Lothian NHS Board

NHS Lothian Headquarters
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Date 20 October 2026
Your Ref
Our Ref 11973

Enquiries to Richard Mutch
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Dear

FREEDOM OF INFORMATION – ACUTE MENTAL HEALTH INPATIENT SERVICES

I write in response to your request for information in relation to acute mental health inpatient services.

Question:

1. The total number of discharges from acute mental health inpatient services during this period.

2. The number of patients who were readmitted to an acute mental health inpatient service within 30 days of discharge during the same period.

3. The percentage of discharges that resulted in a readmission within 30 days, calculated as:

4. Number of readmissions within 30 days ÷ total number of discharges × 100

5. Where available, please provide the above figures broken down by calendar year (or financial year), rather than only as an aggregate for the whole requested period.

6. If the Board records this measure under a different terminology or definition (for example, a 30-day readmission rate), please provide the relevant recorded figure and the definition used.

   Please provide information relating to acute mental health inpatient services provided by NHS Lothian for the period 1st January 2020 to 31st December 2025

Answer:

This analysis calculates annual 28-day readmission rates for adult acute mental health inpatient care. It includes inpatient episodes with a discharge date between 1 January 2020 and 31 December 2025.

Discharges are restricted to episodes discharged from either **AMH Adult Mental Health** or **Adult Mental Health West Lothian Psychiatry**, and admissions are restricted to episodes admitted under the same specialties (complete list of Adult Acute MH Specialties).

NHS Lothian

For each discharge, the analysis identifies the earliest subsequent admission for the same patient occurring after the discharge date, calculates the number of days between discharge and readmission, and flags readmissions occurring within 28 days.

Annual results are then produced using all qualifying discharges as the denominator and discharges followed by a qualifying readmission within 28 days as the numerator.

Discharge Year	Number of Discharges	Number of Re-admissions	Readmission Rate
2020	1,761	256	14.54
2021	1,784	284	15.91
2022	1,588	267	16.81
2023	1,491	231	15.49
2024	1,424	258	18.12
2025	1,390	253	18.20
2026	N/A (not requested)	12	N/A

*Please note that these figures differ from Public Health Scotland (PHS) published figures on Mental health emergency readmissions to hospital within 28 days of discharge. PHS figures are limited to **emergency** readmissions only while figures here cover any readmission to adult acute Mental Health specialties.*

For PHS figures see here: https://publichealthscotland.scot/publications/mental-health-quality-indicator-profile/mental-health-quality-indicator-profile-27-january-2026/

I hope the information provided helps with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at www.itspublicknowledge.info/Appeal. If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.

If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: https://org.nhslothian.scot/FOI/Pages/default.aspx

Yours sincerely

ALISON MACDONALD
Executive Director, Nursing
Cc: Chief Executive