How to find us
Bromley Mental Health in Learning Disability Team
63 Croydon Road
Penge
SE20 7TS
Tel: 020 8461 7100

Buses: 227, 194 (Penge High Street)
358, 176 (Croydon Road)

Trains: The nearest train station is Birbeck, Elmer’s End Road.

Parking: Limited disabled parking on site, side road parking available.

Accessibility: The building is easily accessible for people with mobility problems.

Nurse Led Clinics
Introduction

The Mental Health in Learning Disability Team is developing Nurse Led Clinics. Our aims are to ensure a quicker referral process and further improve the responsiveness of the services. The nurses will work closely with the doctors in the team, the service users and their carers to deliver integrated person centred care.

Role and function of Nurse Led Clinics

The aim of the nurse led clinics is to support service users and carers to promote and maintain good mental health by:

- Developing care plans with the service user and their carer
- Reviewing service users on a regular basis, sometimes in addition to outpatient appointments with the doctor.

- Only share information with those who need to know in order to provide good quality care
- Share the minimum information necessary to ensure good quality care.

Your opinion matters

Oxleas NHS Foundation Trust is committed to providing the highest standards of care, so we welcome your views on the services we provide. If you would like to comment, make a suggestion or make a complaint, please speak to the person you normally see or ask to speak to the team manager.

You may also like to speak to our Patient Advice and Liaison Service (PALS) by ringing the freephone number on 0800 917 7159. If you are unable to resolve your concerns or would like to take the matter further, please write to:

Head of Complaints
Oxleas NHS Foundation Trust
Pinewood House
Pinewood Place
Dartford
Kent DA2 7WG
Tel: 01322 625 751
Customer satisfaction surveys

As this is a newly developing service we would like to gather the views of service users and their carers to ensure the clinics meet your expectations and needs.

As part of this process we will be asking you to complete a questionnaire before coming to the Nurse Led Clinic and again at other times during the year. We would appreciate your full involvement and assure you that the information will be anonymous and will not affect your care in any way.

Confidentiality

All our staff are required to abide by a strict code of conduct on confidentiality. We may share some information with other staff who do not work for Oxleas NHS Foundation Trust. Examples may include GPs and social services employees.

When considering who may see information about you, our staff use the following principles:

- Monitoring service users’ medication, eg dose, efficiency and side effect profiles
- Monitoring physical health factors that may be affected by medication that can affect mental activity (psychotropic)
- Administering depot injections
- Providing health promotion information, eg lifestyle advice, information about service users’ condition, medication information etc
- Referring to other services as necessary
- Issuing prescriptions in accordance with clinical management plans and Non Medical Prescribing Policy
- Providing low level psychotherapeutic support.
Who can attend the Nurse Led Clinics

- Service users who are stable on current medication and:
  - require ongoing monitoring and assessment of their mental health
  - require closer monitoring through medication changes, eg reduction, withdrawal or changing to new drugs.

- Service users will have been known to the service for a minimum of six months

- Or under special arrangements as requested by the consultant psychiatrist.

How will the clinics run

- The nurse will sit in on the last outpatient appointment with the doctor to discuss and explain the transfer to the Nurse Led Clinic

- Letters will usually be sent out after each clinic to the GP to inform them of progress and any changes. A copy will also be sent to the service user

- Follow up appointments will be arranged at each clinic

- Service users or carers should bring along the following information:
  - A list of current medication
  - Any charts they have been asked to complete for example sleep or PRN
  - Information regarding any recent changes to the service users situation, behaviours, mental health and physical health.