

### **Approved mental health professionals (AMHP)**

AMPH's are healthcare professionals (usually a social worker) who have been trained and then approved by a local authority. AMHP's can ask for a person to be detained in hospital under the Mental Health Act.

### **Assessment**

Finding out what treatment and support you need.

### **Best interests**

When doctors make a decision about treatment, they have to think about whether it is in the patient's best interests. This means thinking about what is important to the patient, whether this is the best treatment to help the patient, and to consider what other people think.

### **Capacity**

Capacity, also called Mental Capacity means being able to understand and make a decision at the time the decision needs to be made. If a person cannot do this they lack capacity and their rights are protected under the Mental Capacity Act 2005

### **Code of Practice**

The Code explains the Mental Health Act and tells people and services how to use it properly to give safe care.

### **Care quality commission (CQC)**

An independent organisation that checks health and social care services, including hospitals, that detain and treat people under the Mental Health Act.

### **Community psychiatric nurse (CPN)**

A CPN is a mental health nurse who works in the community. They can support you with taking medication, manage your health, and offer you treatment in the community. They can help you to talk through problems and give practical advice and support.

### **Care programme approach (CPA)**

CPA is a package of care that is used by secondary mental health services, to plan your mental health care. You will have a care plan and someone to coordinate your care if you are under CPA. All care plans must include a crisis plan.

### **Care treatment review (CTR)**

A CTR is when people who are not directly involved in your care check how well your care is going and help decide how it could be made better. A Community CTR is for people who are at risk of going into hospital. This type of CTR looks at why you might need to go into hospital and whether extra support can be given in the community instead.

### **Escorted/unescorted leave**

Escorted leave is where you are allowed to leave the ward with a member or members of the hospital staff. Unescorted leave is when you are allowed to leave the ward by yourself.

**Integrated Care Board (ICB)**

The NHS organisation that plans and pays for local health services.

**Restrictive Practice / Restraint**

Restrictive practice can only be used if there is a risk to safety at that time, to stop someone doing something which may harm themselves or other people.

**Seclusion**

Seclusion is when someone goes into a special room that is a safe place where they can stay until they are calm.

**Section 17 Leave**

This is a section of the Mental Health Act which allows the responsible clinician to agree time off the ward (s17 Leave). This is the only way only a detained patient can legally leave the hospital site.

**Section 117 after care**

After-care' means the help you get when you leave hospital. You are entitled to section 117 after-care if you have been in hospital under sections 3, 37, 45A, 47, or 48 of the Mental Health Act 1983. Section 117 after-care is free.

**Treatment**

Treatment means how you will be helped to get better. Treatment could include the use of medication, talking therapies or getting involved in activities.

**Ward round/Care Review Meeting**

A ward round is where health professionals meet with you and your relative (if you want them to attend) to see how treatment is going. They decide if they need to make any changes. The clinical team is made up of people such as a psychiatrist, nurse, psychologist or occupational therapist. An IMHA can also attend if the patient wants advocacy support.

**Mental health tribunal**

An independent organisation that has the power to discharge patients from detention, community treatment orders and guardianship.

**Named nurse**

A nurse on the ward who is responsible for your care from hospital admission to discharge. You will have 1-1 sessions with your nurse and discuss your care and treatment plan whilst on the ward.

**Nearest relative**

Your nearest relative is given information and involved in decisions about your treatment and care. The Mental Health Act says who your nearest relative is.

**Responsible clinician**

The doctor in charge of your care and treatment under the Mental Health Act.

**Second Opinion Appointed Doctor (SOAD)**

The SOAD is a qualified doctor who works for the Care Quality Commission. They will decide if the recommended treatment is right for the patient. They also make sure that the patient's views and wishes have been heard.