

National Inpatient Centre for Psychological Medicine

Service Information Leaflet

The National Inpatient Centre for Psychological Medicine (NICPM), based at Leeds General Infirmary, delivers multidisciplinary biopsychosocial care for people with complex medically unexplained symptoms (MUS) and physical/psychological comorbidities. It is an eight bed specialist in-patient unit for adults which was originally established in 1980. It is a unique service which has a history over many years of delivering services within Leeds and West Yorkshire, and since 2009 has increasingly provided a service for people from other centres across the UK, assessing and treating the most severe and complex MUS cases in the NHS.

The NICPM team specialises in helping people with the following types of problems:

- Severe and complex medically unexplained symptoms and illness
- Psychological difficulties affecting the management of long-term physical health conditions (physical / psychological comorbidities) at a serious level of severity
- Severe CFS/ME

(We provide the in-patient component of the Leeds and West Yorkshire CFS/ME service).

The NICPM is staffed by a multidisciplinary team, with the following elements:

- Liaison psychiatry doctors
- Nurses
- Occupational therapists
- Physiotherapists
- Cognitive behavioural therapists
- Dieticians
- Pharmacists
- Administrators

Enquiries

All enquiries should be directed to the Clinical Team Manager, or any member of the senior NICPM team. Please contact the team on **0113 39 27140**. Informal visits to the unit can be arranged by prior notice.

Contact Details

Clinical Team Manager
National Inpatient Centre for Psychological Medicine
Brotherton Wing
Leeds General Infirmary
Great George Street
Leeds.

LS1 3EX

0113 39 27140

www.leedsandyorkpft.nhs.uk

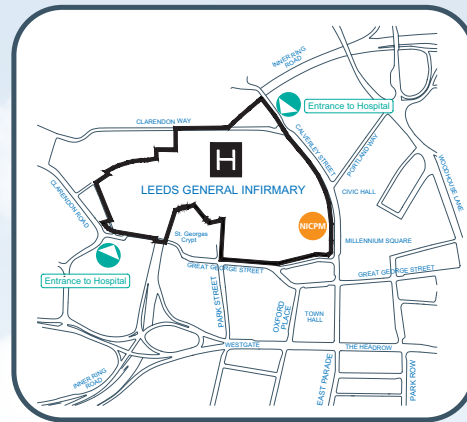
(click "Our services" and then "National Inpatient Centre for Psychological Medicine")

or Google 'NICPM'

How to find us

To find the NICPM enter Leeds General Infirmary at the Calverley Street entrance, which is directly opposite Millennium Square. NICPM is situated on the ground floor immediately to your left.

For a useful map go to 'Google Maps' and search LS1 3EX.



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please contact the Interpretation and Translation Support Team on **0113 85 56418/9** or translation.lypft@nhs.net

We have a very experienced and expert team who, between them, have a broad range of specialist training, including in general/physical medicine, mental health, physical, occupational, and cognitive behavioural therapies.

We can also draw on expertise from other teams including:

- Medical and surgical teams within the general hospital system, across the full range of specialties
- Psychosexual and relationship therapists

Treatment approaches

Patients referred to the NICPM will be contacted to discuss the aims of the admission and to answer any questions regarding treatment approaches, length of stay, housekeeping arrangements, etc. A key individual will keep in contact with the patient about the proposed admission date. The first meeting may be an assessment in hospital or at home, or a visit to the unit. This usefully facilitates meeting key individuals from the team and an appreciation of the location of the unit in the general hospital.

Physical (for example)

- Physical monitoring - liaison with and input from medical/surgical teams within the general hospital
- Any required physical treatments to improve health
- Programmes to improve physical functioning - Occupational Therapist and Physiotherapist interventions
- Graded activity programmes - particularly in relation to fatigue
- Pharmacological treatments

Psychological (for example)

- Individual sessions with key members of the multidisciplinary team - focus on particular areas of the psychological care plan
- Programmes to deal with particular fears and anxieties (graded exposure)
- Working with ambivalence/motivation/symptom management and symptom reattribution, etc
- Cognitive behavioural and other psychotherapy approaches
- Family members and carers are offered support and can be included in discussions around clinical care, with agreement and consent from the patient concerned



Social (for example)

- Specific social needs are assessed in relation to the patient's home and community situation
- The unit is essentially a social space and patients are encouraged to talk to and engage with each other in the experience of being in hospital
- To this end there are various groups and activities which enable the social environment to work therapeutically

Groups

The unit provides a group treatment programme with psychotherapeutic, educational, and activity-based groups

Safety and risk management

Safety and risk assessments are carried out regularly with all patients. Risk management plans are reviewed at all MDT meetings and inform planned interventions, including observation procedures and individual and group therapies.

Pre-admission Assessments

Patients and their families/carers are encouraged to visit the unit prior to admission to discuss and plan their care and treatment. This will be coordinated by a member of the multidisciplinary team in discussion with the patient.