

From the Chief Medical Officer
Dr Michael McBride



Department of
**Health, Social Services
and Public Safety**

www.dhsspsni.gov.uk

Circular HSC (SQSD) (NICE) 58/09 CG 78

AN ROINN

**Sláinte, Seirbhísí Sóisialta
agus Sábháilteachta Poiblí**

MÁNNYSTRIE O

**Poustie, Resydènter Heisin
an Fowk Siccar**

**Subject: Clinical Guideline No 78 –
Borderline Personality Disorder**

Circular Reference: HSC (SQSD) (NICE) 58/2009

Date of Issue: 16 November 2009

For action by:

Chief Executive of HSC Board – **for distribution to:**
Director of Performance Management & Service Improvement
Director of Commissioning
Assistant Directors of Commissioning
Head of Pharmacy and Medicines Management
Family Practitioner Services Leads – for cascade to relevant
Family Practitioner groups

Chief Executive of Public Health Agency – **for distribution to:**
Director of Public Health
Director of Nursing

Chief Executives of HSC Trusts – **for distribution to:**
Medical Directors – for cascade to relevant staff
Directors of Nursing – for cascade to relevant staff
Heads of Pharmaceutical Services – for cascade to relevant
staff
Directors of Acute Services – for cascade to relevant staff
HSC Clinical and Social Governance Leads

Chief Executives of HSC Special Agencies and NDPBs

For Information to:

Chair of HSC Board
Chair of Public Health Agency
Chairs of HSC Trusts
Chief Executive, Regulation & Quality Improvement Authority
Chief Executive Patient and Client Council
Chief Executive/Postgraduate Dean, NIMDTA
Chief Executive, NICPLD
Chief Executive, NIPEC
Chair, RMSG

Summary of Contents:

This guideline covers the care, treatment and support that people with borderline personality disorder should be offered.

Enquiries:

Any enquiries about the content of this Circular should be addressed to:
Standards & Guidelines Quality Unit
DHSSPS
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BELFAST
BT4 3SQ

SGU-NICEGuidance@dhsspsni.gov.uk

Related documents:

See Bullet Points 6 & 7 below

Superseded documents

Status of Contents:

Action

Implementation:

To take account of this guidance in delivery of services to patients with borderline personality disorder.

Additional copies:

Available to download from
<http://www.dhsspsni.gov.uk/index/phealth/sqs/sqsd-guidance.htm>

Dear Colleagues

Clinical Guideline No 78 – Borderline Personality Disorder

Borderline personality disorder is characterised by significant instability of interpersonal relationships, self-image and mood, and impulsive behaviour. There is a pattern of sometimes rapid fluctuation from periods of confidence to despair, with fear of abandonment and rejection, and a strong tendency towards suicidal thinking and self-harm. Transient psychotic symptoms, including brief delusions and hallucinations, may also be present. It is also associated with substantial impairment of social, psychological and occupational functioning and quality of life. People with borderline personality disorder are particularly at risk of suicide.

Its course is variable and although many people recover over time, some people may continue to experience social and interpersonal difficulties.

This guideline makes recommendations for the treatment and management of borderline personality disorder in adults and young people (under the age of 18) in primary, secondary and tertiary care. The guideline also covers the treatment and management of people diagnosed with emotionally unstable personality disorder based on ICD-10 criteria.

DHSSPS advises that this guidance is valid for Northern Ireland and endorses it for implementation in HSC.

The full NICE guidance is available for download at:

<http://www.nice.org.uk/Guidance/CG78>

The HSC sector also should note that;

1. The Department expects the HSC sector to take account of this guidance in their delivery of services to patients with borderline personality disorder. This also extends to patients with emotionally unstable personality disorder based on ICD-10 criteria.
2. Implementation of this clinical guideline will take time and additional resources, beyond the resources attached to the NI Personality Disorder Strategy.
3. Where the guidance refers to the Children Acts and Mental Health Act this should be interpreted within the Northern Ireland legal framework of The Children (Northern Ireland) Order 1995 and The Mental Health (Northern Ireland) Order 1986.
4. The 'Mental Capacity Act 2005' and the Department of Health document 'Reference Guide to Consent for Examination or Treatment' do not apply in NI, but work is under way to bring forward the mental capacity legislation for NI. The DHSSPS guidance 'Reference Guide to Consent for Examination, Treatment or Care (2003)', which is available on the DHSSPS website, gives advice on determining whether a person has capacity and on what action may be taken where the person lacks capacity.
<http://www.dhsspsni.gov.uk/consent-referenceguide.pdf>
5. Where the guidance refers to the Department of Health guidance 'Seeking consent: working with children', healthcare professionals in Northern Ireland should follow the

DHSSPS guidance 'Seeking consent: working with children'.

<http://www.dhsspsni.gov.uk/consent-guidepart2.pdf>

6. This advice does not override or replace the individual responsibility of health professionals to make appropriate decisions in the circumstances of their individual patients, in consultation with the patient and/or guardian or carer. This would, for example, include situations where individual patients have other conditions or complications that need to be taken into account in determining whether the NICE guidance is fully appropriate in their case.

7. NICE has developed tools to help organisations implement this guidance. These are available at <http://www.nice.org.uk/Guidance/CG78> and include implementation advice and audit criteria to monitor local practice.

8. NICE has published related guidance as follows:

Published post 1 July 2006

Antisocial personality disorder. NICE clinical guideline 77 (2009). Available from www.nice.org.uk/CG77

Anxiety (amended). NICE clinical guideline 22 (2007). Available from www.nice.org.uk/CG22

Depression (amended). NICE clinical guideline 23 (2007). Available from www.nice.org.uk/CG23

Drug misuse: opioid detoxification. NICE clinical guideline 52 (2007). Available from www.nice.org.uk/CG52

Drug misuse: psychosocial interventions. NICE clinical guideline 51 (2007). Available from www.nice.org.uk/CG51

Bipolar disorder. NICE clinical guideline 38 (2006). Available from www.nice.org.uk/CG38

Published Pre 1 July 2006

Obsessive-compulsive disorder. NICE clinical guideline 31 (2005). Available from www.nice.org.uk/CG31

Post-traumatic stress disorder (PTSD). NICE clinical guideline 26 (2005). Available from www.nice.org.uk/CG26

Violence. NICE clinical guideline 25 (2005). Available from www.nice.org.uk/CG25

Eating disorders. NICE clinical guideline 9 (2004). Available from www.nice.org.uk/CG9

Self-harm. NICE clinical guideline 16 (2004). Available from www.nice.org.uk/CG16

Zaleplon, zolpidem and zopiclone for the short-term management of insomnia. NICE technology appraisal guidance 77 (2004). Available from www.nice.org.uk/TA77

Schizophrenia. NICE clinical guideline 1 (2002). Available from www.nice.org.uk/CG1

9. NICE is currently developing related guidance as follows:

Alcohol dependence and harmful alcohol use: diagnosis and management in young people and adults. NICE clinical guideline (publication expected March 2011).

All NICE guidance endorsed by the Department to date can be accessed on the DHSSPS website at: <http://www.dhsspsni.gov.uk/sqsd-guidance-nice-guidance>

Circular HSS (PPMD) (NICE) 01/06 issued on 30 June 2006 provides further information on the Northern Ireland process for reviewing NICE guidance and further details on the local status of the Institute's guidance. This circular can be accessed at: http://dhsspsni.gov.uk/nice_guidance_01-06.pdf

A handwritten signature in black ink, appearing to read 'Michael McBride', written in a cursive style.

DR MICHAEL McBRIDE
Chief Medical Officer