

# Improving the Quality of Physical Health Checks

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# Research

- The most notable is a shorter lifespan, reduced by around 20 years compared to the general population
- There is considerable evidence that one of the main causes of early death in people with SMI is cardiovascular disease
- Other physical causes include cancer
- Patients with Severe Mental Illness (SMI) experience health inequalities.





YORKSHIRE & HUMBER  
ACADEMIC HEALTH SCIENCE NETWORK



Bradford District Care **NHS**  
NHS Foundation Trust



# Present QOF

- BP
- Alcohol
- Cervical Screening
- Lithium



# National Institute for Clinical Excellence (NICE)

- Offers guidance for:
- bipolar disorder(CG38)
- Schizophrenia (CG82)



# Proposal to address health inequalities in the SMI population in Bradford

- A more specific standardised data entry template based on existing mental health QOF indicator
- Specific to areas of physical health risks prevalent to those with SMI
- More specific tests e.g. blood tests for diabetes, cholesterol, ECG and other appropriate tests.
- Auditable across the whole city using the SystemOne primary care information system



# Audit Outcome

- 12 practices audited
- Using QOF SMI registers
- 20% of each register
- Random sample
- Total of 104 patients included
- Anonymous
- 42% female 58% male



# Audit Findings

- No patients had been given a cardiovascular risk calculation
- This would be a good way to identify high risk people for prevention
- No patients had a blood test for prolactin levels
- (elevated prolactin is a significant and common adverse effect of antipsychotic treatment)





# The SystemOne Physical Health Check Template

Screenshots.

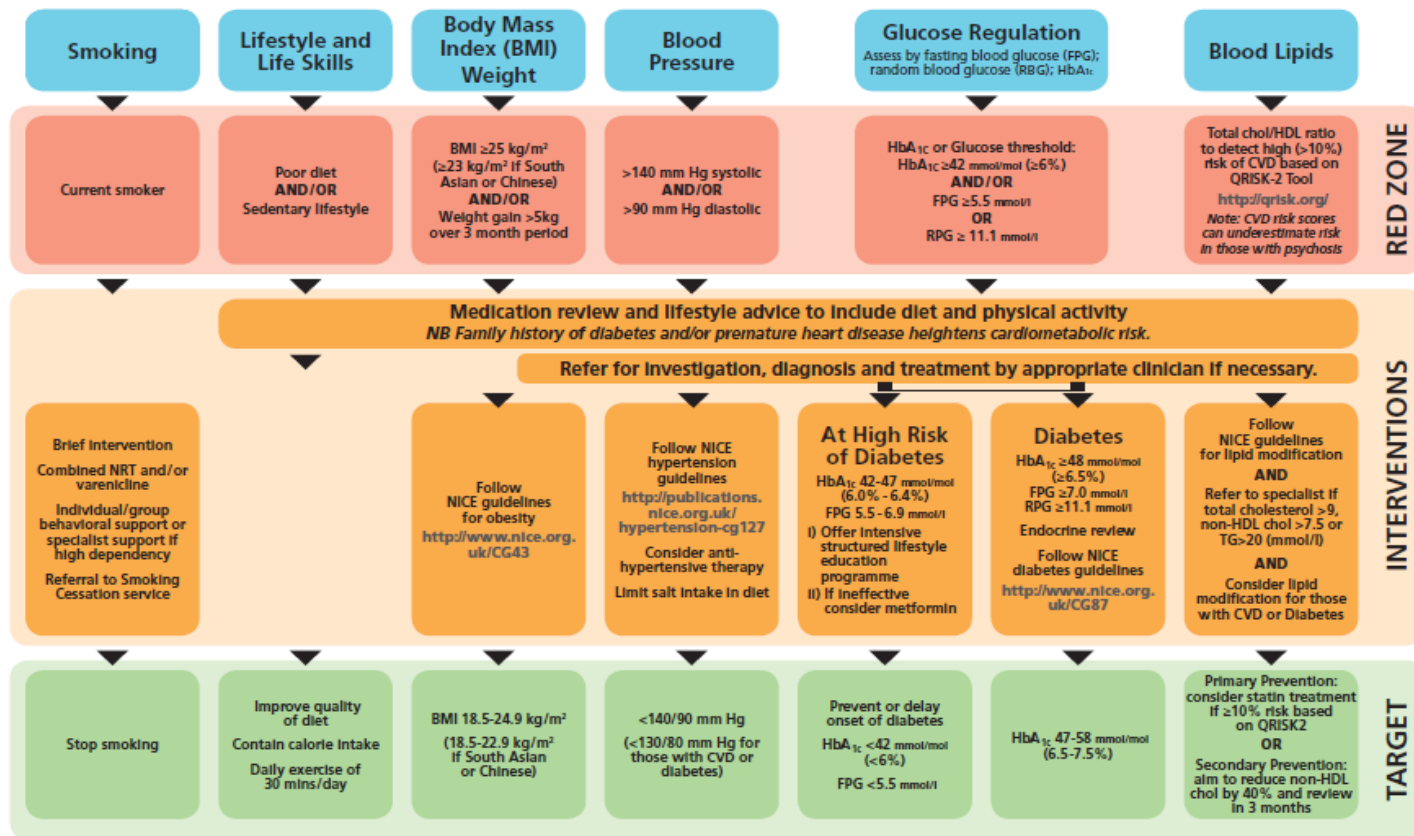




Lester UK Adaptation | 2014 update

## Positive Cardiometabolic Health Resource

An intervention framework for people experiencing psychosis and schizophrenia



FPG = Fasting Plasma Glucose | RPG = Random Plasma Glucose | BMI = Body Mass Index | Total Chol = Total Cholesterol | HDL = High Density Lipoprotein | TRIG = Triglycerides



**BATPCT Mental Health Physical Review**

Risk factors & lifestyle | Test requests & QOF | Guidance | Reference

### Mental Health Physical Review

If the patient has a Carer or Key worker please use the button below to record the relationship in the patient record. To record next of kin please remember to tick the next of kin check box

Has a carer

Has community mental health team key worker

— BATPCT Record Relationship view cannot be shown without a patient —

**Obesity is a significant risk factor for diseases such as cardiovascular disease and diabetes. Patients on the SMI register are already at increased risk. Please recommend appropriate weight loss advice to patients with a BMI >25.**

Height  m BP  mmHg

Weight  Kg Blood pressure procedure refused

BMI  Kg/m<sup>2</sup> Pulse rate  bpm

Health education - weight management  Pulse Rate Regularity

**The prevalence of instances of cancer in patients with SMI is potentially higher than that of the general population. Please try to ensure that cervical screening, breast cancer screening and other appropriate cancer screening is offered in relation to the patient's age and gender**

— BATPCT Last Cervical Smear view cannot be shown without a patient —

Cytology exceptions

#### Lifestyle advice and intervention

Alcohol Intake

Alcohol consumption screening test declined

Health education - alcohol

Smoking status

Lives with Smokers?

Smoking cessation advice

Smoking cessation drug therapy

Current drug user

Drugs - health education

**Has a carer**

Date	Checked	...

Show recordings from other templates  
 Show empty recordings

Information | Print | Suspend | Ok | Cancel Changing

# Shared Care Guidance

- Secondary/Primary Care Responsibilities
- Clarity
- What? When? How? Who?
- Communication
- IT Systems
- Benefits



# RIO Version

Now Live in Secondary Care  
New Physical Health/Wellbeing Clinics in 5  
CMHTs Across BDCFT





Mental Health Physical Review

DoB: Gender: NHS:

**Client**

Date/time

Consent given to complete the assessment  Yes  No

Has ANY Physical Health Check been performed within the past 12 months?  Yes  No

[Click Here to refer to the Past History](#)

Please check the Archive Folder on Client Record for the Archived Nursing and Physical Monitoring Data

Client Patient Status

[Add/Change Carer Information](#)

Informal Main Carer (no data)

Care Coordinator (no data)

Current CPA Level (no data)

[Add/Change CPA Data](#)

Chaperone  Yes  No

If YES, Please provide Chaperone details below

ABC ✓

Physical Monitoring Status

Height (m)	<input type="text"/>	Previous Height	(no data)	Completed Date	<input type="text"/>
Weight (kg)	<input type="text"/>	Previous Weight	(no data)	Completed By	<input type="text"/> 🔍 ✖
BMI (kg/m)	<input type="text"/>	Previous BMI	(no data)	Blood Pressure (mmHg) Diastolic	<input type="text"/>
Blood Pressure Reading	- None -	Blood Pressure (mmHg) Systolic /	<input type="text"/>		
Blood pressure procedure refused	<input type="checkbox"/>				
Peak Flow	<input type="text"/>				

# Experiences

- 13 years!
- Relationships.
- Education.
- Support.
- Standardised
- Meaningful.



# Where we are now

- Rolled out to all GP practices.
- Replicated on different IT systems
- Opened 5 clinics in secondary care.
- Rolled out in all in patient areas
- Communicated to GP electronically for inpatient discharges.





# Where we are now cont.....

Rolled out physical health training to all  
band 2,3,4 (Calderdale)

RAMPPS

Link workers.

Standardised Simple Kits on all areas.

ECG

Smoke Free



# Yorkshire & Humber AHSN

- Success in Bradford District Care Foundation Trust (BDCFT)
- National Interest
- YH AHSN are supporting structure for regional roll out
- Increasing the number of people with SMI who receive an appropriate physical health check



# Yorkshire & Humber AHSN

Engaging collaboratively with all 7 NHS Trusts in YH and 2 NHS Trusts in the NE to identify areas and plans for improvement;

- Pilot sites – MH / PH transformation programmes underway
- Sharing the learning – what works, delivery models, policies and strategies
- Work to adapt the MH / PH template for PARIS system
- Site visits to Bradford by a number of MH Trusts to showcase the programme and observe the physical health template in use
- A health economics / cost effectiveness analysis around increasing physical health checks in people with SMI – York University (due April 2016)



# Recognition Local & National

- Endorsed by Geraldine Strathdee (National Director for Mental Health NHS England)
- Adopted across various sites in England
- AHSN (Yorkshire and Humber) supporting roll out regionally
- Supported by NHSIQ
- NHS Education England



# National interest in the programme

- NE AHSN
- West of England AHSN
- South West Coast AHSN
- Wessex AHSN
- South Central and West CSU
- Midlands and Lancashire CSU
- NHS Southern Derbyshire CCG
- NHS Hardwick CCG
- Darlington CCG
- Greater Manchester West Mental Health NHS FT
- Oxford Health NHS FT
- Older People's and Urgent Care Services Oxfordshire



# Thank you very much for listening

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Please do not hesitate to contact us for further information

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