

Information for you who are receiving compulsory psychiatric care

Care under LPT

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A separate brochure is available for patients under the age of 18 who are receiving compulsory psychiatric care.

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You have the right to good care

Healthcare must be safe and secure for you and everyone else. Staff must have the right training and medical experience. They must have your best interests in mind when providing care.



When can you be placed in compulsory care?

Normally, no one can force you to receive care. However, compulsory care is allowed if you meet the three requirements set out in the Compulsory Psychiatric Care Act (LPT).

The requirements that must be met are:

- You have a serious mental disorder.
- You need round-the-clock psychiatric care.
- You have refused the healthcare you need.

Compulsory care under LPT

Receiving compulsory care under LPT means that two different doctors have assessed that you need compulsory care based on the provisions of the Compulsory Psychiatric Care Act (LPT).

Who decides whether I require compulsory care?

The process may begin with someone close to you noticing that you are dealing with severe mental health issues and helping you to seek treatment. In some cases, the police may need to intervene.

The decision to administer compulsory care may be made after a doctor has examined you and determined that all three requirements for compulsory care have been met. During the medical examination, you will be given the opportunity to describe your symptoms. The doctor will also inform you why they want to admit you to compulsory care, and issue a compulsory care certificate.

Before you can be admitted to compulsory care, another doctor must examine you and agree that compulsory care under LPT is necessary.

It starts with inpatient care

At the beginning of compulsory care, you will be in an inpatient hospital ward 24 hours a day. In some cases,

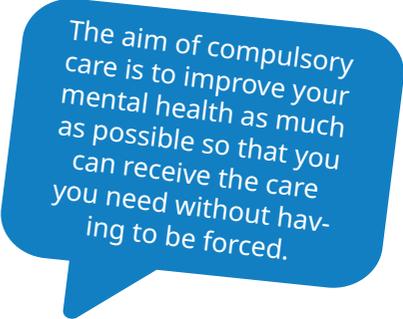
the chief physician may apply for you to switch to outpatient compulsory care after a period of time. This means that you do not have to stay at the hospital 24 hours a day, as long as you follow the rules set by the doctor. This may mean that you have to live in a certain place, take medication, or take part in therapy.

You must have a care plan

The staff must work with you to draw up a care plan as soon as possible. This plan must specify what care you need and how it will help you progress to the point where you no longer need compulsory care.

When does compulsory care end?

The doctor must continuously assess whether you meet the three requirements for compulsory care. If any of the requirements no longer apply, then the compulsory care must cease.



The aim of compulsory care is to improve your mental health as much as possible so that you can receive the care you need without having to be forced.

If the three requirements are still met, the doctor must apply to the administrative court within four weeks to extend the period of compulsory care. There is no limit to how many times compulsory care can be extended.

You have the right to receive information

- Staff must provide you with information in a way that you understand, and they must answer your questions.
- You have the right to be informed about the care you are currently receiving and any plans for future care.
- You have the right to know how you may be affected by medication, treatment and other aspects of your care.

Information about treatment and medication

Staff must explain to you how different treatments and medications will help you and how they may affect your body. You also have the right to know if there are any risks associated with the treatment, if anything could happen after you have been taking the medication for a while, and what side effects you may experience.



You have the right to ask questions until you fully understand what the staff are telling you.

You have the right to read what the staff write

You have the right to read your care plan. If possible, the staff should get your input when drawing up your

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care plan. You also have the right to read your medical records. However, if the doctor believes that reading something in your medical record might worsen your health condition or the quality of your care, that information may be concealed from you.

Who is given information about you?

The general rule is that you get to decide who outside your care team is allowed to receive information about your care. This also applies to giving information to your family members.

Healthcare is governed by confidentiality

Confidentiality means that staff are not allowed to disclose information about your health or other personal matters. However, they may disclose information about you to a hospital or social services if this is necessary to provide you with the care, treatment or support you need.

Children as relatives

If any of your close relatives is a child/young person, staff must give particular consideration to the child's/young person's need for information, advice and support. This must be adapted to the needs and maturity level of the individual child/young person.

You have the right to a support person

- A support person is appointed by the patient advisory committee and provides support during your period compulsory care and for one month thereafter.
- The support person will help you with personal matters and will talk and spend time with you.

Rules for support persons

Your support person may visit you regularly, but sometimes the schedule and routines of the ward may take precedence over these visits. In addition to visits, the person may, for example, attend meetings about your care and provide support during administrative court hearings.

The support person has a duty of confidentiality regarding your health and other personal information. This means that they may only disclose such information to others in exceptional circumstances.

The role of the support person is to give you support.

How to be assigned a support person

Staff will ask whether you want a support person as soon as you are well enough to take in the information. The patient advisory committee will appoint a support person for you. If you want to change your support person or have any complaints, you can talk to the healthcare staff or the patient advisory committee.



Each region has a patient advisory committee whose role is to support and assist patients and their relatives in obtaining information and expressing their views to healthcare providers.

Certain rights may be restricted

When you are receiving compulsory inpatient psychiatric care, certain rights may be restricted.



Phone, computer and post

In most cases, you have the right to keep in touch with your loved ones, such as family, friends and other people who are important to you. You are therefore allowed to contact anyone you want during your time in care. Staff are not allowed to listen in on your phone calls or to read what you write.

In exceptional cases, you may not be allowed to use a phone or other means of contacting anyone outside the ward. This is only done if and as long as staff believe that such contact could make you feel worse or make it more difficult to provide you with care.

You always have the right to send letters to a lawyer, a public counsel or an authority and to receive post without staff reading it. However, staff may need to check that post addressed to you does not contain alcohol, drugs or anything else that could harm you or disrupt order in the hospital. If staff find such items, they may be confiscated.

Staff may check your belongings

If the doctor deems it necessary, staff may check that you do not have any items that you are not allowed to have. These may include alcohol, drugs or anything else that could harm you or someone else.

During the check, staff may go through your clothes and your bag. They may also ask you to temporarily remove your clothes to make sure you do not have anything that you are not allowed to have in the ward. Staff will respect you and your body during the check.

Visits

You have the right to spend time with people who are important to you during your period of care. Anyone you would like to have visit you may do so during visiting hours at the ward.

In exceptional cases, your visits may be restricted. This may be done if the visits are making you feel worse.

Activities and outdoor recreation

Where you are receiving care, there are often opportunities for daily activities and outdoor recreation. In exceptional cases, these activities may be restricted. This may be done if the activities are making you feel worse.

However, you are not allowed to leave the ward or hospital grounds when you are receiving compulsory care. To be able to do this, you must get permission from your doctor. This is called leave.

You have the right to have a say

As far as possible, the patient should be consulted when healthcare measures are being planned and carried out. This means that you should be informed about assessments and recommendations concerning your care. You should also have a say in decisions about your care, where possible. However, there are also limits to your right to have a say.

Coercive measures

Only as a last resort

In compulsory inpatient care, doctors may, in exceptional cases, decide to carry out measures that are directly against your will. These are called coercive measures, and they may only be used when all other options have been exhausted.

If you have been subjected to a coercive measure, this must be recorded in your medical records.

Compulsory medication

If you do not want to take medication, staff must respect your wishes to the extent that this is possible. However, if your condition is so serious that a doctor decides that there are certain medications that you have to take, compulsory medication (where you have to take it) is permitted as a temporary measure.

Physical restraints

The doctor may decide that you need to be restrained with special straps, but only if there is a high risk that you will harm yourself or someone else. You are never allowed to be restrained for longer than is absolutely necessary.



No one may threaten to restrain you or isolate you from others.

- When you are restrained, you must be examined by a doctor at least once every four hours.
- There is no limit to how many decisions the doctor can make about restraints. However, you must be released from the restraints as soon as there is no longer any reason to keep you restrained.
- Healthcare staff must remain in the room with you at all times.

Isolation – confinement to a room

The doctor may decide that you need to be isolated, e.g. by locking you in a room or preventing you from leaving it.

Isolation is only used if you are exhibiting aggressive or disruptive behaviour that makes it extremely difficult to provide care to others.

- You may be isolated for a maximum of eight hours. If isolation needs to extend beyond this, the doctor must assess the situation and make a new decision that is valid for a maximum of eight hours.
- There is no limit to how many decisions the doctor may make in this regard, but you must be released as soon as you no longer make it extremely difficult to provide care to others.
- Healthcare staff are required to check on you at regular intervals.

Counselling after coercive measures

If you have been subjected to coercive measures, you will be offered a counselling session with staff as soon as your condition allows. This is intended to be a supportive measure and gives you an opportunity to describe your experiences. It also gives staff an opportunity to gain a better understanding of how they can help you so that coercive measures do not need to be used again.

You have the right to appeal

If you believe that a decision made regarding your care is incorrect, you can appeal the matter to the administrative court. However, not all decisions can be appealed.

Staff must explain how to appeal

Staff must let you know which decisions can be appealed. They must also explain what procedure to follow and how to write an appeal to the administrative court.

You can get help from a public counsel

If you appeal a decision to the administrative court, you will also be given help to contact a public counsel. This is a person whose job is to help you with the appeal and contact with the court. It does not cost you anything to receive help from a public counsel.

According to the UN Convention on the Rights of Persons with Disabilities, the existence of a disability shall in no case justify a deprivation of liberty. The person has the same right to liberty and security of person as others and shall not be deprived of their liberty unlawfully or arbitrarily.

If you are dissatisfied or have questions

You can always speak with healthcare staff or your doctor. They are there to help you and are responsible for ensuring that you receive good care.

Please feel free to contact me!



Comments and support

On the 1177 website, you can read more about how to submit comments or complaints about healthcare. Go to 1177.se and search for “om du inte är nöjd” (if you are dissatisfied). You can also read more by searching for “inte nöjd med vården” (dissatisfied with healthcare) at socialstyrelsen.se.

1177 also has information about support groups for patients and their family members. Through these, you can find others who have had similar experiences to you. Go to 1177.se and search for “patientföreningar och närståendeföreningar” (patient support groups and family support groups).

Glossary and abbreviations

Chief physician	A doctor specialised in psychiatry and responsible for compulsory psychiatric care.
Administrative court	A court that can make decisions about compulsory care.
Sectioning order	A decision about compulsory care that must be made before you can be committed to compulsory care. The doctor writing the sectioning order must be a specialist in psychiatry.
Contact person	A member of staff who has special responsibility for maintaining contact with you.
LPT	The Compulsory Psychiatric Care Act.
LRV	The Forensic Psychiatric Care Act.
Leave	The possibility of being outside the hospital grounds on your own, for example at home.
Compulsory inpatient care	Compulsory psychiatric care at a hospital 24 hours a day.
Compulsory care certificate	An initial medical certificate is required to commit you to compulsory psychiatric care. If a compulsory care certificate has been issued, you may be kept in hospital against your will until a decision about committing you to compulsory care is made.
Care plan	A document describing the treatment and other things you need during your care.
Outpatient compulsory care	You may have to take certain medication or participate in treatment, but you do not have to be in hospital 24 hours a day.

References

Rules that apply to all patients can be found in the Health and Medical Services Act (HSL), the Patient Act and the Patient Safety Act (PSL).

Special rules for psychiatric care against the will of a patient can be found in the Compulsory Psychiatric Care Act (LPT).

Rules on confidentiality can be found in the Public Access to Information and Secrecy Act (OSL).

This information material has been designed in accordance with the laws and other regulations governing compulsory psychiatric care. To make the information easier to understand, certain legal terms and expressions have been reworded.



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