Improving Physical Health for People with Severe Mental Illness Workshop

NHS England & London’s Mental Health Transformation Programme

27 April 2018
North East London NHS Foundation Trust & North East London Local Pharmaceutical Committee Community Pharmacy Project

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PHCP Project

Improving Physical health care for patients with psychosis (PHCP) through collaborative working with local community pharmacies

http://nellpc.org.uk  http://selfcarepharmacy.co.uk/  @SelfCarePharm
North East London NHS Foundation Trust
& Physical health care

- NELFT in bottom 1/3 of English mental health trusts nationally & was poorest performer of the London trusts for the physical health monitoring of diabetes & cardiovascular disease (NAS 2014).

- Only 15% of patients in NELFT were measured for all 5 cardiovascular risk factors compared to 20% in London and 32% nationally (NAS 2014)


- The current provision for patients with psychosis is either physical health clinics run within mental health services, or within primary care via the physical health checks.

- Nationally in 2014 – Mental Health Trusts - only 32% of patients had all five risk factors monitored and no Mental health trust nationally provided excellent physical health care. This led to the 5 year national physical health CQUIN (NHS England)

- NELFT & its community came up with an innovative idea of how to reach the hard to engage patients with psychosis working with our retail community pharmacy partners
PHCP Care Pathway for Physical Health Checks
Health Check

- Patient attends pharmacy for health check
- At health check
  - Cardiometabolic risk factor
  - Motivational Interviewing
  - Check with them re bloods
- Complete H&W Plan using health coaching
- Book for next appt to review progress against H&W Plan
SELF-CARE PHARMACY

PATIENT

Bio-psycho-social assessment

Pharmacist planning a care plan

Coaching to empower behavioural change to improve health & wellbeing outcomes

GP + FEEDBACK

REFERRAL

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• 180 offered health check & 140 attended. = 78% completion

• 70% of attendees had all 5 Lester cardiometabolic risk factors monitored c/f 36% using standard models.

• 40% of total population within Barking and Dagenham who were eligible and requiring a health check (350 patients).
Patient outcomes

- 100% of patients had health coaching to improve their life-style and completed Patient Activated Measure outcome.
- 22 support to stop smoking
- 56 support for exercise
- 78 support to eat healthier or lose weight

<table>
<thead>
<tr>
<th></th>
<th>Average PAM Scores</th>
<th>Number of Patients</th>
<th>Level</th>
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</thead>
<tbody>
<tr>
<td>1st appointment</td>
<td>52.73</td>
<td>120</td>
<td>Level 2</td>
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<tr>
<td>2nd appointment</td>
<td>57.26</td>
<td>41</td>
<td>Level 3</td>
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<tr>
<td>3rd appointment</td>
<td>58.46</td>
<td>15</td>
<td>Level 3</td>
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Physical Healthcare for patients with psychosis (PHCP)

WORKFORCE AND TRAINING
Community Pharmacy Training

- Developed bespoke training package for training community pharmacist

- Modules on:
  - Schizophrenia
  - Physical Health Monitoring
  - PHCP Care Pathway & Data Collection
  - Health coaching
Community Pharmacy Training 2

- Blood tests & ECG monitoring
- Self-care and Health coaching
- Outcome - PAM

- Training – evening and weekends
CMHT and PHCP Module

• Discussion about importance of physical health checks
• Psycho-education
• Regular meetings with CCOs
Learnings from the Project

SUCCESS FACTORS

CHALLENGES TO OVERCOME
Critical Success Factors

• Enthusiastic and dedicated community pharmacists

• Liaison Officer working between NELFT and NELLPC

• Written & Verbal information about health checks

• Training programme for pharmacists
Challenges

• CMHT and view of health checks

• Whose role is it to carry out health checks

• Priority of health checks over other KPIs

• Health navigation