

The Core 24 Liaison Psychiatry service model in a multisite NHS Trust: analysis of referral patterns and outcomes

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Aim



To gain an understanding of the demands placed upon our Core 24 Liaison Psychiatry service (LPS) at a multisite NHS hospital.

Background



Core 24 is a service delivery model where a hospital with a 24/7 Emergency Department is supported by a 24/7 LPS. Our LPS serves two Emergency Departments, a 24-hour urgent Treatment Centre and three hospital sites.

Methods



A retrospective analysis of referrals and outcomes from April to December 2019 inclusive. Referrals were identified through an electronic log, and data were collected from the electronic patient record. All patients referred and aged 18 years and over were included within the analysis. Data were analysed using Microsoft Excel.

Results



Our LPS had 2,758 referrals in the 9-month period.

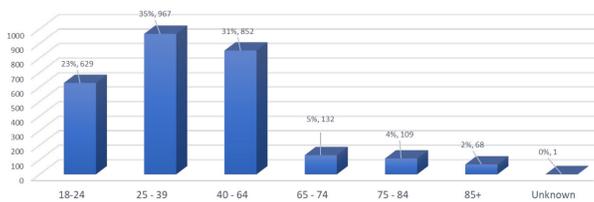
Referral demographics: 2,448 (88.8%) were working age (18-64 years), whilst 309 (11.2%) were of older (65+ years). 1,449 (52.8%) were referred during hours of 7am to 5pm; 1,297 (47.2%) were between 5pm to 7am.

Referral sources: 2,022 (73.3%) were from the Emergency Departments, 734 (26.6%) were from inpatient wards.

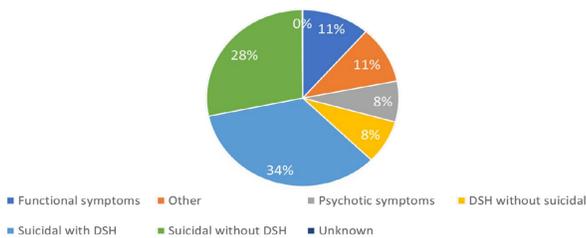
Referral reasons: 1,710 (62.0%) were with concerns about suicidality (defined as presence of suicidal thoughts with or without a deliberate self-harm (DSH) act). 938 (54.9%) of this subgroup had attempted a DSH act. Of those with an attempted DSH act, 814 (86.7%) were related to drug overdose.

Following assessment, 1,264 (45.8%) were discharged to GP led care and 703 (25.5%) were referred on to other secondary mental health services. 168 (6.1%) required admission to a mental health unit of which 61(36.3%) were detained under the Mental Health Act.

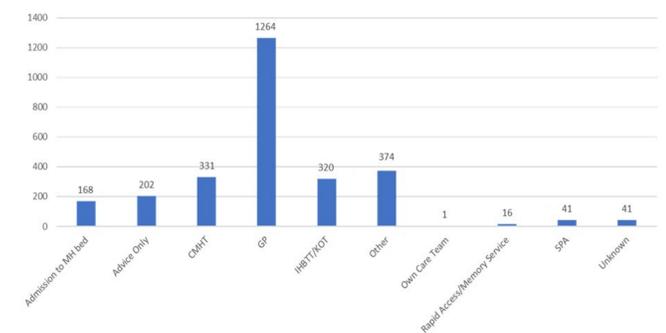
Age



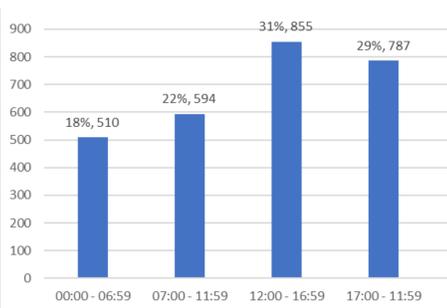
Reason for referrals



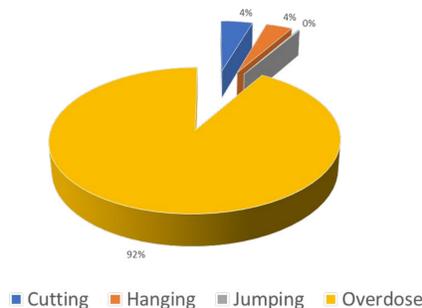
Outcomes



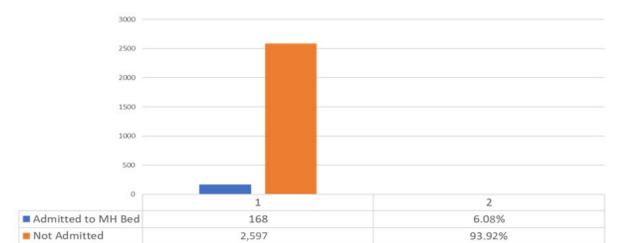
Time of referral



Suicidal intent with DSH



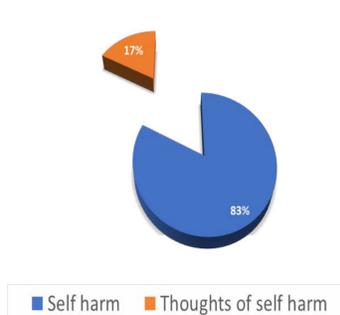
Admission to MH bed



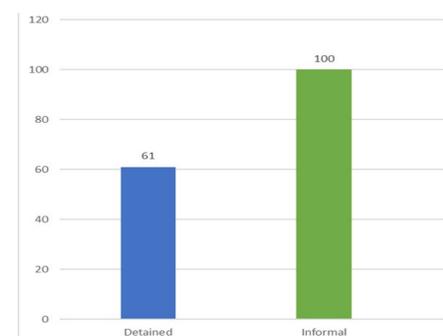
Acute Trust settings



DSH without suicidal intent



Admission to MH bed 2



Conclusions



Our Core 24 LPS has a high throughput, with over 300 referrals per month. The specialist mental health assessments provide appropriate and timely support to patients who receive integrated mental health care. It is also beneficial to the local healthcare providers, as patients are directed to services that can best help them and the burden on acute care trusts, inpatient mental health services and GPs is reduced.

With all of us in mind.