

## **FOI 055/2026 Response**

Dear Birmingham and Solihull Mental Health Foundation Trust (BSMHFT),

I am interested in how Trusts clinically manage patients who take lithium.  
I have looked on the BSMHFT website and the publication scheme, but could not find this information.

1. I would like to request the clinical guideline for lithium treatment the Trust uses.

Please refer to the enclosed guidance and note that an exemption Section 40 of the Freedom of Information Act 2000 has been applied.

This therefore means that staff member's personal information have been removed as we do not routinely release this information.

2. Additionally, does the Trust have leaflets or similar which are given to patients who are prescribed lithium, or is reference made to information sources in letters or other material given to patients?

The Trust provides the following information:

- Individually dispensed manufacturers' Patient Information Leaflet at all supplies
- Patient-held NPSA Lithium therapy Record Book
- Choice and Medication Patient Information (<https://www.choiceandmedication.org/bsmhft/medication/lithium-carbonate-and-citrate/>)
- Where appropriate Lithium Effective Shared Care Agreement (<https://www.birminghamandsurroundsformulary.nhs.uk/docs/files/Lithium%20BSol%20ESCA%20V1-0.pdf?uid=212671072&uid2=202665113449681>)

3. For blood lithium tests, which laboratory does BSMHFT use?

Black Country Pathology Services

4. Does the Trust hold the NEQAS performance for lithium tests for this laboratory?

NEQAS test performance and subsequent actions are managed by the contracted supplier.

5. Do the lithium results show a reference range and is this range visible to a clinician on a computer screen or paper?

Yes, via Integrated Clinical Environment (ICE) Pathology System

6. Does the Trust have guidance which states that uncertainty needs to be considered in lithium result interpretation?

Yes, patient's lithium levels to be interpreted in accordance with clinical response and tolerability as noted in the enclosed guidance.