

Improving Physical Health Outcomes for patients with Serious Mental Illness

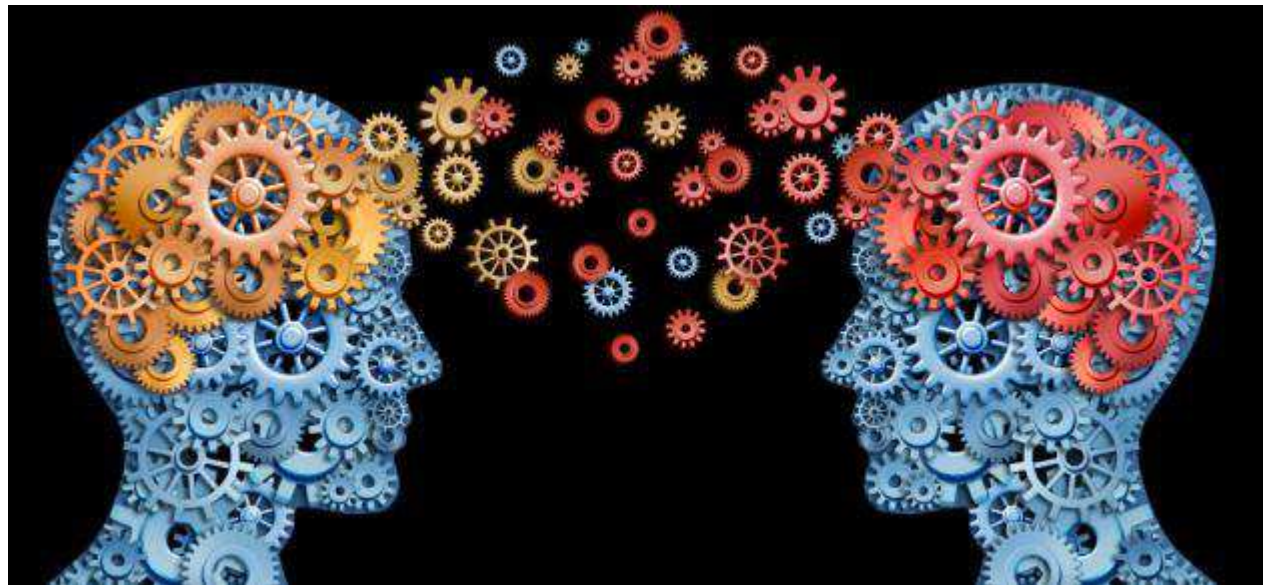
Outcomes and progress in Buckinghamshire

Dr Sian Roberts
Buckinghamshire CCG
Clinical Lead for Mental Health



What is a Serious Mental Illness (SMI) ?

- schizophrenia
- bipolar affective disorder
- non organic psychotic illness



The Case for Change ...



People living with serious mental illness (SMI) face one of the greatest health inequality gaps in the UK

Life-expectancy is reduced by an average of 15–20 years mainly due to *preventable physical illness*.

Facts and figures ...

- **Double risk of obesity and diabetes**
- **3 x risk of smoking, hypertension and cardiovascular disease**
- **5 x the risk for dyslipidaemia (imbalance of lipids) than the general population.**
- **Less access to planned physical care and less access to cancer screening and early intervention than the general population**
- **Smoking is the largest avoidable cause of premature death, with more than 40% of adults with SMI smoking**
- **3.2 x more A&E attendances**
- **4.9 x more unplanned inpatient admissions with significantly higher length of stays**

Mental Health Five Year Forward View

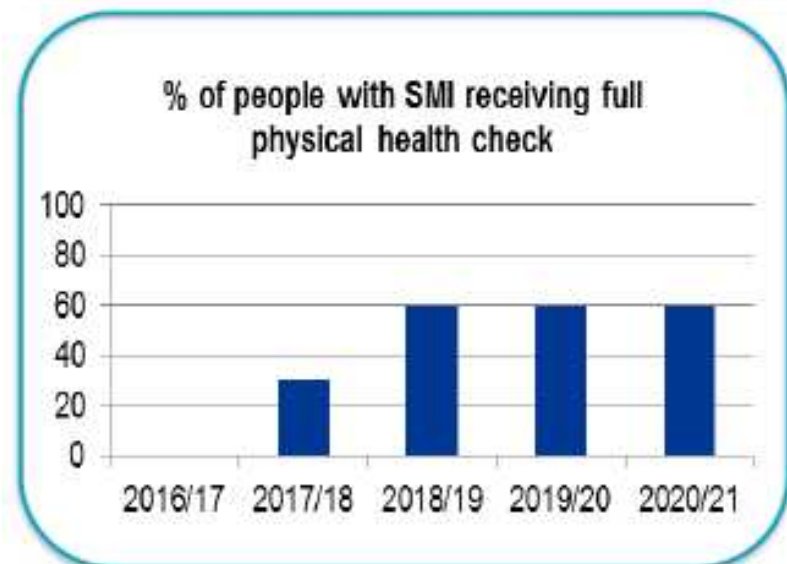
Goals

- To improve access to: physical health checks AND follow up interventions for people with SMI
- To improve quality of physical health checks AND follow up interventions for people with SMI

Target NICE evidence based screening and access to physical care targets ;

- 2017/18 30% of people with SMI
- 2018/19 60% of people with SMI

This is to be delivered across primary AND secondary care



Primary Care Guidance : recommendations for checks

A comprehensive cardio-metabolic risk assessment in line with the NHS health check



BMI, blood pressure and pulse, blood lipids including cholesterol, blood glucose, lifestyle including diet and exercise, smoking status (enquiry about presence of cough, wheeze or breathlessness), and alcohol use. Approved risk assessment tools such as the QRISK Tool can be used to assess cardio-metabolic risk. Further details on the comprehensive checks can be found in the relevant NICE guidelines.

Where indicated, relevant national screening programmes to be delivered or followed up



Cervical and breast cancer screening for women and bowel cancer screening for men and women.

Medicine reconciliation and monitoring



Ensure medication remains up to date and accurately recorded and is cross checked with all electronic records. Conduct any additional medication monitoring according to the particular Summaries of Product Characteristics (SPC) e.g. Lithium level, U&Es, LFTs, prolactin, ECG if indicated during this review.

General physical health enquiry



Medical and family history, sexual health including use of contraception, substance misuse assessment (illicit or non-prescribed drug use), oral health assessment and any indicated physical examination.

SMI in Buckinghamshire



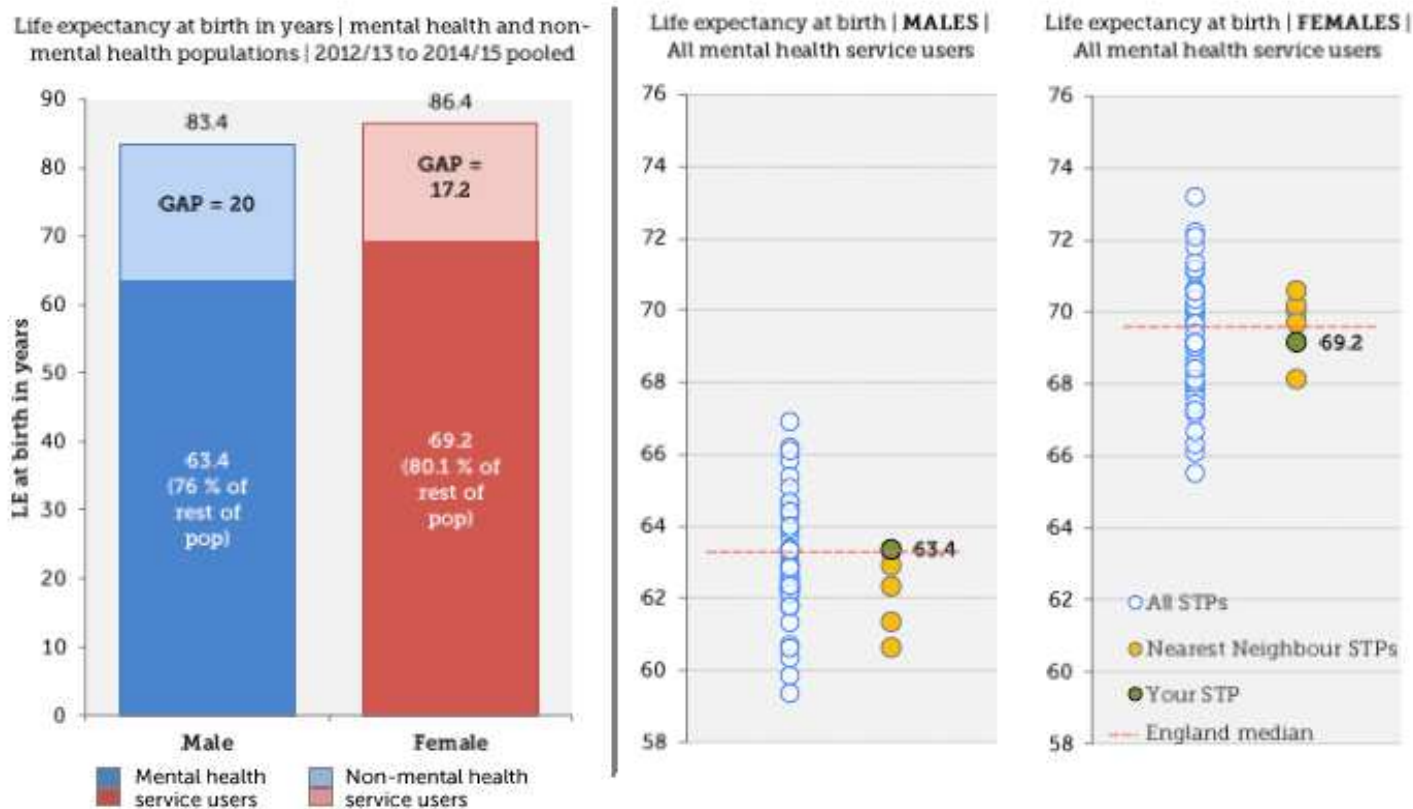
Buckinghamshire CCG is a group of 50 GP practices serving a population of over 530,000.

Currently have approx. 4000 patients living with SMI in Buckinghamshire

Patients with SMI in Buckinghamshire are 3.5 x more likely to die prematurely compared to the general population

Mind the Gap ...

Life expectancies for your STP area [1]



On average, men and women in contact with mental health services have a life expectancy 20 and 17.2 years less than the rest of the STP population respectively. Figures for men are the highest compared to all similar STP areas.

Bucks SMI Direct Award

- Bucks CCG commissioned a Primary Care enhanced service starting from 1st July 2018
- At least **50%** of all adults on the SMI register should annually receive six key recommended physical health assessments as part of their routine mental health review and provide the appropriate interventions.

1. Measurement of weight (or Body Mass Index)
2. Blood pressure (diastolic and systolic blood pressure recording)
3. Cholesterol blood test
4. Glucose blood test
5. Assessment of alcohol consumption
6. Assessment of smoking status

Co-working with secondary care

Secondary care mental health teams are also responsible for carrying out annual physical health assessments;

- Patients with newly diagnosed with a Serious Mental Illness who will remain under care of mental health team for at least 12 months or until their condition has stabilised
- Inpatients on mental health wards

This is anticipated to meet the needs of 10% of those on the GP SMI registers

Interventions- Live Well Stay Well

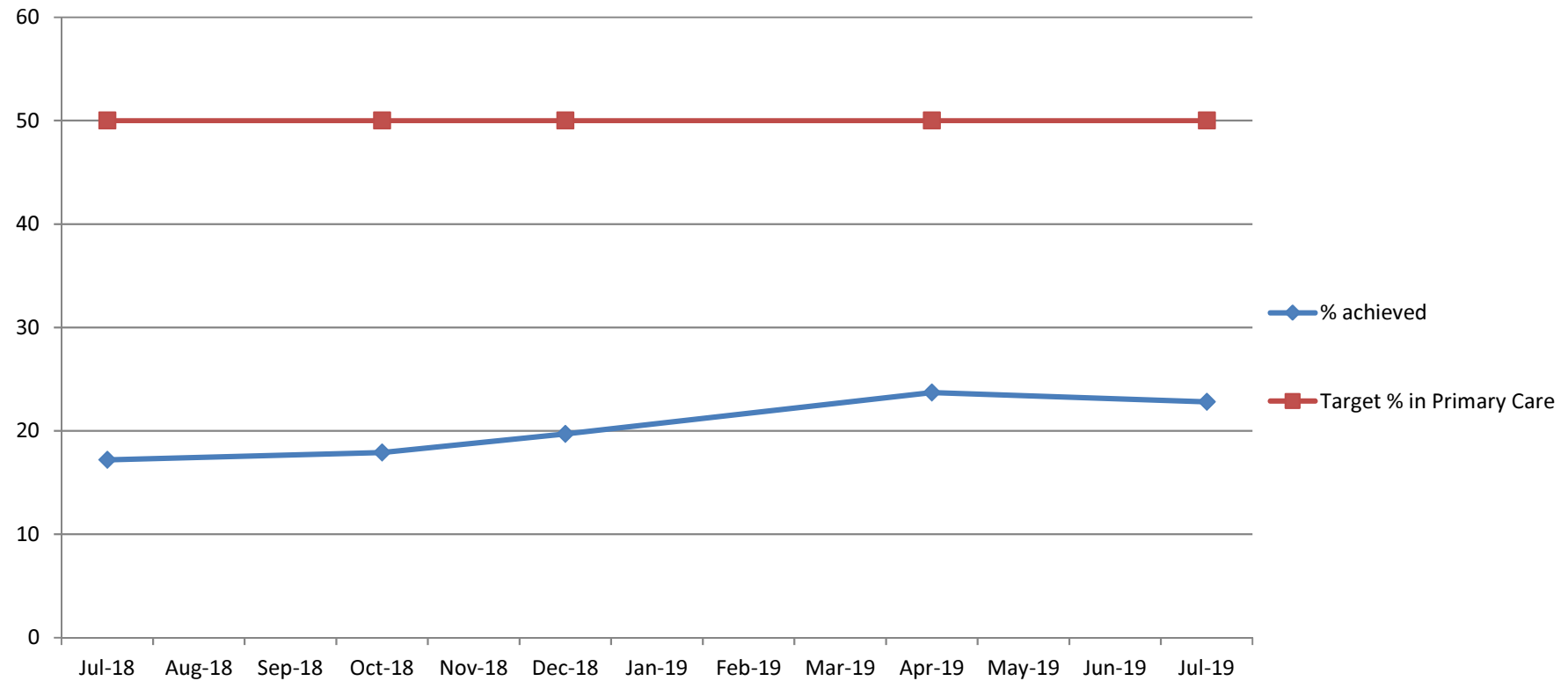
Healthy Lifestyle service in Bucks for all residents providing lifestyle interventions ;

- Smoking Cessation
- Getting More Active
- Drinking Sensibly
- Healthy Eating
- Outreach NHS Checks
- Adult and Child Weight Management
- Psychological Support for those with Long Term Conditions
- Support for those feeling Worried, Stressed or Low Mood
- Type II Diabetes Management



- **Mental Health is a priority group for the service ,
proving more resource intensive interventions**

SMI Physical Health Checks performed in Primary Care July 2018-2019



Future ideas...

1. Primary Care Network practices working together as a collaborative
2. Community Outreach Team – based at hubs rather than GP practices
3. Consider offering access to health checks at other non clinical venues
4. Digital solutions and apps to encourage self care
5. Making Every Contact Count- community pharmacies, DWP, etc



FUTURE IDEAS

How partners can help

- Raise awareness of benefits of improved physical health on the positive impact on the patients mental health
- Encourage attendance for an annual physical health check
- Highlight the risks to mortality and reason for addressing/self care/education
- Encourage healthy lifestyle
- Nutrition and diet advice
- Smoking cessation advice and drug and alcohol advice.
- Mindfulness and relaxation advice.



