

# Improving the Quality of Physical Health Checks

**Kate Dale**

Academic Health Science Network  
Yorkshire & Humber

Mental/Physical Health Project Lead  
Honorary Bradford District Care NHS Foundation Trust

# Research

- Patients with Severe Mental Illness (SMI) experience health inequalities.
- 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



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Improvement Academy

# Present QOF

- BP
- Alcohol
- Cervical Screening
- Lithium

# National Institute for Health and Care 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

# Developed Physical Health Template For people with Serious Mental Illness

For SystmOne Initially

Rio

EMIS

This can be replicated!!

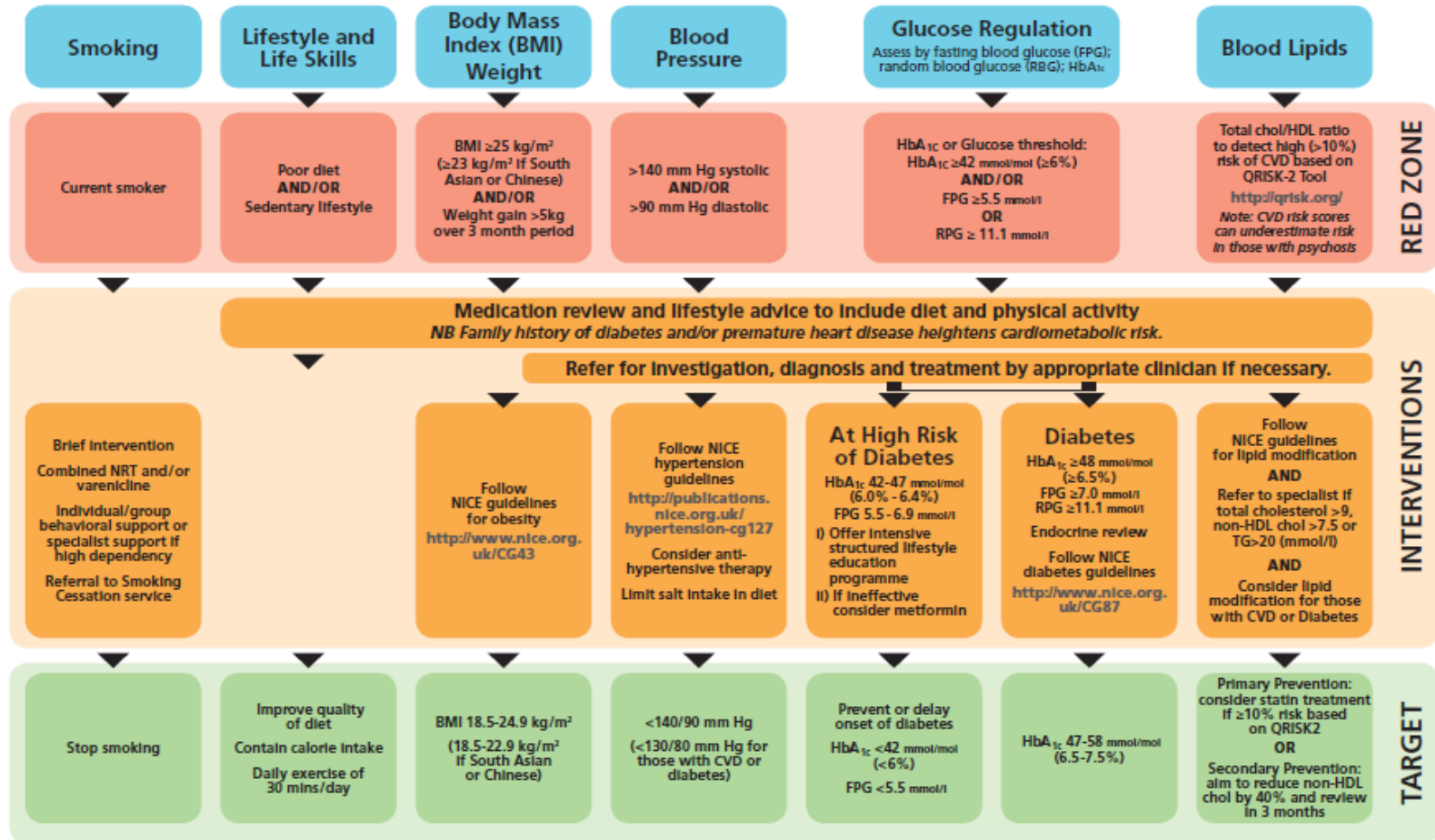
Interoperability continues to pose an issue  
nationally



Lester UK Adaptation | 2014 update

# Positive Cardiometabolic Health Resource

An **intervention framework** for people experiencing **psychosis and schizophrenia**



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



Mental Health Physical Review
X

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

Relationships 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 (23 if South Asian or Chinese AND/OR weight gain >5kg over 3 month period)**

Height <input type="text"/> m	Health education - weight management <input type="checkbox"/>	BP <input type="text"/> mmHg	Antihypertensive therapy <input type="checkbox"/>
Weight <input type="text"/> Kg	Advice about exercise <input type="checkbox"/>	Blood pressure procedure refused <input type="checkbox"/>	Advice to change salty food intake <input type="checkbox"/>
BMI <input type="text"/> ...	Referral for exercise therapy <input type="checkbox"/>	Pulse rate <input type="text"/> bpm	Pulse Rate Regularity <input type="text"/>

[NICE Guidance for Obesity](#)

**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**

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

ES - Alcohol 2014/15

Current drug user

Drugs - health education

Smoking status

Lives with Smoker...

**Smoking Cessation Advice**

- Smoking cessation advice (Ua1Nz) QOF
- Seen by smoking cessation advisor (Xalye) QOF
- Consent given for follow-up by smoking cessation team (Xa... QOF
- Practice based smoking cessation programme start date (X... QOF
- Referral to NHS stop smoking service (XaQT5) QOF
- Referral to smoking cessation advisor (XaltC) QOF
- Referral to stop-smoking clinic (XaFw9) QOF
- Declined consent for follow-up by smoking cessation team (... QOF
- Smoking cessation advice declined (XaRFh) QOF
- Smoking cessation programme declined (XaREz) QOF

Smoking cessation drug therapy

**Has a carer**

Date	Checked	...
------	---------	-----

No previous values

Show recordings from other templates  
 Show empty recordings

Information | Print | Suspend | Ok | Cancel

Risk Factors

GPPAQ

Smoking status

Alcohol screening

Investigations

Blood Test Results

Medication Side effects

Administration

Reference

**BP and Pulse**

Hypertension is common in patients with mental health conditions. Check BP if patient not already diagnosed.

Blood pressure reading  /  mmHg No previous entry

Pulse rate  [beats](#) No previous entry

Pulse rhythm  No previous entry

**Obesity**

Obesity is a significant risk factor for diseases such as cardiovascular disease and diabetes. Patients on the SMI register are at increased risk. Recommend appropriate weight loss advice to patients with a BMI >25 (>23 if South Asian or Chinese) and/or weight gain > 5kg over a 3 month period (NICE CG43 and PH38)

Height  cm No previous entry

Weight  kg No previous entry

Body Mass Index

Ideal Weight

Waist circumference  cm No previous entry

Advice given about weight management No previous entry

Weight management service opportunity signposted No previous entry

Referral  No previous entry

**Physical Activity and Nutrition**

Patients with psychosis or schizophrenia, especially those taking antipsychotics, should be offered a combined healthy eating and physical activity programme by their mental health provider (NICE CG178)

Use the GPPAQ page to calculate a physical exercise index

Physical activity opportunity signposted No previous entry

Referral  No previous entry

Dietary history *Text*  No previous entry

Dietary advice  No previous entry

RiO
Mental Health Physical Review
Lucia Gomez | RIO7\_TR... | Logout

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L. Muffet (Ms)
Dob: 30 May 1805 (Many year(s) old) Gender: Female NHS: 0000000001

### Mental Health Physical Review

Client		Ms L. Muffet	
Date/time		<input type="text"/>	
Consent given to complete the Assessment	<input type="radio"/> Yes <input type="radio"/> No	Has ANY Physical Health Check been performed within the past 12 months?	<input type="radio"/> Yes <input type="radio"/> No
<a href="#">Click here to refer to Past History</a>			
Please check the Archive Folder on Client Record for the Archived Nursing and Physical Monitoring Data			
Client Patient Status			
<a href="#">Add/Change Carer information</a>			
Informal Main Carer	(no data)		
Care Coordinator	(no data)		
Current CPA Level	(no data)		
<a href="#">Add/Change CPA Data</a>			
Chaperone	<input type="radio"/> Yes <input type="radio"/> No	If YES, please provide chaperone details below: <input style="width: 100%; height: 30px;" type="text"/> ABC ✓	
Physical Health Observations	Completed Date	<input type="text"/>	Completed By <input type="text"/>
<small>Please enter 0 if client refuses any of the mandatory observations</small>			
Height (m)	<input type="text"/>	Previous Height	(no data)
Height obs refused	<input type="checkbox"/>		
Weight (kg)	<input type="text"/>	Previous Weight	(no data)
Weight obs refused	<input type="checkbox"/>		
BMI (kg/m)	<input type="text"/>	Previous BMI	(no data)
BP reading	<input type="text"/>	BP (mmHg) Systolic /	<input type="text"/> BP (mmHg) / Diastolic <input type="text"/>
BP obs refused	<input type="checkbox"/>		
Temperature	<input type="text"/>	Resp Rate (rpm)	<input type="text"/> Oxygen sats % <input type="text"/>
Pulse Rate (bpm)	<input type="text"/>	Pulse Regularity	<input type="text"/> Peak Flow <input type="text"/>

## **NICE Clinical Guidance CG 178, Psychosis and schizophrenia in adults: prevention and management, 1.3.6.5 states;**

*“The secondary care team should maintain responsibility for monitoring service user’s physical health and the effects of anti-psychotic medication for at least the first 12 months or until the person’s condition has stabilised, whichever is longer. Thereafter, the responsibility for this monitoring may be transferred to primary care under shared care arrangements”.*

# Locally Bradford District Care NHS Foundation Trust

6 Physical Health/Wellbeing Clinics to Include  
Outreach

Clear Communication Between Primary and  
Secondary Care

Reducing duplication/overlap

Patients benefiting

True shared care

# Regionally & Nationally Examples of Adoption and Spread

- SWYPFT Adopted the model
- Physical Health Training delivered to Surrey and Borders Secondary
- Train the Trainer complete
- Training delivered In Primary Care for North East Hampshire and Farnham Clinical Commissioning Group, GPs and Practice Nurses.

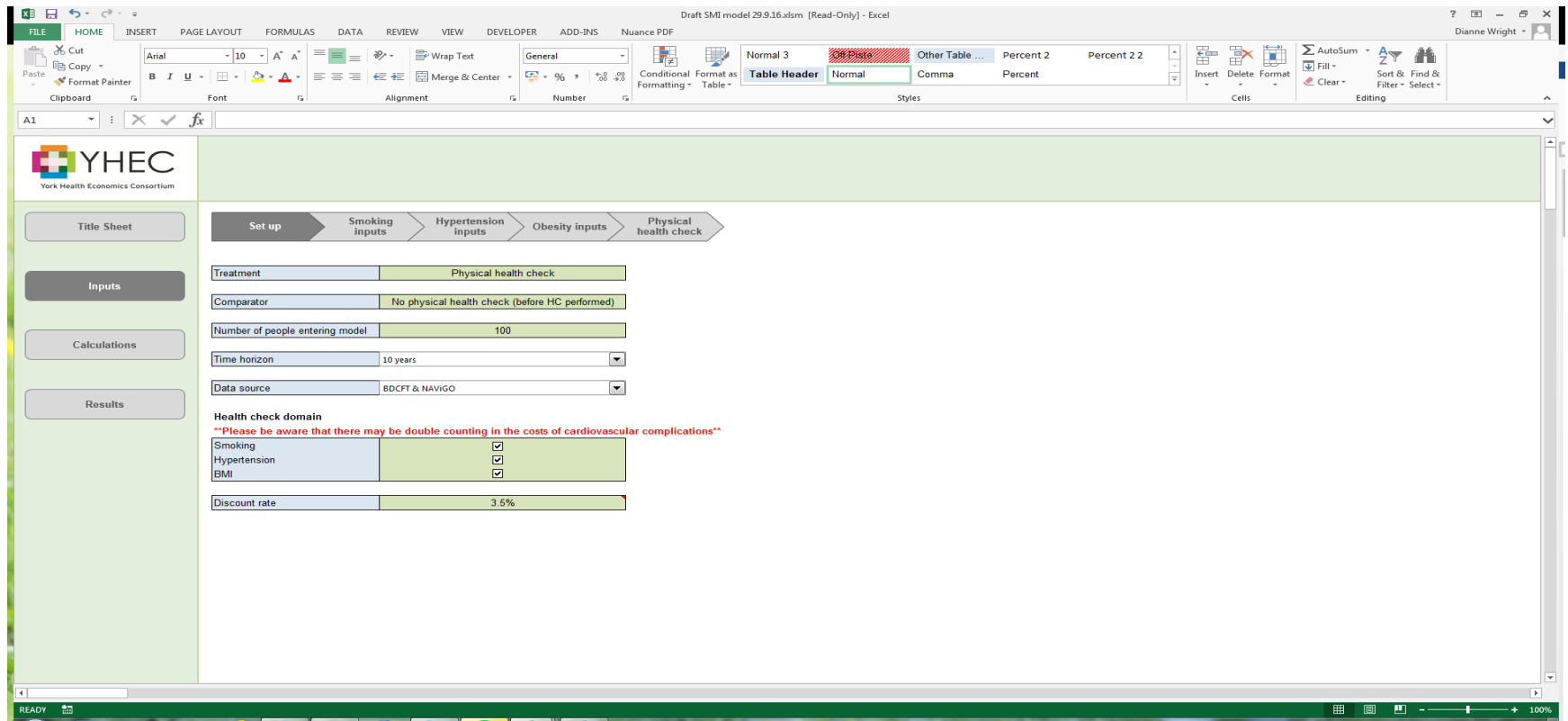
# Key Learnings

Support from the top

Requirements in order to deliver success



# National Transformation: Health Economics Evaluation



**YHEC**  
York Health Economics Consortium

Navigation: Title Sheet, Inputs, Calculations, Results

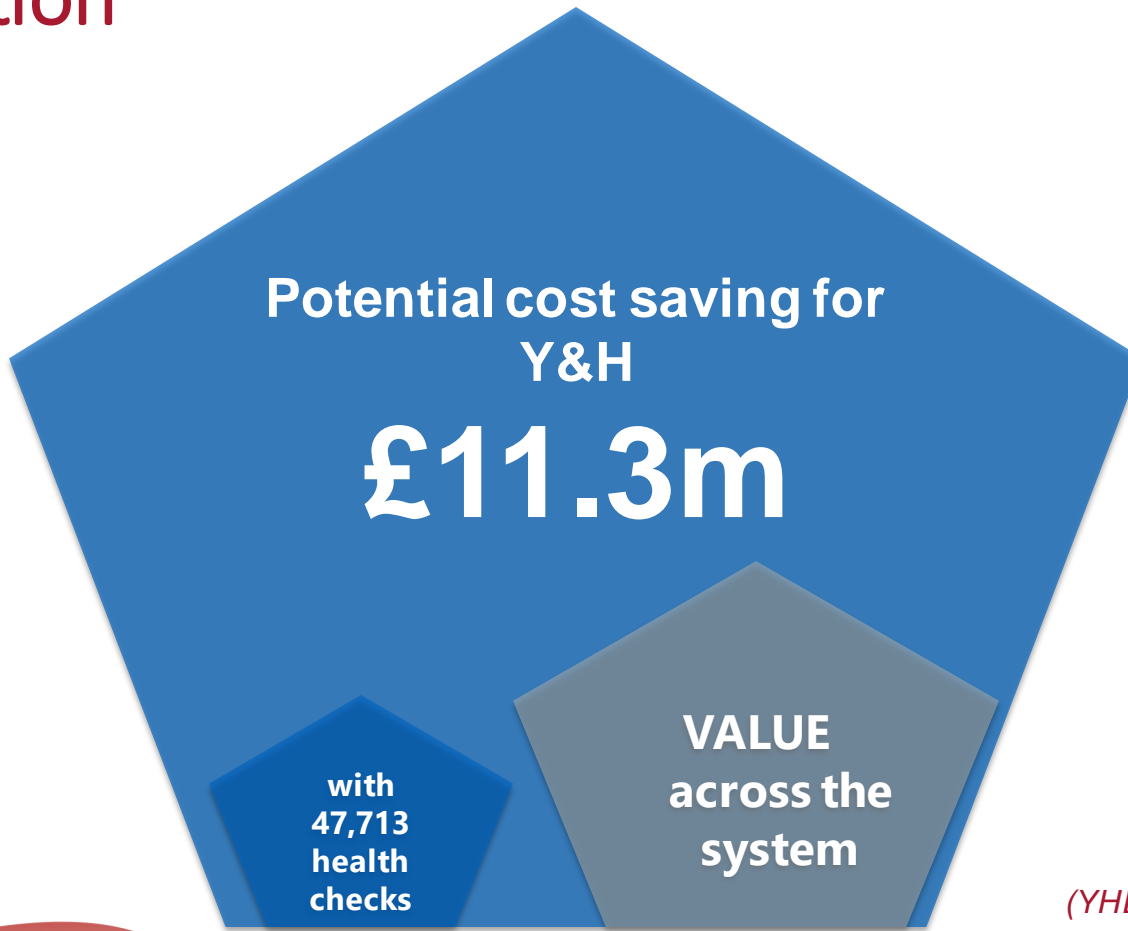
Flow: Set up → Smoking inputs → Hypertension inputs → Obesity inputs → Physical health check

Treatment	Physical health check
Comparator	No physical health check (before HC performed)
Number of people entering model	100
Time horizon	10 years
Data source	BDCFT & NAVIGO

**Health check domain**  
**\*\*Please be aware that there may be double counting in the costs of cardiovascular complications\*\***

Smoking	<input checked="" type="checkbox"/>
Hypertension	<input checked="" type="checkbox"/>
BMI	<input checked="" type="checkbox"/>
Discount rate	3.5%

# National Transformation: Health Economics Evaluation



*(YHEC, September 2016)*

# National Transformation: Template published for use

## SystemOne:

Template published at the end of December 2015

*Over 2,700 GP practices using SystemOne*

## EMIS Web:

Template published May 2016

*Over 3,000 GP practices use EMIS Web*



**610**

organisations with a version of the template

**2,600**

health checks taken place

**34**

copies of the template

**59**

CCGs using the template

Real impact for patients, across the country.

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## IMMEDIATE IMPACT

Within the first 4 months of launching the EMIS version of the Template 50 customers in 21 CCG areas had used the template 144 times

By the 28<sup>th</sup> of February 2017 a total of 151 customers in 73 CCGs had used the template a total of 1033 times

# National Transformation: Elearning Module

- ELearning module to support implementation of robust MH / PH programmes using the Bradford Physical Health Assessment Tool

*Went live - 15.12.16*



# Toolkit for spread

- Incentive schemes for GPs to encourage monitoring of physical health
- Continue efforts to reduce smoking - one of the most significant causes of poorer physical health for this group
- Identify National Champions for MH / PH

*Dr Geraldine Strathdee (former NHS England NCD for Mental health, and now PHE MH clinical champion) is a major advocate for this programme*

# Recognition Local & National

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



# Tong practice - video

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# Thank you very much for listening

[kate.dale@bdct.nhs.uk](mailto:kate.dale@bdct.nhs.uk)

Please do not hesitate to contact us  
for further information.