NHSGGC Clinical Psychology Stroke Service

*Inpatient Service Referral Criteria*

The service considers referrals for a range of psychological problems that are associated with a confirmed diagnosis of stroke. The service offers psychological assessment, formulation and intervention, including neuropsychological assessment and advice/rehabilitation. The service also offers consultancy to other professionals to help them meet a patient’s psychological needs within their work.

**Essential referral criteria:**

* **The psychological problem is associated with the person’s stroke and is impacting on their ability to engage in effective rehabilitation.**
* **The psychological problem requires input on an inpatient basis** *(e.g. the problem is having a significant negative impact on rehabilitation, input is required to facilitate discharge planning etc)*. If this is not the case, highlight any concerns to the stroke liaison nurses upon discharge for consideration of referral to Stroke Clinical Psychology Service on an outpatient basis.

**Intervention:**

Intervention may take different forms, including brief individual work with the patient or family or

recommendations for staff working with the patient. Referrals will be responded to as quickly as possible. If the patient will shortly be discharged, please consider whether an outpatient referral would be more appropriate. Likewise if the psychological problem is not directly related to the individuals stroke, please refer to Liaison Psychiatry using their regular referral protocol.

**How to make a referral:**

* Referrals should be instigated by a senior member of the ward team
* Check that the patient meets the essential referral criteria
* **Refer to the Brief Suitability guidelines attached to assess if the person is likely to benefit from / engage with Psychological Therapies**
* Ensure patient is consenting to referral being made
* If the patient has already been referred to the Liaison Psychiatry Service, please clearly state the additional referral question that you wish the Stroke Clinical Psychology Service to address
* If you are uncertain about the appropriateness of a referral then please speak to the local Stroke Psychologist to discuss the case further
* Complete an inpatient referral form and email to **strokepsychology@ggc.scot.nhs.uk**

**Common reasons for referral may include:**

* Neuropsychological assessment to answer a specific question *(e.g. to inform rehabilitation strategies/discharge planning/to understand current presentation on ward)* The referral question should be stated and outcome measure (eg MOCA, ACE-III) scores included
* Assessment/recommendations for management of distress behaviours
* Anxiety - when impacting upon ability to engage in rehabilitation (eg GAD-7 score should be included)
* Depression - if impacting upon ability to engage in rehabilitation (eg PHQ-9 score should be included)
* Assessment to inform decisions regarding capacity

**Further information about mental health and mental health service provision in NHSGGC can be found at www.headsup.scot**