



Quick search

Search topic:	Any existing reports (audits, service evaluations) on prescribing practices in EUPD/BPD across UK NHS Trusts - looking at whether these practices are consistent across the country; Search on relational prescribing or non-pharmacological aspects of prescribing in EUPD/BPD
Date requested:	12 th March 2026
Date completed:	25 th March
Search completed by:	Laetitia Delaleuf

GUIDELINES

Scotland: [Medication for personality disorder](#) – It recognise the need to establish a therapeutic alliance to help manage medication and help patient to recognise that medication is not always the solution.

England NICE Guidelines: [Bipolar disorder: assessment and management](#) (Last updated 2025)

Local guidance found from Oxford Health: [EUPD- Good Prescribing Practice Guidance - 2021](#) – Note: this guidance is from 2021 and may not be the most up to date one. I would advise to take this document with caution.

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BOOKS

Maudsley Prescribing guidelines, 2025 (15 ed.). There is now a chapter on the relational aspect of prescribing practice (start p.939). The book is accessible in our library: [Details for: The Maudsley prescribing guidelines in psychiatry](#)

Another book may be useful: [Details for: Psychodynamic psychopharmacology : caring for the treatment-resistant patient](#)

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ABOUT RELATIONAL PRESCRIBING

Confue, J., Maidment, I. and Jones, M. (/12/01, 2025) **Patients' and informal carers' insights into influences on prescribing in borderline personality disorder: a qualitative interview study in the UK** *BMJ Open*, 15(12), pp. e108927 <https://libkey.io/libraries/2838/10.1136/bmjopen-2025-108927>.

This article is looking at factors that influence patient in asking for medications and concluded that more needs to be done to provide long-term psychological therapies, as well as co-design information about medication side effects and long-term strategies.

Konstantinidou, H., Male, J., Turner, L. and Sud, D. (/06, 2025) **Psychiatry Trainees' Views of Relational Prescribing: A Mixed Methods Scoping Activity** *BJPsych Open*, 11(S1), pp. S329–S330 <https://libkey.io/libraries/2838/10.1192/bjo.2025.10799>.



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This article is looking at the views of trainees on relational prescribing after three one hour seminar sessions on this topic at Leicestershire Partnership NHS Trust. Although trainees felt more confident after the sessions, several barriers were mentioned such as the lack of confidence, the underlying power relationships with patients, the lack of continuity of care and the short appointment time which hinder relational approach.

Konstantinidou, H., Chartonas, D., Rogalski, D. and Lee, T. (107, 2023) **Will this tablet make me happy again? The contribution of relational prescribing in providing a pragmatic and psychodynamic framework for prescribers** *BJPsych Advances*, 29(4), pp. 265–273 [S2056467822000433jrv 265.273](https://doi.org/10.1192/bjpa.2023.273).

This article highlights the value of relational prescribing. Although, this is not specifically for EUPD, the concept of relational prescribing is transferrable. There are also concrete examples through case vignette and there are concrete advice.

Rogalski, D., Barnett, N., Bueno de Mesquita, A. and Jubraj, B. (-3-22, 2023) **The Pharmacist Prescriber: A Psychological Perspective on Complex Conversations about Medicines: Introducing Relational Prescribing and Open Dialogue in Physical Health** *Pharmacy*, 11(2), pp. 62 <https://libkey.io/libraries/2838/10.3390/pharmacy11020062>.

Written for pharmacist, this article lay the base of relational prescribing with concrete examples and show the importance of an “open dialogue” and establishing a therapeutic relation with patients.

[A recent systematic review that looks at factors for prescribing](#)

Confue, J., Maidment, I., Jones, S. and Jones, M. (2025) **Factors That Influence Prescribing in Borderline Personality Disorder: A Systematic Review** *Personality and Mental Health*, 19(2), pp. e70014 <https://libkey.io/libraries/2838/10.1002/pmh.70014>.

From the article the factors for prescribing are:

- demographic: more older patients and comorbid patients are more likely to be prescribed
- relationship with the healthcare professionals
- the care pathway the patient is on.

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AUDITS FROM OTHER TRUSTS

South West London and St George's Mental Health NHS Trust : Rangan, T., Mishra, M., Jaura, T., et al. (2023) **A Trust Wide Audit Evaluating Prescribing Practices in Clients With Emotionally Unstable Personality Disorder (EUPD)** *BJPsych Open*, 9, pp. S179 <https://libkey.io/libraries/2838/10.1192/bjo.2023.468>.

South West London and St George's Mental Health NHS Trust compared the prescribing practice with the NICE Guidelines specifically on the aspect regarding comorbidities drug prescription. The audit reveal the extensive use of drug prescription for EUPD alongside reviews of the prescription for half of the patients. A group has been formed to review this and be more in line the NICE guidance.

Community Mental Health service at Stroud

Palermo, A. and Dibben, C. (-07-01, 2023) **An Audit on the Prescribing of Antipsychotics Among People With Recorded Emotionally Unstable Personality Disorder (EUPD) Within a Community Mental Health Service in Stroud, Gloucestershire** *BJPsych open*, 9(Suppl 1), pp. S176–S176. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10345599/>

Community Mental Health service at Stroud has done an audit with a focus on patient with no history of co-morbid illness and found that antipsychotics were prescribed for an extending period and an urgent review needs to happen.

Surrey and Borders Partnership NHS Trust

Khan, M. and Reddi, N. (106, 2022) **How Are We Prescribing? a Re-Audit of Prescribing Practices for People With Personality Disorder Presented at the Local Personality Disorder Forums** *BJPsych Open*, 8(S1), pp. S160–S160 <https://libkey.io/libraries/2838/10.1192/bjo.2022.453>.

Similarly to the other examples, this audit compares the prescribing practices after a local guidance was published in 2020. The results showed that there is an increase of medication review, but the



quality of reviews are similar to what it was before the publication of the guidance and there is still prescription of antipsychotic medications longer than 4 weeks which was the target sets after the publication of the guidance.

Cumbria Northumberland Tyne and Wear NHS Foundation Trust

Kuruppath, A., Muller, A. and Fergusson, A. (/06, 2024) **Prescribing for People With a Personality Disorder** *BJPsych Open*, 10(S1), pp. S245–

S246 <https://libkey.io/libraries/2838/10.1192/bjo.2024.596>.

This audit was done in a community mental health team with the aim to look at gaps between practice and NICE guidelines. They found that the prescribing of antipsychotics medication is lower than the national average (52.5% in Cumbria and 57% nationally). However, a significant gap between the recommendations and the practice was identify. When antipsychotics prescriptions were given, it was for a personality disorder feature which is against the NICE guidelines.

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COMPLEMENTARY DOCUMENTS

There is a relational prescribing training module from the Royal College of Psychiatry for members:

[Relational prescribing](#)

The Royal College of psychiatry winter conference in 2024 was about relational prescribing and here is some note taken from it: [Relational prescribing, the power of storytelling, and physical health monitoring, discussed at conference](#). With an article in the Magazine summer edition of 2024 (p.13): [RCPsych-Insight-28-summer-2024](#)

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OFFICE USE ONLY

AI prompts

AI tool used: Copilot Researcher (m365 cloud Microsoft)

Date accessed: 25/03/2026

Prompts used:

I am conducting an evidence search on prescribing practice for people with Bipolar Personality Disorders or Emotionally Unstable Personality Disorder. I want to know what has been done in NHS Trusts. Look at grey literature documents such as quality improvement projects, audit, conference papers, report and peer-reviewed articles.

Refine prompt with: Can you please look at document that are from 2023?

Other prompt: I am conducting an evidence search on "relational prescribing" in patients with borderline personality disorders or Emotionally Unstable Personality Disorder. Can you search for audit, reports, peer-reviewed articles, quality improvement projects or service evaluation from other NHS Trusts. please only select recent documents (after 2023)

Databases/sources used

Google Advanced Search and References from citations