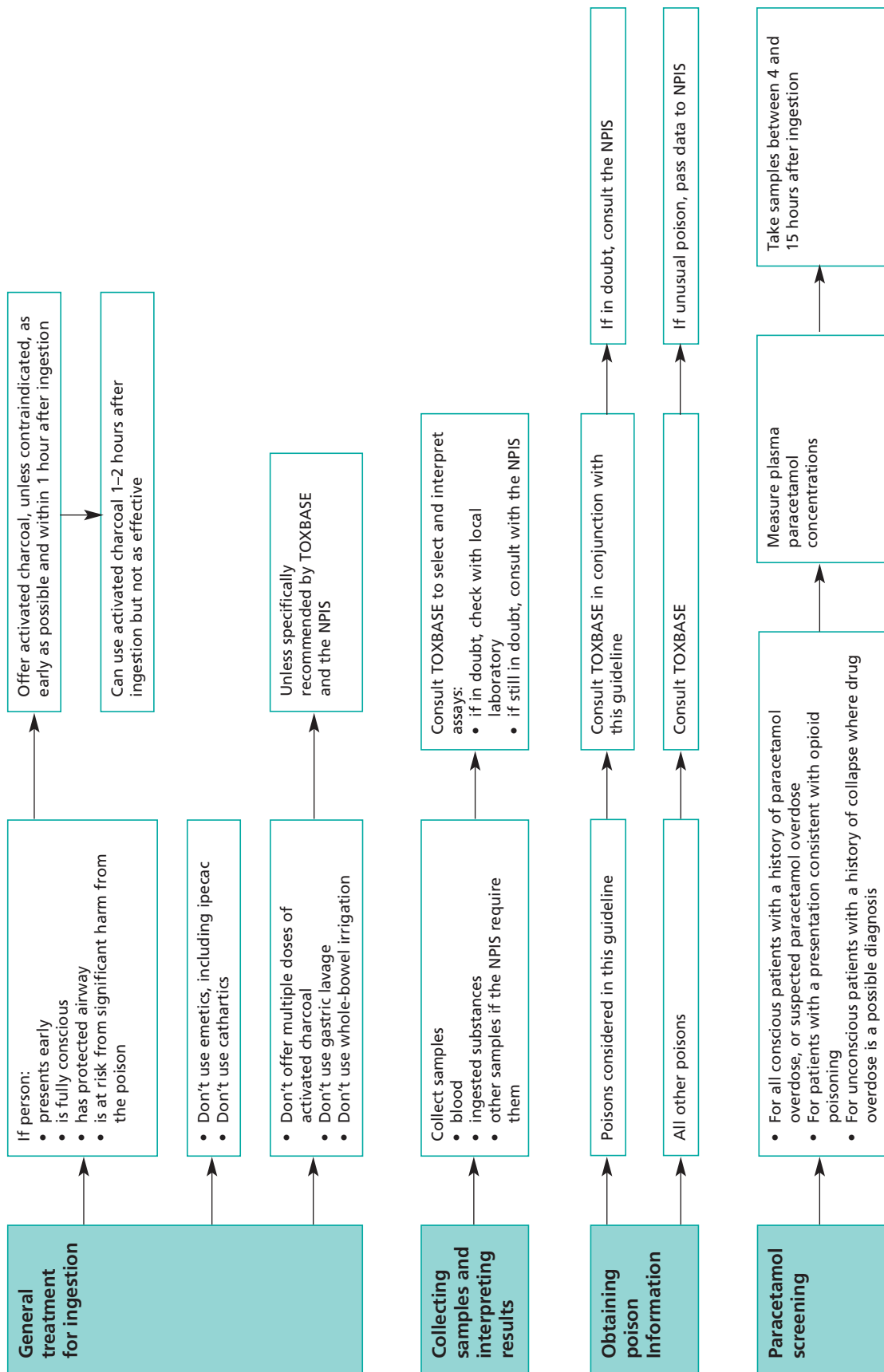
The assessment and initial management of self-harm by ambulance personnel



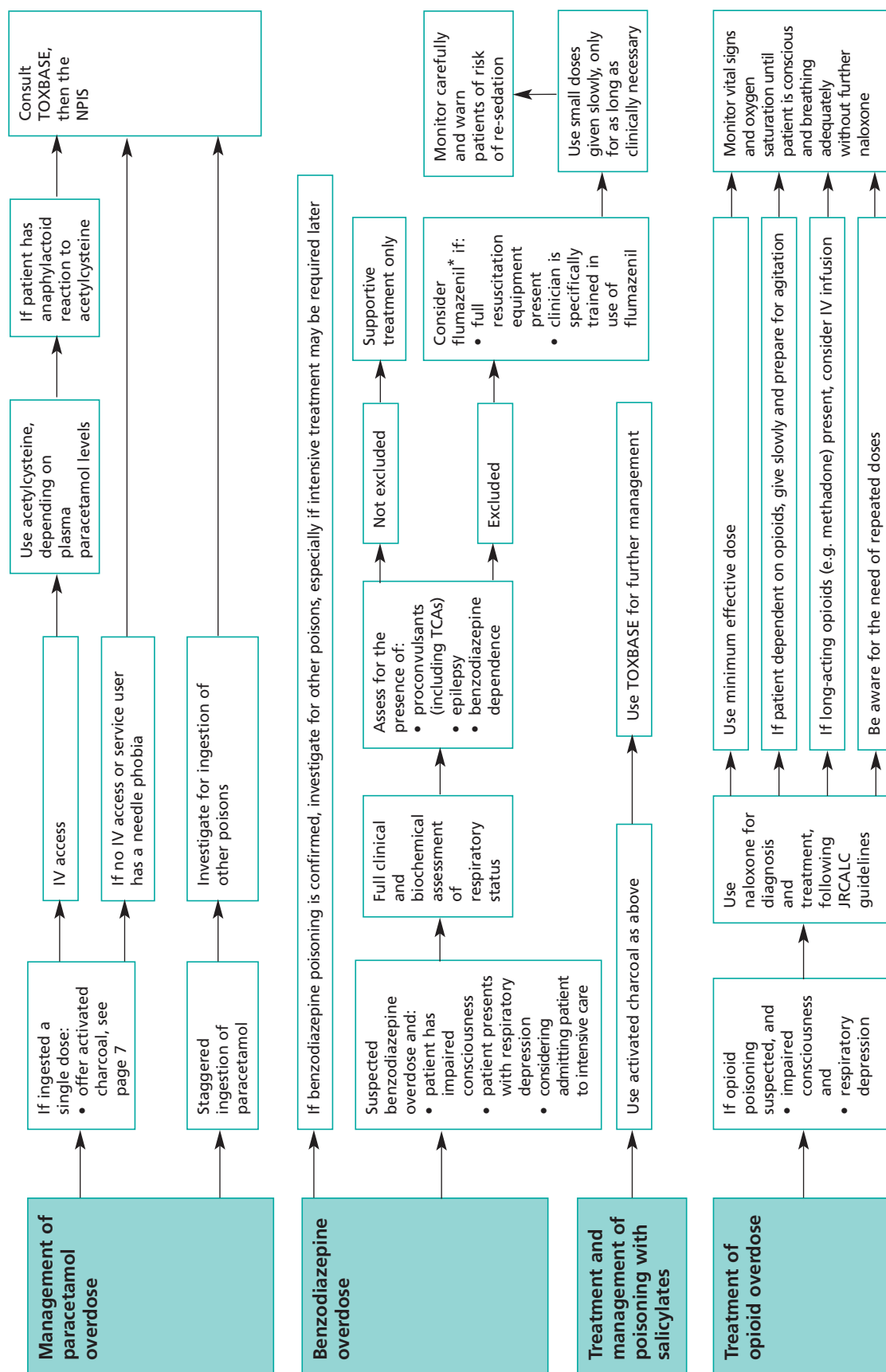
The treatment and management of self-harm in emergency departments



The medical and surgical management of self-harm

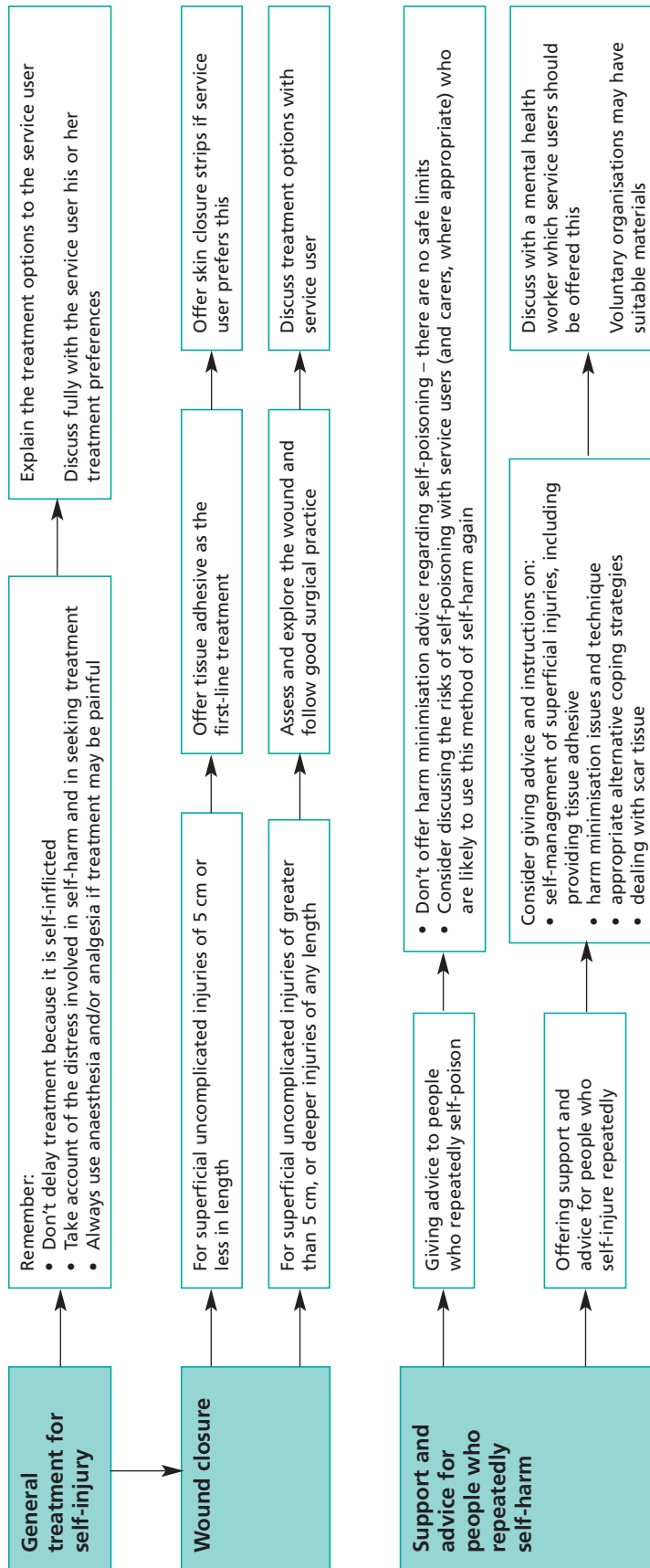


The medical and surgical management of self-harm *continued*

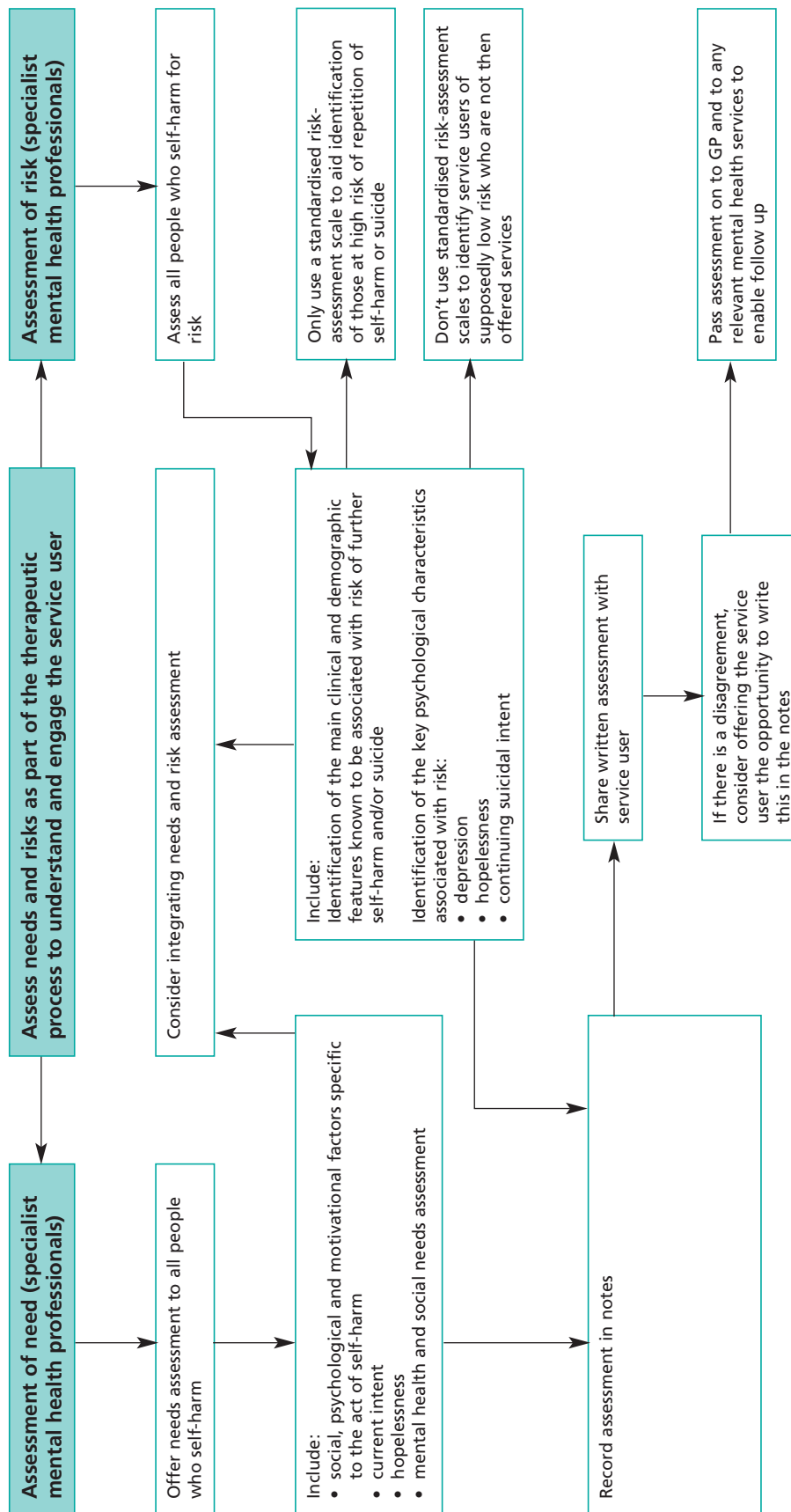


*Although widely used, flumazenil is not currently licensed for the treatment of benzodiazepine overdose in the UK.

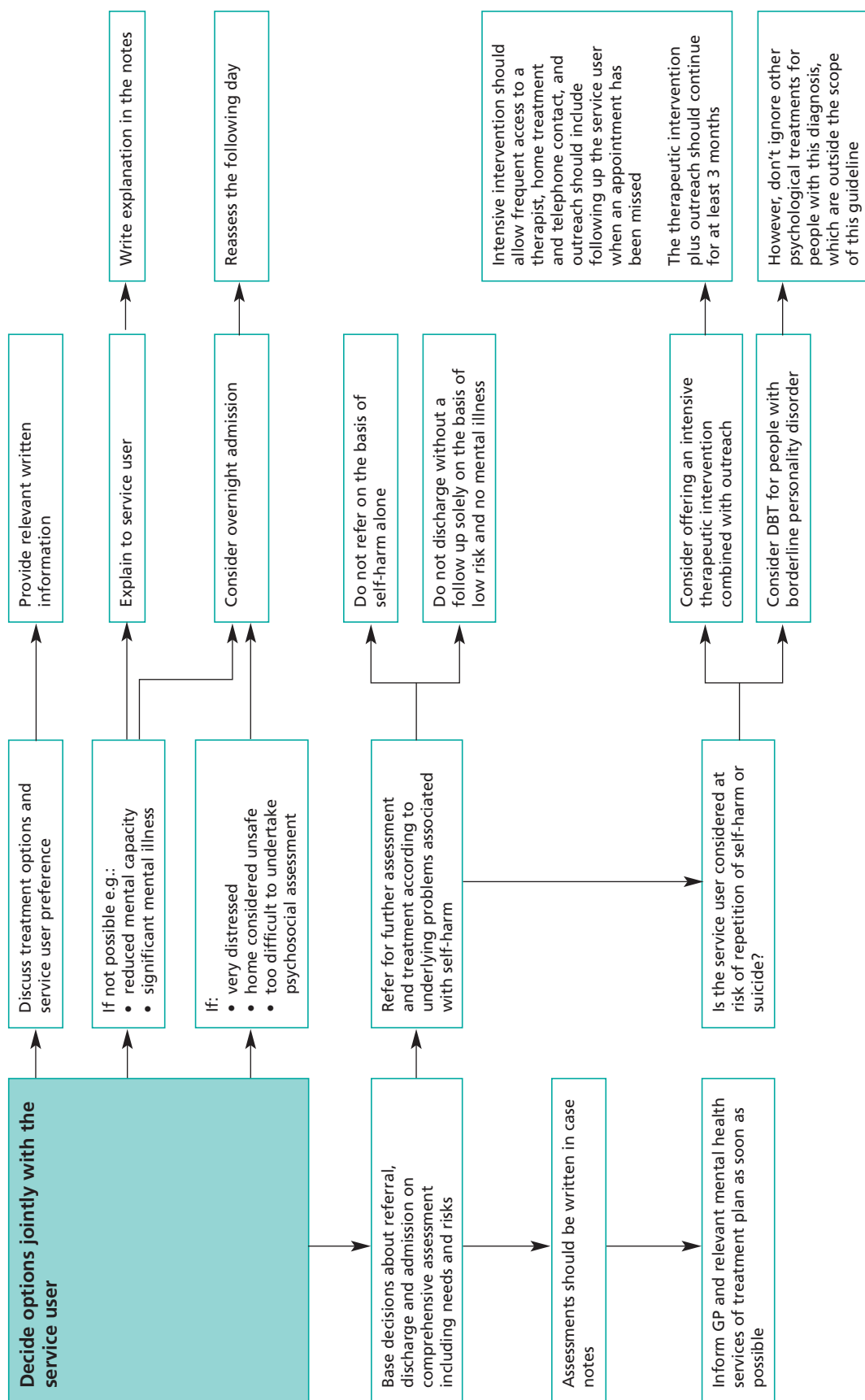
The medical and surgical management of self-harm *continued*



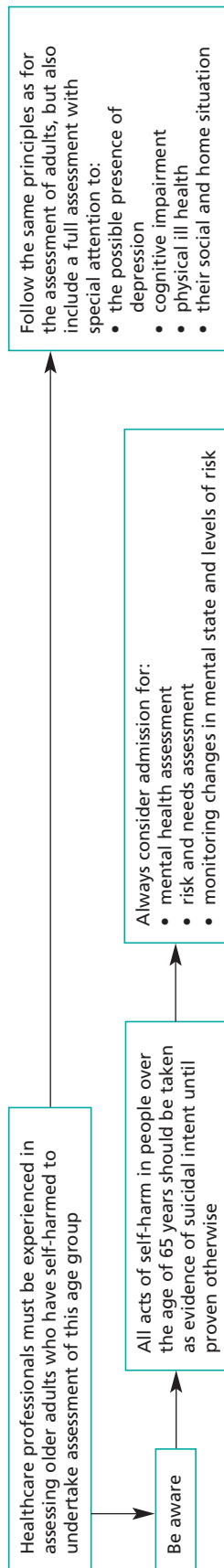
Psychosocial assessment



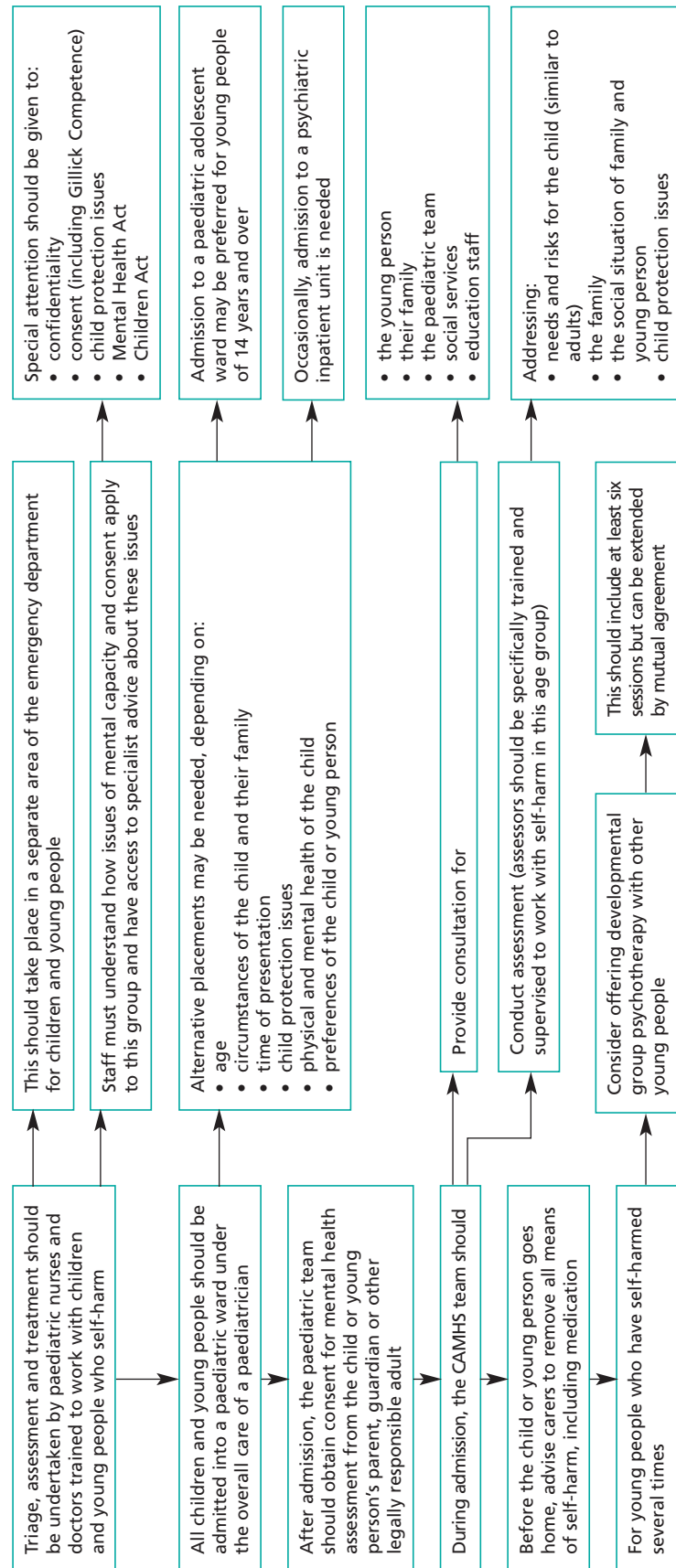
Referral, discharge and admission following psychosocial assessment



Special issues for older people



Special issues for children and young people



Clinical Guideline 16

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Issue date: July 2004

This document forms part of the NICE guideline on self-harm (see above), which is available from the NICE website (www.nice.org.uk/CG016NICEguideline).

An abridged version of this guidance (a 'quick reference guide') is also available from the NICE website (www.nice.org.uk/CG016quickrefguide). Printed copies of the quick reference guide can be obtained from the NHS Response Line: telephone 0870 1555 455 and quote reference number N0625.

Information for the public is available from the NICE website in English and Welsh (www.nice.org.uk/CG016publicinfo). Printed copies are available from the NHS Response Line (quote reference number N0626 for a version in English and N0627 for a version in English and Welsh).

Information about the full guideline, from which the NICE guideline has been prepared, is given in Section 5 of the NICE guideline.

This guidance is written in the following context:

This guidance represents the view of the Institute, which was arrived at after careful consideration of the evidence available. Health professionals are expected to take it fully into account when exercising their clinical judgement. The guidance does not, however, override the individual responsibility of health professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or guardian or carer.

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Published by the National Institute for Clinical Excellence
July 2004
Artwork by LIMA Graphics Ltd, Frimley, Surrey

www.nice.org.uk

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