

Train The Trainer Physical Health in Mental Illness

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Making a
positive
difference

Aims of the Session

- The overall aim of this programme is to improve the physical health of adults with severe mental illness in Derbyshire
- Clear understanding of reasonability in delivery of annual physical assessments for patients on the SMI Register
- The importance of practice nurses receiving this training to improve physical healthcare for patients on the SMI Register in recognition to deliver a holistic approach

Evidence

- People living with severe mental illness in England face health inequality
- Life Expectancy for people with SMI is 15-20 years lower than general population
- Smoking is the largest avoidable cause of death
- Patients with SMI have:
 - Double the risk of obesity/diabetes
 - Three times risk of hypertension/metabolic syndrome
 - Five times the risk of dyslipidaemia
- Lifestyle choices
- Cancer increase

Guidelines

- Improving the physical health of adults with severe mental illness - essential actions (Public Health 2016): reinforces aims to improve physical health care for patients on the SMI register and training needs of healthcare professionals in providing annual physical health check-ups
- NHS 5 Year Forward View (2016): highlights unless the country takes prevention seriously we will be faced with a sharply rising burden of avoidable illness. The NHS must drive towards an equal response to mental and physical health and towards the two being treated together
- Improving physical healthcare for people living with severe mental illness (SMI) in primary care (2018) Guidance for CCGs.
- Sustainable Transformation Plan (STP)

Objectives

- Encourage quality health checks in primary care for patients with serious mental illness
- Support the delivery of good physical healthcare by community mental health teams and inpatient units for patients with serious mental illness
- Contribute to the development of integrated care pathways between primary care and DHcFT to improve the physical health of people with a serious mental illness
- Improve the skills and knowledge of practice nurses in mental health to improve the relationship between physical health and serious mental illness
- Increase awareness of the steps service users can take to improve their physical health
- Partnership working, sustainability, ownership

Working with Primary Care in the Delivery of Training

- 10 GP Surgeries in the High Peak and Dales completed
 - 5 Refused
- Population in the Peaks /Dales is 77,657
 - 345 younger adults on the SMI
 - 267 Older Adults on the SMI
 - 149 Patients identified not on SMI/Reviewing/not in our care.
- In 4 GP Surgeries, nurses did not carry out the physical health assessment

Achievements

- Nurses that completed training changed their format of questioning to obtain a more in-depth result of physical health needs to include cancer screening (Testicular, breast, cervical and prostate)
- This information has been updated on the allocated patients recorders (Health Pro-Former) within their allocated neighbourhood team as part of the CPA Review
- When the bloods are taken Vitamin D screening has also been included in accordance with the NICE guidelines results sent to the allocated worker.
- Lester tool: A Positive Cardiometabolic Resource
- Clear pathway
- Information is also shared if the patient does not attend the Physical Health Check to the allocated worker, including the consultant

Achievements

- The neighbourhoods in the Peak and Dales have updated patients on the SMI register. Care plans with any relevant health information
- Spread sheets
- Staff are also embedding MECC to enhance and address the physical health needs of our patients by working in partnership with the Surgeries
- Cancer needs for our patients on the SMI register are now being reordered both by the surgeries and teams. Information is being passed on by the GP's when the physical health check is being carried out

Barriers

- The SMI needed to be updated within the surgeries before training can begin
- Identify an allocated admin link worker in the neighbourhood team and surgery
- Different IT systems are problematic
- Practice nurses to identify where correspondence should be sent for each allocated patient
- Allocated CPN to ensure that the trusts IT system is up to date with the necessary information indicating if the patient is on the SMI

Barriers

- IT templates/coding for physical care review are different in each surgery.
- Not every surgery allocates a practice nurse to carry out the annual check-up in some cases the GP's
- Not every surgery is proactive
- Difficult for the GP's to understand the importance of the nurses to carry out the physical Health check. This has been demonstrate in other surgeries to be more effective both in cost, patients developing a more therapeutic approach. Freeing the time of the GP would be more cost effective in the long run to deal with other patients
- Sustainability/ownership

Responsibilities

- Primary Care
 - Patients on the SMI not in contact with secondary care
 - Patients whose care has always been in primary care
 - Patients discharged from secondary care back into primary care
 - Patients on SMI who have been in contact with secondary care MH Services for more than 12 months
- Secondary Care Teams
 - Patients with SMI under care of our services for less than 12 months and/or whose condition has not been stabilised
 - Inpatients

Story So Far.....

- Bay health House, Chesterfield
- Clozapine Clinics
- **What we provide in addition-**
- We have created sub groups from this, a gym group and a badminton group, run and organised by the patients we have encouraged the patients to have ownership of this clinic, consulting them on new and improved ways to assist them
- 15 patients over the last 4 years have stopped smoking / only 5 patients have increased their weight all others have either lost or maintained all results are looked at and checked and swiftly acted on , contacting the GP and or consultant, Use of ICE
- Why are patients preferring to have Physical Annual check at the clinic
- Moving Forward we are also using this system for the 30 + depot patients in clinic with promising results establishing link nurses to all the local GP practices , enabling all SMI registers to be updated and all patients attend for a full physical health check

Story So Far.....

- Ensuring local GP Practices are completing the Training
- We are also working in Partnership with Life Live Better Derbyshire to implement a drop in session within the clozapine clinics to support patients who want to stop smoking in the community
- <http://www.corecarestandards.co.uk>
- This piece of work is paramount in not only establishing links and fluid pathways is establishing physical health and mental health are integral to the STP and I am aware that discussions are taking place in the prevention of work stream and mental health in primary care programme. Moving forward we need to take a more Strategic approach in ensuring the practices take ownership if we are to achieve sustainability in this piece of work