

# Improving the Quality of Physical Health Checks

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# 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

# Disability Rights Commission Health Inequalities Formal Investigation

Found that people with mental health problems have higher rates of obesity, smoking, heart disease, hypertension, respiratory disease, diabetes, stroke and breast cancer... than other citizens.

# Disability Rights Commission

People with mental health problems experience ‘**diagnostic overshadowing**’: that is, reports of physical ill-health being viewed as part of the mental health problem or learning disability, and so not investigated or treated.



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YORKSHIRE & HUMBER  
HEALTH SCIENCE NETWORK

Improvement Academy

# Present QOF

- BP
- Alcohol
- Cervical Screening
- Lithium

# Mental/Physical Health QoF Indicators

- Physical health to be reviewed at 12 monthly intervals.
- The review includes a check on accuracy of any prescribed medication
- Side effect monitoring
- Review of physical health
- Review of co-ordination arrangements with secondary care
- Lithium monitoring
- The practice has a (SMI) register.

# 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

# 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

## **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)

# Developed Physical Health Template For people with Serious Mental Illness

For SystmOne Initially

Rio

EMIS

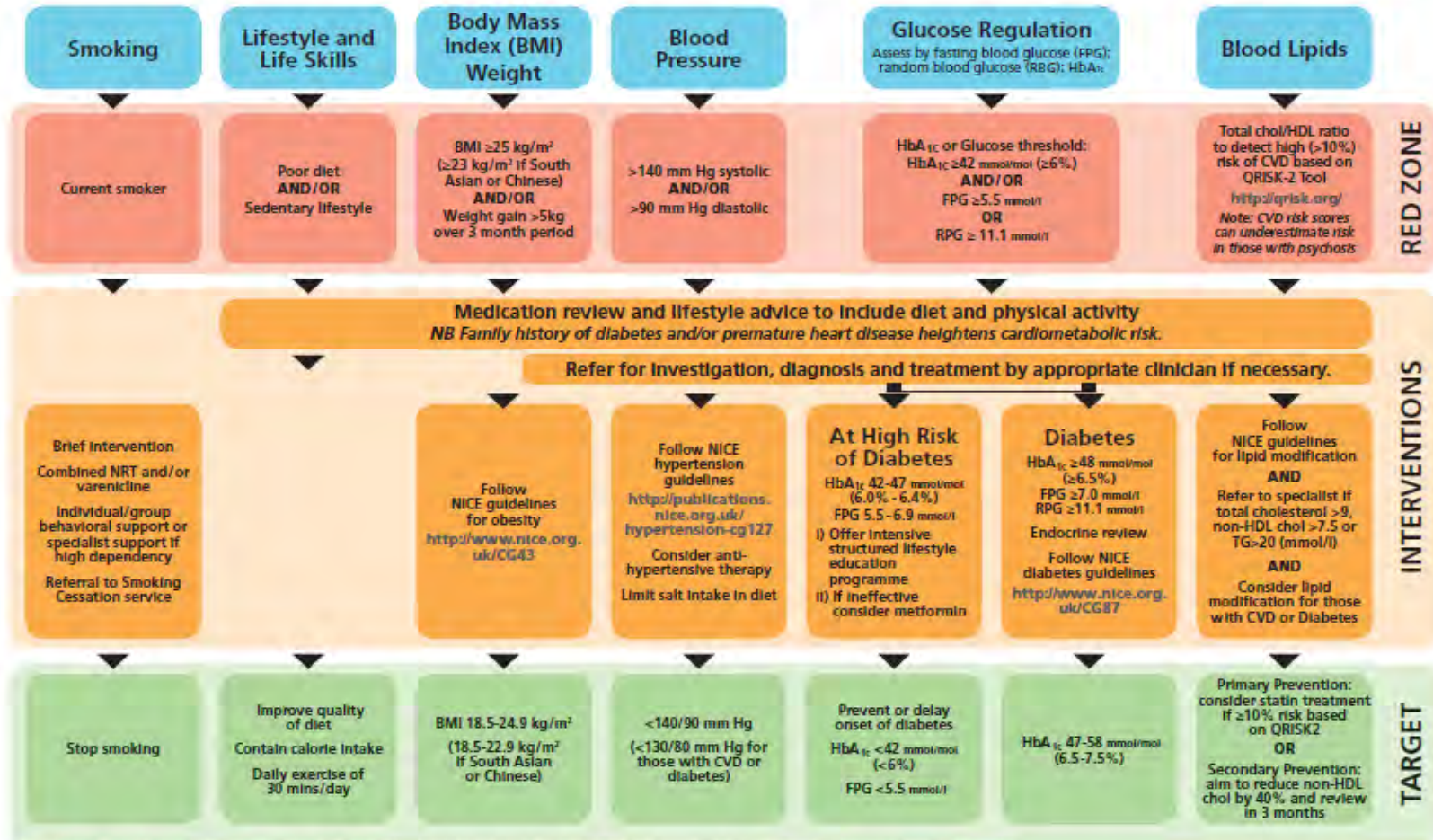
This can be replicated!!

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



**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

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  m Health education - weight management  BP  mmHg Antihypertensive therapy

Weight  Kg Advice about exercise  Blood pressure procedure refused  Advice to change salty food intake

BMI  ... Referral for exercise therapy  Pulse rate  bpm

[NICE Guidance for Obesity](#) 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**

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 20/4/15](#)

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 | RiO/\_/R... | Logout

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

### Mental Health Physical Review

**Client** Ms L. Muffet

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 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:

ADC  
▼

| Physical Health Observations  | Completed Date                                 | Completed By  |
|---|--|---|
| <small>Please enter 0 if client refuses any of the mandatory observations</small> |  |   |
| Height (m) <input type="text" value=""/>  | Previous Height (m) (no data)                  |   |
| Height obs refused <input type="checkbox"/>                                       |  |   |
| Weight (kg) <input type="text" value=""/>   | Previous Weight (no data)                      |   |
| Weight obs refused <input type="checkbox"/>                                       |  |   |
| BMI (kg/m) <input type="text" value=""/>  | Previous BMI (no data)                         |   |
| BP reading <input type="text" value=""/>  | BP (mmHg) Systolic /                           | BP (mmHg) / Diastolic <input type="text" value=""/> |
| BP obs refused <input type="checkbox"/>   |  |   |
| Temperature <input type="text" value=""/>   | Resp Rate (rpm) <input type="text" value=""/>  | Oxygen sats % <input type="text" value=""/>         |
| Pulse Rate (bpm) <input type="text" value=""/>                                    | Pulse Regularity <input type="text" value=""/> | Peak Flow <input type="text" value=""/>             |



## **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

# Where we are now cont...

- Rolled out physical health training to all band 2,3,4 (within a framework)
- RAMPPS
- Link workers.
- Standardised Simple Kits on all areas.
- ECG

# Regionally & Nationally Examples of Adoption and Spread

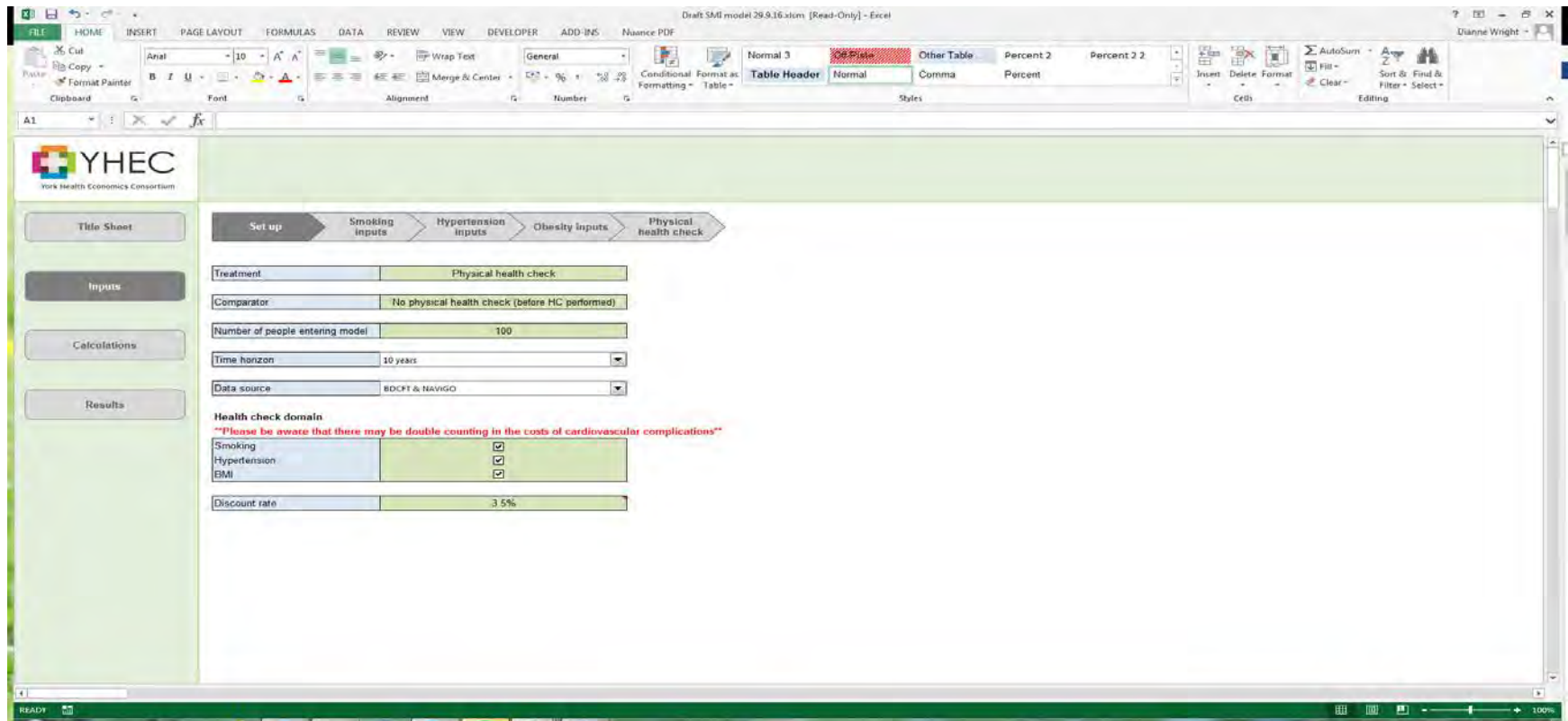
- SWYPFT Adopted the model
- Physical Health Training delivered to Surrey and Borders Secondary Care. Train the Trainer complete
- Training delivered In Primary Care for North East Hampshire and Farnham Clinical Commissioning Group, GPs and Practice Nurses.
- Lots of Interest across the country

# 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

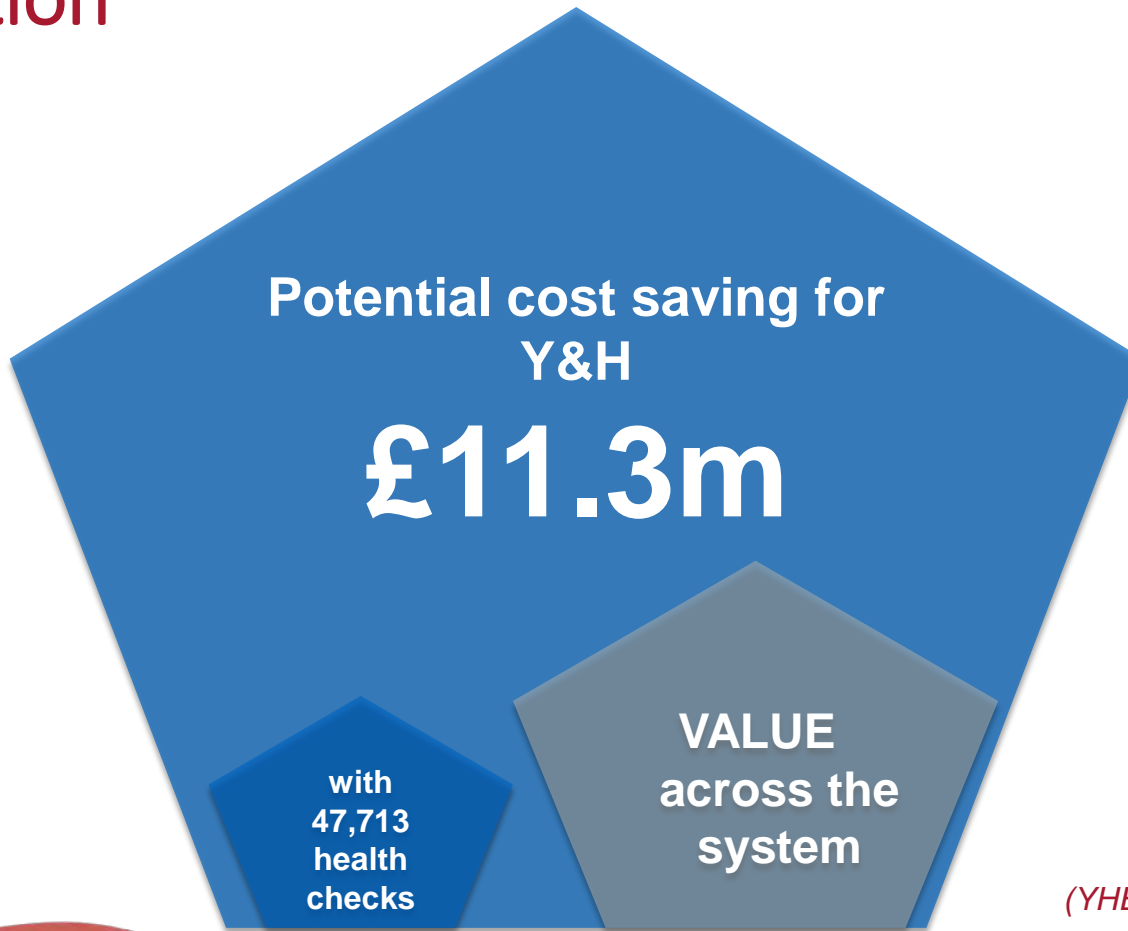
Flow: Set up → Smoking inputs → Hypertension inputs → Obesity inputs → Physical health check

|                                 |  |
|---------------------------------|--|
| Treatment                       | Physical health check                          |
| Comparator                      | No physical health check (before HC performed) |
| Number of people entering model | 100  |
| Time horizon                    | 10 years                                       |
| Data source                     | BOCPT & 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"/> |
| EMI           | <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*



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

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Please do not hesitate to contact us  
for further information.