

Trajectories of Referrals of Young People under the age of 18 to the Newcastle upon Tyne Early Intervention in Psychosis Team

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Background and aims

The Early Intervention in Psychosis (EIP) is a specialist community mental health team which treats individuals aged 14-65 with a first episode of psychosis. EIP has a multidisciplinary approach and accepts referrals from GPs, community and inpatient mental health teams and other allied services. This project aimed to understand the trajectories of referrals of young people to EIP Newcastle.

Methods

Data was collected retrospectively covering a period from 1/3/2017 to 29/2/2020 from the electronic records of young people referred to EIP Newcastle. A designated tool was used to record the age, gender, referrer, initial concerns, formulation and outcome (accepted, accepted for an extended assessment or discharged).

Results

Of the total of 78 referrals for EIP Newcastle, 57 were suitable for this project, with 21 cases deemed not suitable as they were either not assessed face to face or were out of area transfers. There were 26 referrals received from Children and Young People's Services (CYPS), 9 from the General Practitioner (GP), 10 from Intensive Community Treatment Service (ICTS), 8 from the local General Adolescent Inpatient Unit and 4 from allied services (e.g. local Talking Therapy service). The age of the young people varied from 14 to 17 years old.

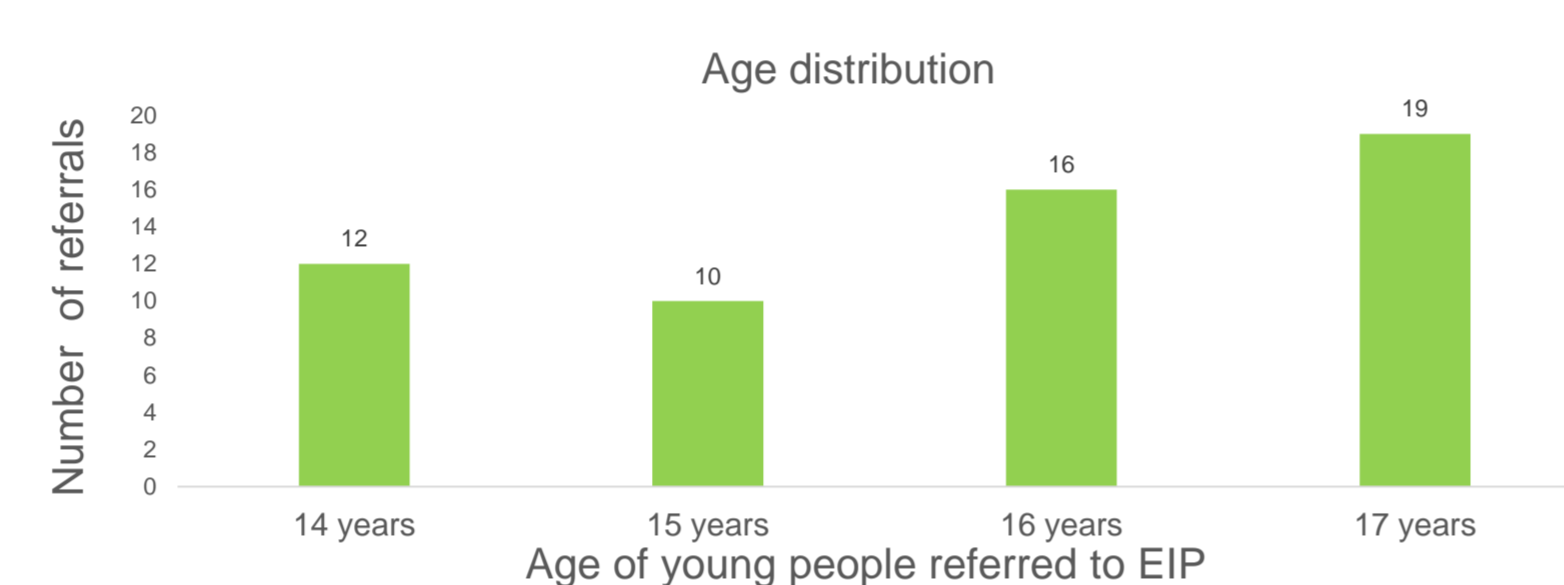


Fig. 1 Age distribution

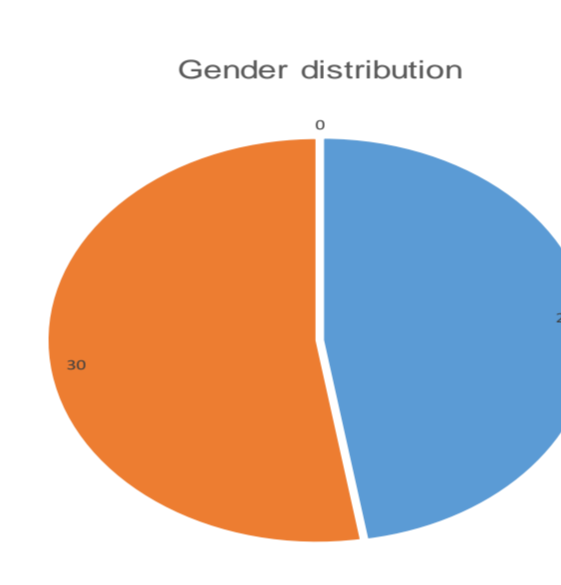


Fig. 2 Gender distribution

The reason for referral was classed in 4 main categories, including concerns around possible hallucinations, thought disorder, changes in behaviour and overall functioning and other associated difficulties. Concerns around possible perceptual abnormalities, with or without additional symptoms, were noted in 54 referrals, thought disorder in 21 referrals, changes in functioning in 16 and other associated difficulties (e.g. irritability, self harm, anger or mood disturbance) in 17 of the referrals.

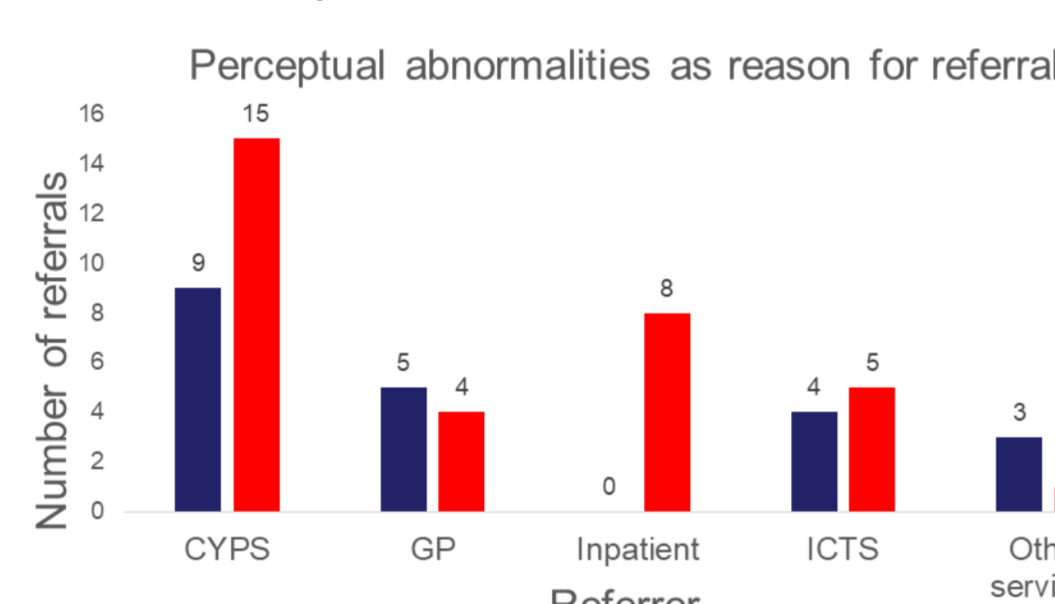


Fig. 3 Reason for referral

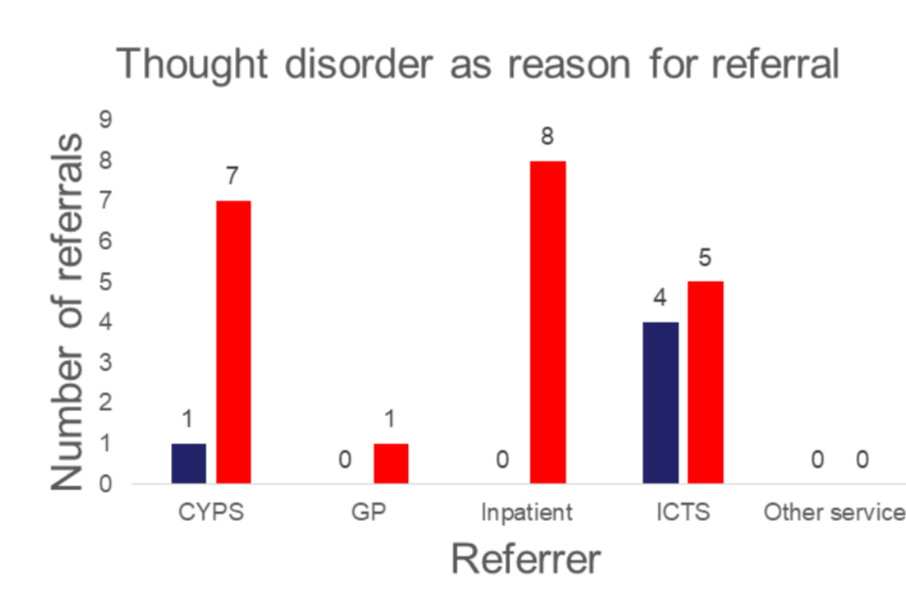


Fig. 4 Reason for referral

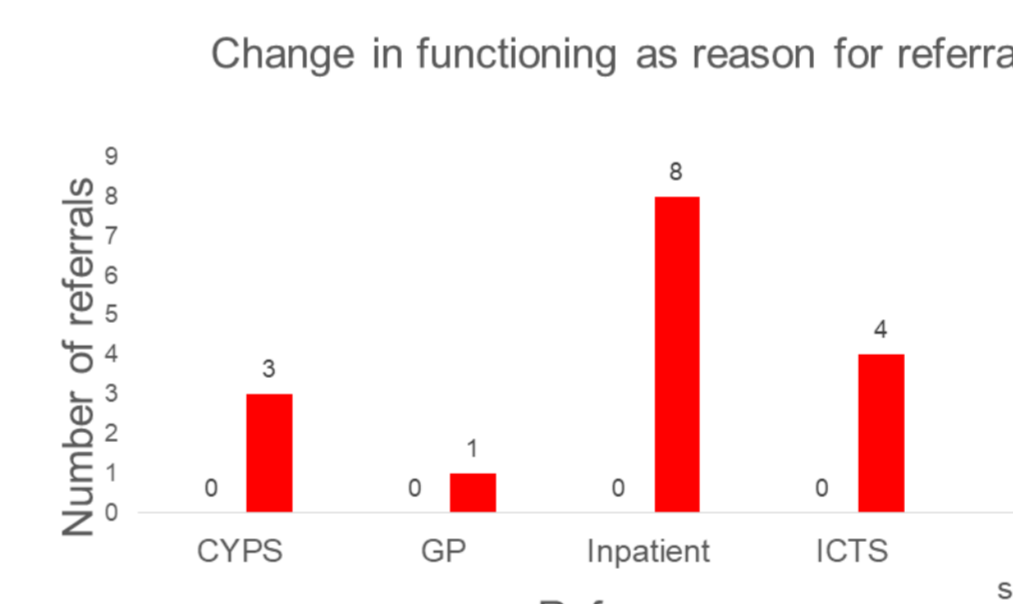


Fig. 5 Reason for referral

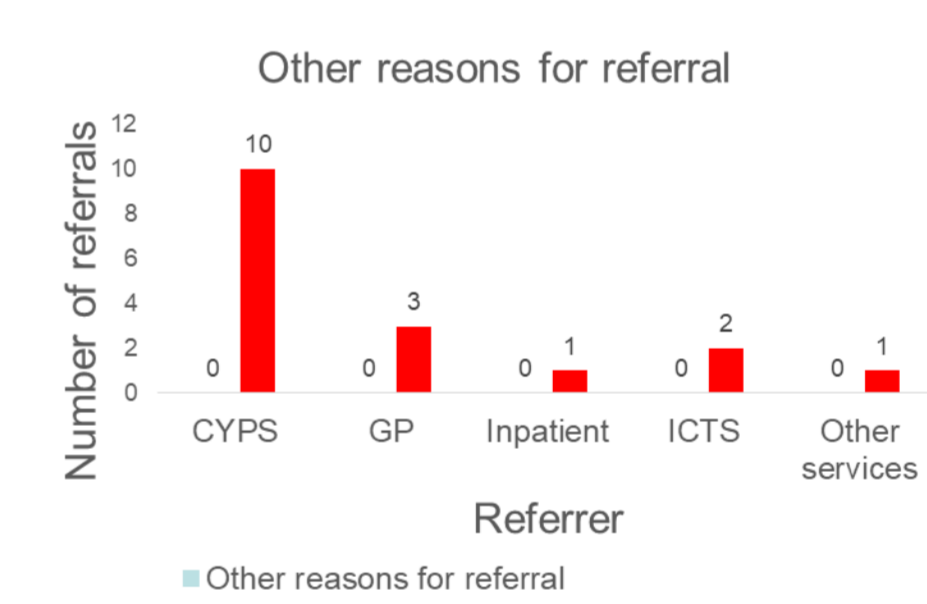


Fig. 6 Reason for referral

The formulation of the presenting difficulties was classed in 4 main categories, including neurodevelopmental, trauma-related, mood-related and psychosis.

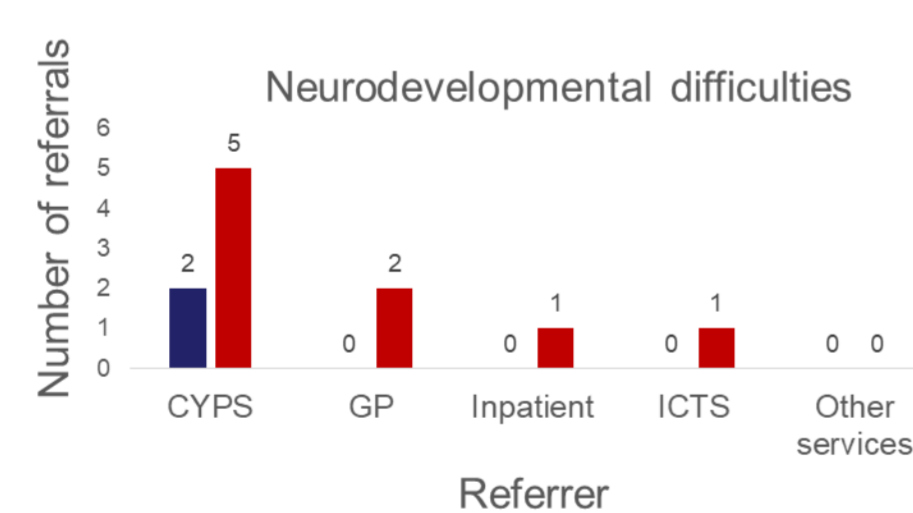


Fig. 7 Formulation

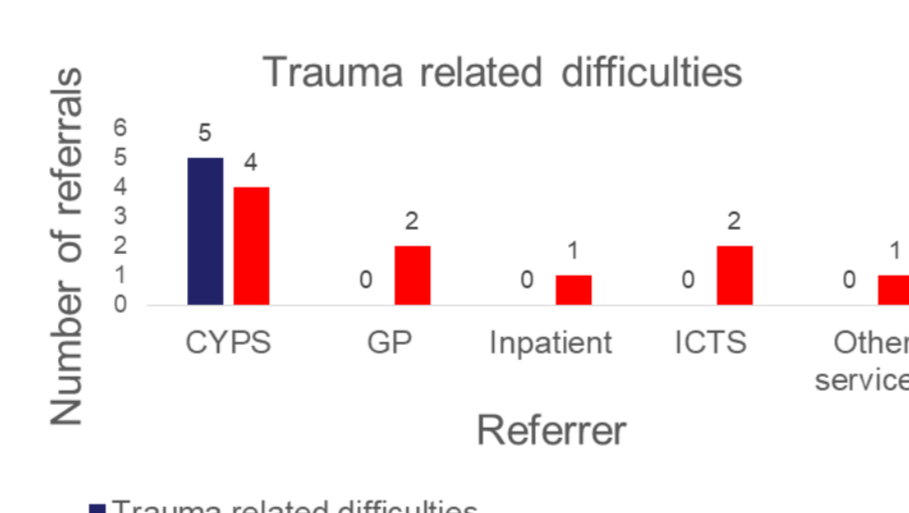


Fig. 8 Formulation

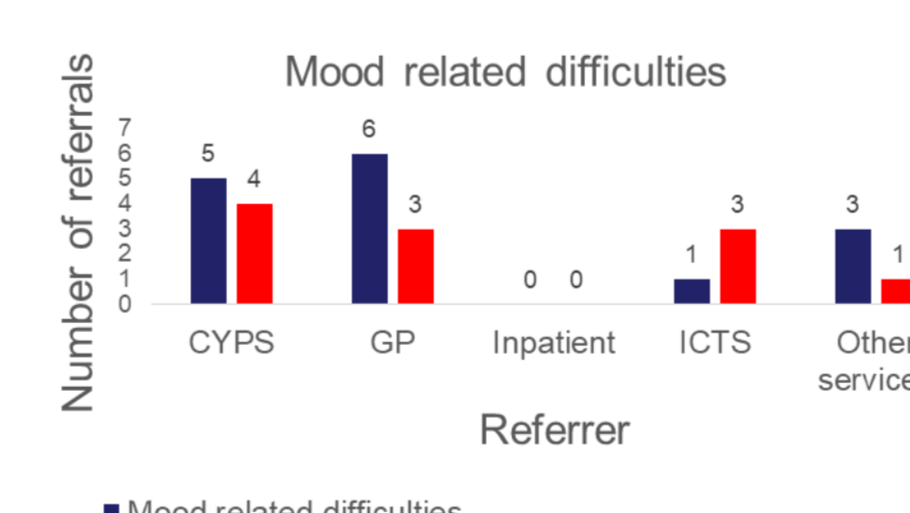


Fig. 9 Formulation

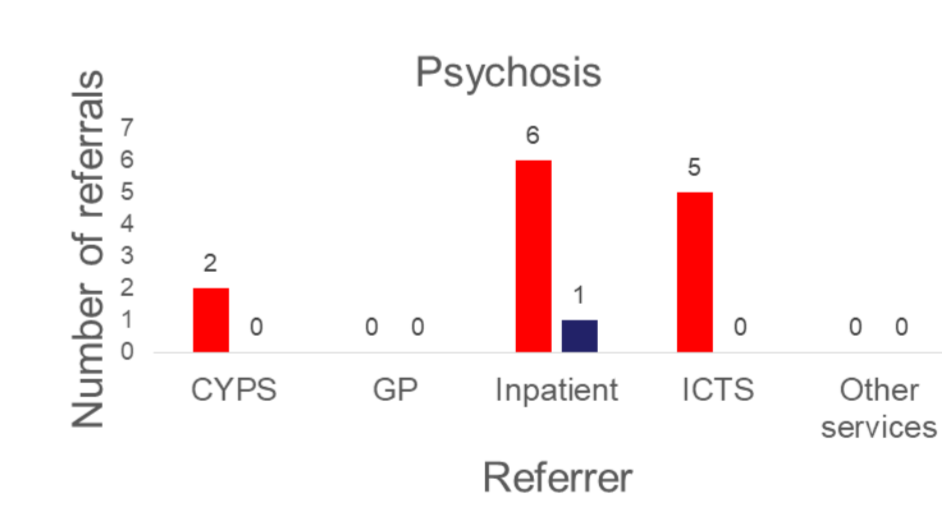


Fig. 10 Formulation

Of the total referrals studied, most were redirected to CYPS (31), followed by GP (6), Inpatient (1), ICTS (1), or other agencies (4). 10 referrals were accepted for extended assessment out of which 2 were subsequently accepted into EIP. Of the 14 accepted referrals, 8 were male and 7 female and were between 15 and 17 years old.

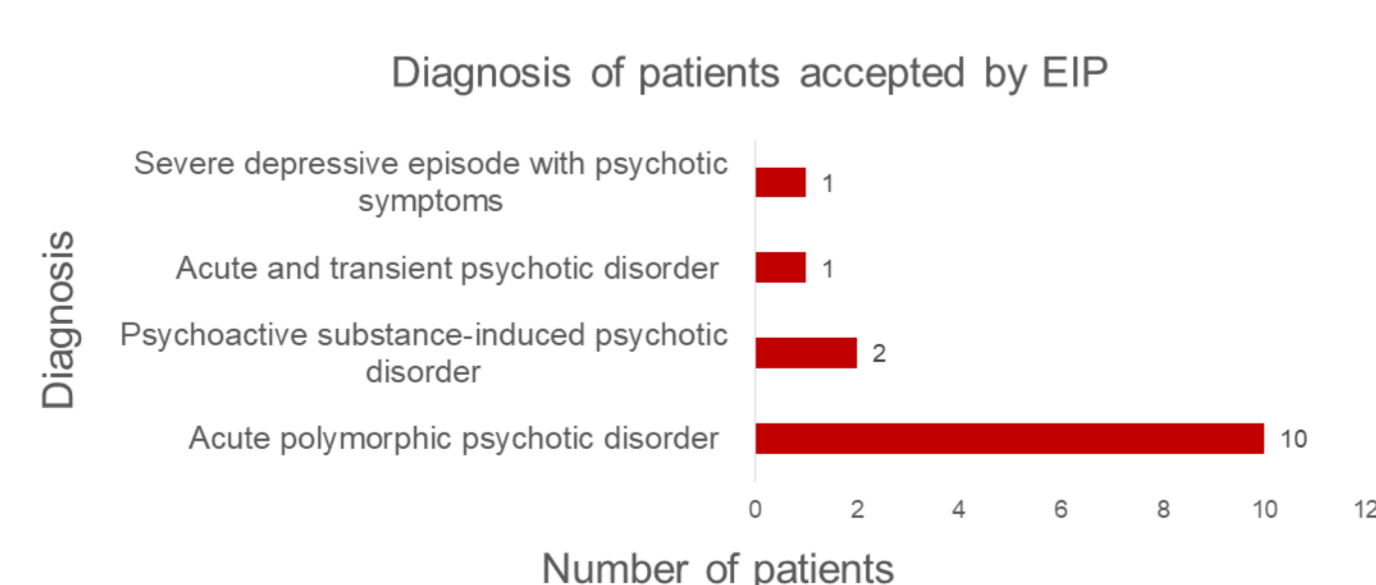


Fig. 11. Diagnosis of the patient accepted by EIP

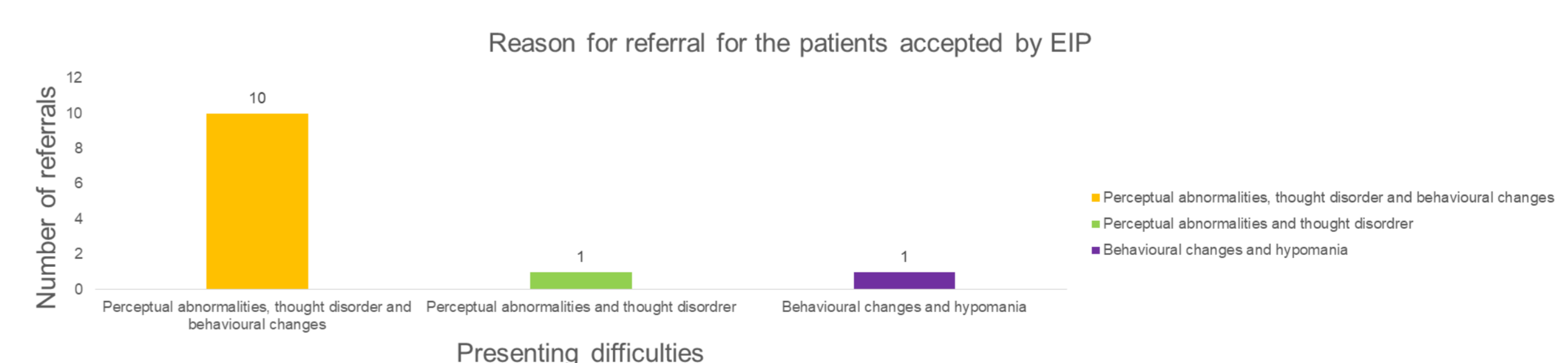


Fig. 12. Reason for referral for the patients accepted by EIP

Conclusion

Most referrals into EIP were redirected (43), 10 were accepted for an extended assessment and 14 were accepted directly. The most frequent diagnosis seen in the accepted referrals was that of acute polymorphic psychotic disorder.