

From the Chief Medical Officer
Dr Michael McBride



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

An Roinn
**Sláinte, Seirbhísí Sóisialta
agus Sábháilteachta Poiblí**

www.dhsspsni.gov.uk

Castle Buildings
Stormont Estate
Belfast BT4 3SQ
Tel: 028 9076 5615
Fax: 028 9052 3206
Email: sgu-niceguidance@dhsspsni.gov.uk

Circular HSC (SQSD) (NICE) 24/07 CG 38

For Action

Chief Executives of HSS Boards- **for distribution to:**
Directors of Public Health
Directors of Pharmaceutical Services
Directors of Nursing
Directors of Primary Care – for cascade to prescribing
and GP Advisers

Chief Executives of HSC Trusts **for distribution to:**
Medical Directors – for cascade to relevant staff
Directors of Nursing – for cascade to relevant staff
Directors of Pharmaceutical Services – for cascade to
relevant staff

HSC, Clinical and Social Care Governance Leads

Date: 6 June 2007

Chief Executives of HSC Special Agencies and NDPBs
General Medical Practices – for cascade to practice staff
including locums

File ref: BC2903/06

For Information

Chairs of HSS Boards
Chairs of HSC Trusts
Chief Executive, Regulation & Quality Improvement Authority
Chief Officers, HSC Councils
Principal Pharmacist, Regional Medicines & Poisons
Information Service
Chief Executive/Postgraduate Dean, NIMDTA
Chief Executive, NIPPET
Chief Executive, NIPEC
Chairman, RMSC
Mr D Sissling, Chief Executive Designate, HSCA

Dear Colleagues

NICE Clinical Guideline No CG 38 – Bipolar Disorder - The management of bipolar disorder in adults, children and adolescents, in primary and secondary care

This guideline provides best practice advice on the treatment and care for people with bipolar disorder and covers:

- the treatment people with bipolar disorder can expect to be offered, including medication and psychological therapies;
- advice on self-help
- the services that may help people with bipolar disorder, including psychiatric or specialist mental health services
- how families and carers may be able to support people with bipolar disorder, and get support for themselves

DHSSPS advises that this guidance is valid for Northern Ireland and endorses it as good practice guidance for the HSC sector. The full NICE guideline is available for download at www.guidance.nice.org.uk/cg38.

HSC should also note that:

1. The Department expects HSC to take account of this guidance in their delivery of services to people with bipolar disorder.
2. 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.
3. NICE has developed tools to help organisations implement this guidance. These are available at www.nice.org.uk/cg038 & include presentational material, costing tools, implementation advice and audit criteria to monitor local practice

Circular HHS (PPMD)/(NICE)01/06 issued on 30 June 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://www.dhsspsni.gov.uk/nice_guidance_01-06.pdf

Yours sincerely



DR MICHAEL MCBRIDE
Chief Medical Officer