



# Integrating Mental & Physical Health



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# Priority actions: Improving physical healthcare for people with Serious Mental Illness (SMI)

This is a national challenge, as since the founding of the NHS in 1948, physical health and mental health have been largely disconnected. Some of the pressures driving this need for change now are:

- Schizophrenia is known to be associated with doubling the risk of death from heart disease and treble the risk of death from respiratory disease
- Those with severe mental health die 15-20 years earlier than the general population
- Currently Mental Health Service Users are statistically less likely to receive their entitled basic physical health checks
- Mental Health Service Users are also statistically less likely to make appointments for physical health checks (blood pressure, heart rate, weight, cholesterol etc.) that might detect the symptoms of long term and acute physical health conditions earlier.

# Pressures on CCGs & Trusts for Mental Health

NHS England agreed that by 2020/21 at least 280,000 more people with mental health issues should have their physical needs met and this is supported in the Five Year Forward View on Mental Health 2016.

*Achieving Better Access to Mental Health Services by 2021*, sets out a clear vision to ensure mental and physical health services are given equal priority in terms of timely access to high quality services. It emphasises that *'the physical needs of people with mental health conditions need to be assessed routinely alongside their psychological needs and vice versa'*.

One of the key measures designed to assess whether mental and physical health are treated with the same importance, is the **Mental Health Investment Standard**. The Mental Health Investment Standard is the requirement for clinical commissioning groups (CCGs) to increase investment in Mental Health services in line with the overall increase in the money available to them. Mental Health is now 13.7% of CCG budgets compared to 13.1 in 2015/16.

# A digital solution:



set of medical grade clinical observations in seconds:

Heart Rate

Respiration

Blood Pressure

Oxygen Saturation

totally contactless from a standard iPad

How does it work?

- Monitors the subtle facial skin colour change that naturally occurs each time our heart beats.
- Photoplethysmography (PPG)
- Class IIb medical device (Q1 2019), standard-of-care accuracy





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