

Clinical Toolkit

Clinical Tips: BPD Management Plans

The GP is in the ideal position to manage borderline personality disorder, just as they manage any other chronic medical condition.

GPs should be guided by their experience and the individual patient's context in formulating a management plan in consultation with the young person and other services involved in their care.

The young person's family and friends should also be involved in developing the management plan, with the young person's consent.

The management plan should include a plan for accessing care during a crisis (e.g. if the person has life-threatening self-injury, they should be encouraged to attend an emergency department first).

Note that if the GP is not the young person's main clinician, they should obtain and review the management plan developed by the main clinician, and be aware of their own role in the young person's management.

The guidelines include a sample template for a borderline personality disorder management plan. GPs can consider amending the general Mental Health Treatment Plan template to generate a management plan for the young person