

## Video transcript: Hospital management of self-harm

Guidelines for the management of particular patients are very important, especially when there isn't a large evidence based from research about what may effect outcomes.

Some research projects, such as the Manchester Self-harm project and the Multicentre Study of self-harm, can help to give us an idea of what may or may not be helpful.

One of our studies showed that just having a comprehensive psychosocial assessment can help to reduce the risk of repetition of self-harm by up to 40%. But a separate study did show that across England only around 60% of patients who present to hospital following self-harm are actually receiving an assessment.

The National Institute for Health and Clinical excellence (NICE) have produced guidelines on both the short and the longer term management of self-harm, and more recently these guidelines have informed the production of a quality standard for self-harm.

This consists of eight key actions that can improve the care received by people who self-harm, when they present to services.