Alliance for Better Care

RASS Case study – Mental Health

Case study – mental health

Situation – Male adult patient

- **Living in a different part of England,** moved into a hotel which ABC covers - patient had been sectioned four months prior.
- **Patient in a mental health unit for two months following an overdose and had been refusing food or fluid.** Patient was receiving ongoing support from community mental health team at time of being moved to new area.
- **Admitted to hospital about 6 weeks after arrival into hotel** with suicidal thoughts, on hunger strike and discharged after seeing liaison psychiatry team.
- **Continued not to eat or drink once back at hotel**
- **ABC nurse/paramedic speaks to hotel at least once per day during this period**. Patient in his room, and hotel staff seemingly not aware of ongoing hunger strike. Concern raised to ABC nurse 3 weeks after discharge.
- **Patient not registered with local GP practice** at this point.

Case study – mental health

Outcome

- **Seen F2F by ABC nurse** – history taken and examined including blood sugar. Plan made with patient – agreement for a food/fluid chart, and regular welfare checks by hotel staff and ABC team. Decision made by ABC GP to remove medication that patient wasn't taking, due to ongoing risk of overdose. **Urgent GP registration requested.**
- **Welfare check carried out by ABC nurse the following day.** Further assessment conducted by ABC GP. Urgent mental health referral made. Referred to ambulatory care unit at local hospital for refeeding bloods as now eating small amounts and at risk of refeeding syndrome. Crisis plan put in place with hotel, and transport arranged to ambulatory unit. Safeguarding referral submitted.
- **ABC nurse checks he attended his ambulatory care appointment**, and when he was back at the hotel. ABC nurse also contacted local GP practice to request urgent GP appointment (registration being processed), and transport arranged with hotel for appointment.
- **Prior to GP appointment, ABC team liaised with the GP in practice, and contacted mental health team** to discuss medication so GP could see patient with plan in place from mental health team. Medication restarted, and review appointment booked with GP in practice.
- **Ongoing daily liaison** between ABC team and mental health team about his medication.
- **Home visit carried out** by ABC GP in between appointments with GP in practice. Patient confirmed regular contact with mental health team and and was improving.

Alliance for Better Care

More on our website

https://allianceforbettercare.org/refugee-and-asylum-seeker-service/