

## 10.2 BPD crisis management plan template

### Personal details

Name:	Date of birth:
Address:	
Family/partner/carer's contact details:	
Health professionals involved in the person's care:	

**Date of plan:**

### Clinical notes

Diagnostic statement:
Brief clinical summary:
Developmental history:
Triggers for self-harm or suicidal behaviours:

### Description of crisis pattern from past history

Duration:
Frequency:
Triggers:
Behaviour during crisis:

### Safety concerns during a crisis

Self-harm behaviour during crisis:
Suicidal behaviour during crisis:
Safety concerns for others and property:

## Management strategies during a crisis

Who the person should contact in a crisis within office hours:
Who the person should contact in a crisis outside office hours:
Planned response:

Strategy	Notes

## Notes for specific health services:

Service	Notes
Emergency department	
GP	

## Admission to acute psychiatric facility

Indications for admission:
Brief voluntary admissions have been negotiated with the person (Yes/No):

## Rationale for management strategy

Person's suggestions for what may help:
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### *Clinical interventions/responses that have helped in the past*

Situation	Intervention or response	Outcome	Notes

### *Clinical interventions/responses that have been unhelpful in the past*

Situation	Intervention or response	Outcome	Notes

### Person's own copy of crisis plan

Copy received (✓/ X):	Copy of separate version attached (✓/ X):
Treating Clinician:	
Patient (if willing and able to negotiate the plan):	
Family/Partner/Carer: (if client is willing)	

### Signatures

Clinician:
Client (if appropriate and willing):
Family/Partner/Carer (if client is willing):

Adapted from Spectrum (BPD service for the state of Victoria)<sup>162</sup>

### Explanatory notes

**Clinical notes:** The developmental history should be aimed at eliciting empathy in care providers. Triggers for self-harm or suicidal behaviours should include an empathic account of the person's usual reasons for self-injurious behaviours.