



# Acute Care Plan\*

*\*Used with kind permission of Douglas Holmes*



Name \_\_\_\_\_

## 1. Stressors and known precipitants

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## 2. Early Warning Signs

2.1 Who will notice these signs? Who do I trust?

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2.2 How would you like people to raise these signs with you?

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2.3 If you develop early warnings who would you like to be informed?

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2.4 If these signs occur what would you like to happen?

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2.5 What strategies/treatment have helped in the past?

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2.6 If the above are treatments, which ones do you want?

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**3. Crisis Team**

3.1 If the Crisis Team is involved, is there anyone in particular with whom you have rapport?

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3.2 Where would you prefer to meet with the Crisis Team?

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3.3 How many people do you want to visit?

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3.4 What medication arrangements would you like put in place?

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3.5 How often would you like to see your case manager during an acute episode?

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**4. Review Plan**

4.1 Would you like a meeting when you have recovered from an episode to discuss and evaluate this plan?.....

4.2 Who would be involved?

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4.3 Comments

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**5. If you need to go to hospital.**

5.1 At what point or in which situation do you think hospitalisation will help?

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5.2 What would you hope to get out of hospitalisation if this occurred?

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5.3 What hospital or ward would you prefer to go?

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5.4 How would you prefer to be transported to hospital?

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5.5 If you are admitted to hospital, whom do you want notified and who not?

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5.6 What support, help and information would you like provided to your family and friends during your hospitalisation?

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5.7 If you have special dietary requirements, what are they?

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5.8 How often would you like to see staff from the Community Mental Health Centre whilst in hospital?

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5.9 At what stage will you know you are ready to be discharged?

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5.10 What will help you to be discharge from hospital earlier?

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5.11 What has prolonged hospitalisation in the past?

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**6. Review Plan**

6.1 Would you like a meeting when you have recovered to discuss and evaluate this hospitalisation plan?.....

6.2 Who should be involved?

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**Comments**

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