



Improving physical health

Developing integrated care pathways to support
mental and physical wellbeing

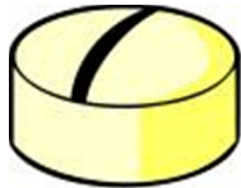
A joint project between

Manchester Mental Health and Social Care Trust and
NIHR Collaboration for Leadership in Applied Health
Research and Care for Greater Manchester

Dr Sean Lennon & Professor Ruth Boaden

Life expectancy is reduced by up to 15-25 years in people with SMI: **Why?**

Lifestyle factors:



Antipsychotic medication-induced weight gain

Service users' attitudes towards physical health

The Trust

- Provides a wide spectrum of mental health, physical health and wellbeing services
- Is one of only five combined mental health and social care Trusts in England and Wales
- Serves an estimated population of 503,000 people, operating with the Manchester City Council boundaries
- Has two inpatient units offering acute care, as well as a number of Community Mental Health Teams
- Is one of the most research active mental health trusts in the country and hosts a number of national leaders in their field, including National Clinical Director for Dementia Professor Alistair Burns, Professor Nav Kapur, who heads suicide research at the University of Manchester and Professor Louis Appleby, National Director for Health and Criminal Justice.

Background information



Anya Telford

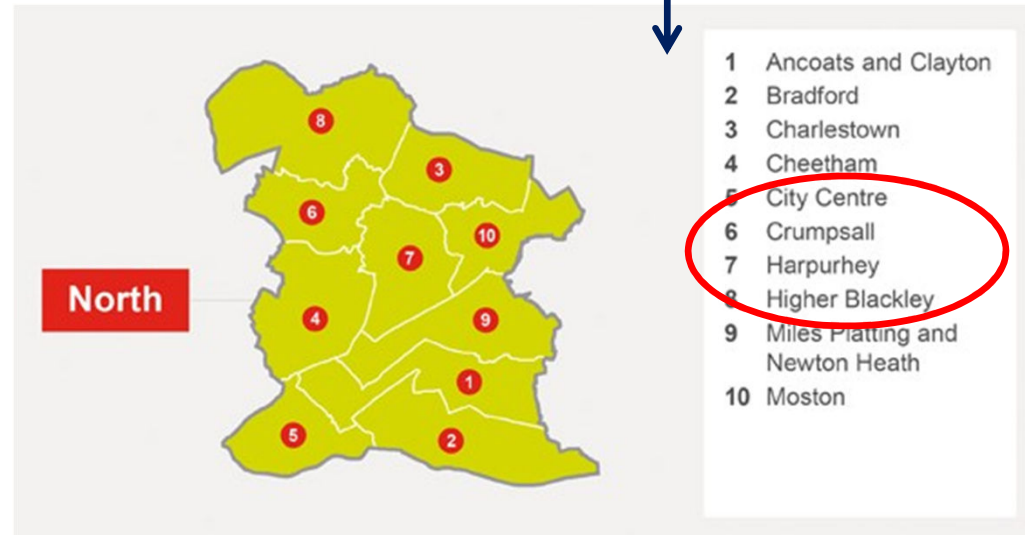
Liz King

(Care coordinators)

5 GP surgeries involved

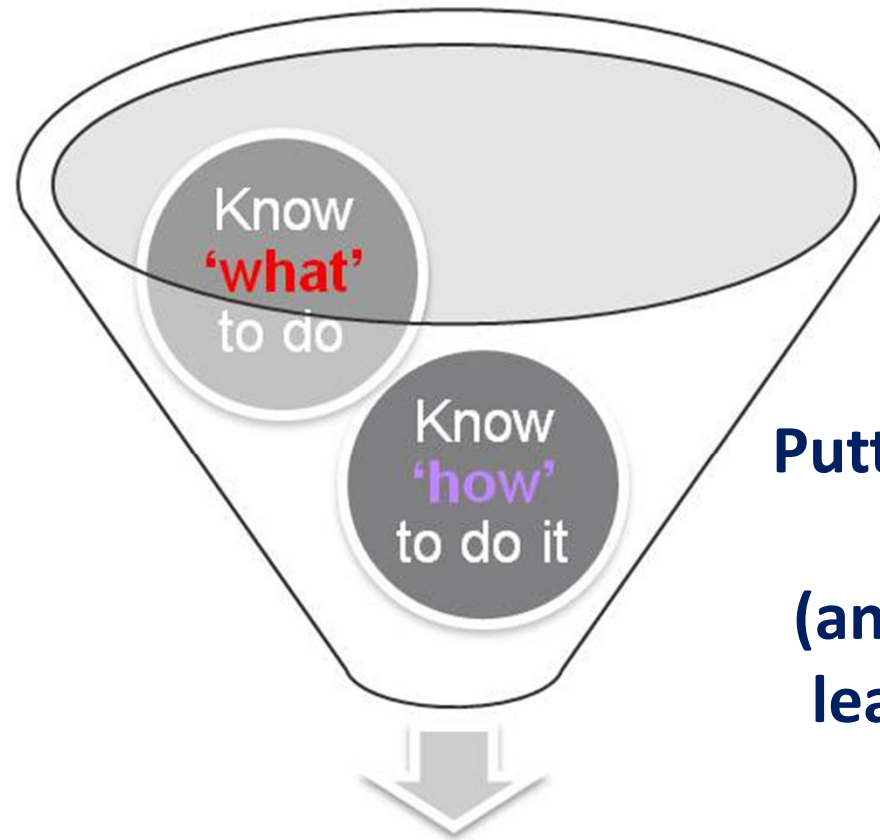
These vary in size, culture & mental health knowledge

North West Community Mental Health Team
Around 500 service users
Approx 25-30 staff (mixed professions)
2 secondees (2 x 0.4 WTE)



CLAHRC: The know 'What' and know 'How'...

Innovating
through
research



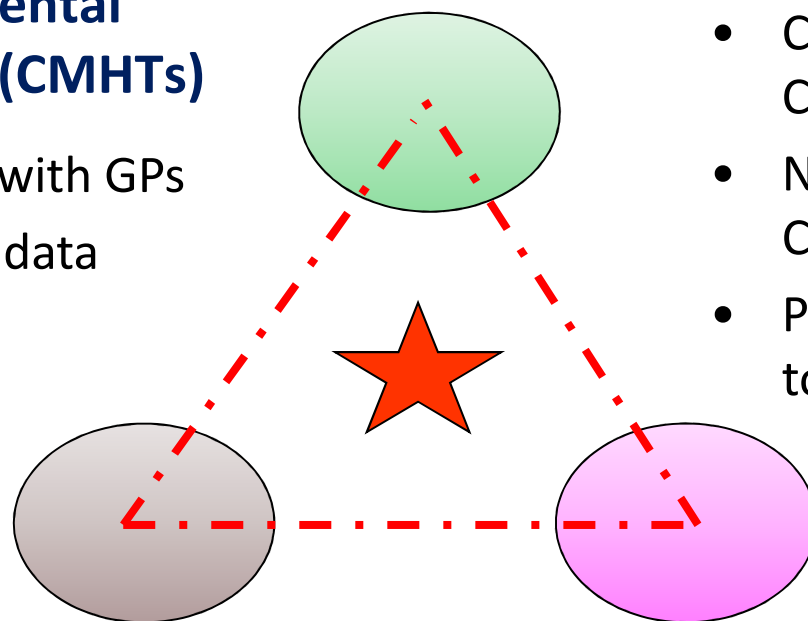
Putting evidence into
practice
(and evaluating and
learning from this)

Improvement / change

The improvement challenges

Community Mental Health Teams (CMHTs)

- Little contact with GPs
- No sharing of data



Primary care

- Confused over remit of CMHTs
- No communication with CMHTs or psychiatrists
- Practice staff negativity towards service users

Service users

- Lack of trust in GPs
- Difficulty accessing GP surgery
- Avoidance strategy
- Lack of motivation

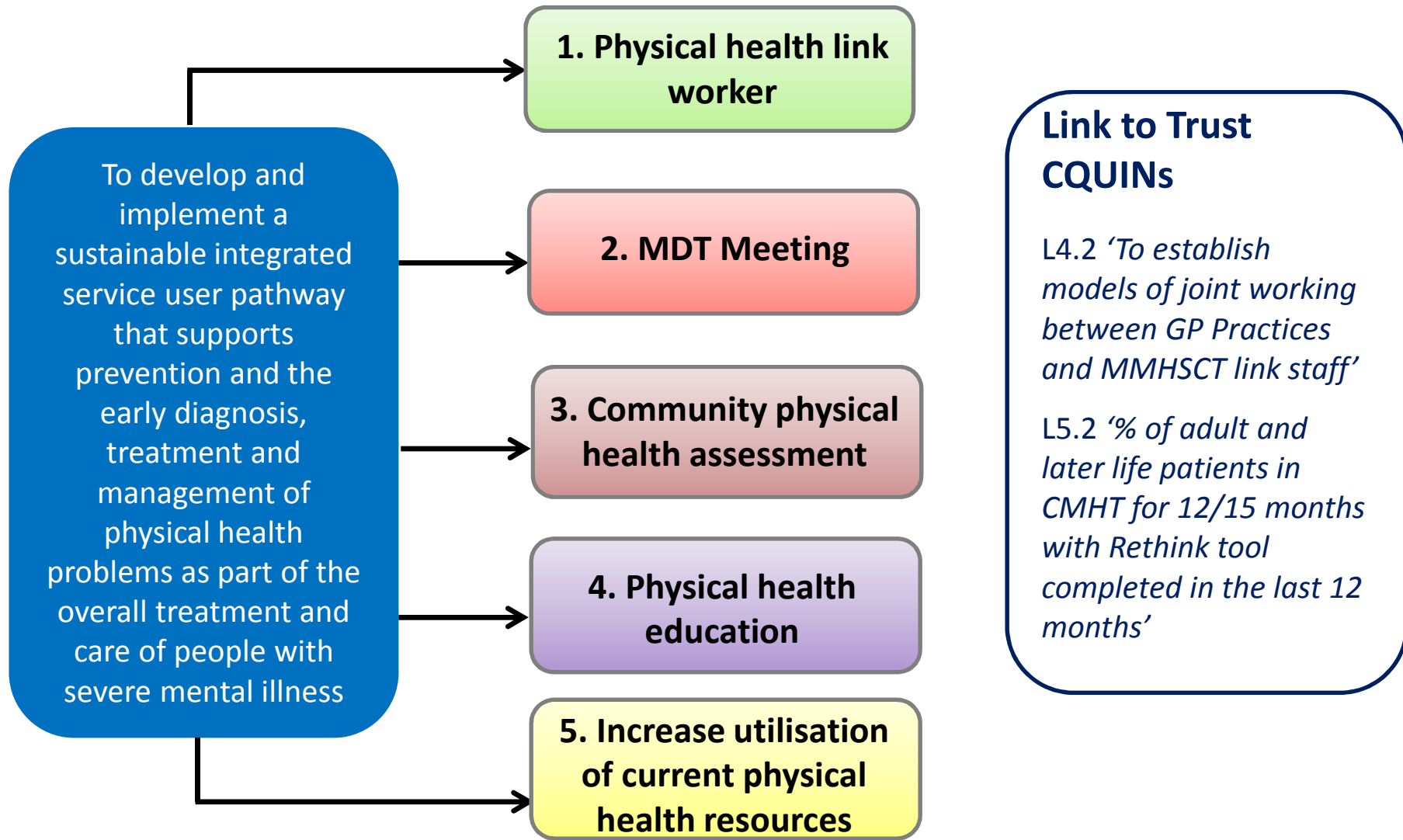
The **GOLD** standard for MMHSCT



To develop and test the implementation of a sustainable integrated service user pathway that supports **prevention and the early diagnosis, treatment and management** of physical health problems as part of the **overall treatment** and care of people with SMI

A joint approach with shared responsibility

How do we achieve the gold standard?



Positive progress: MDT and physical health link worker role

MDT meetings

- 24 held to date (monthly or bi-monthly)
- LTC QIPP or dedicated mental health
- Between 5-10 clients discussed
- Joint actions generated
- Case supervision to ensure actions followed through

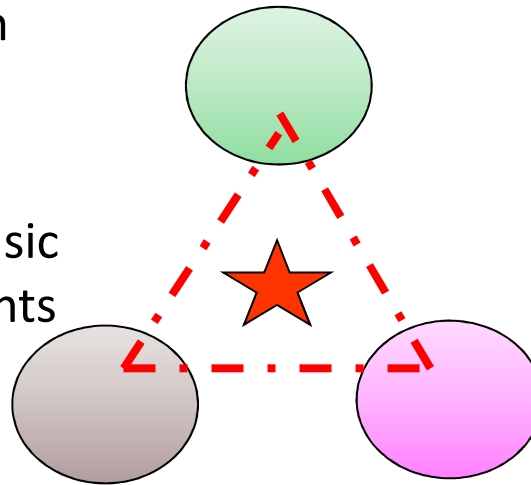
January 2013

Key Actions	Total Actions
Community Lifestyle Service Referral	9
Disease Review (inc. repeat bloods; CHD; Diabetes etc)	23
Medication Review	8
Other	31
Practice Lifestyle Service Referral	6
Primary Care Physical Health Assessment	21
Rethink Assessment	3
Blank	1
Total	102

Positive progress: feedback so far

CMHTs:

- Improved communication
- Positive about the link worker role
- Uncertain about doing basic physical health assessments



Primary care:

- Improved coordination of care
- Understand the role of the CMHT
- Identifying people requiring tests and investigations
- Appropriate referrals into lifestyle services

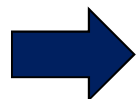
Service users:

- Currently gathering this information
- Initial impressions are positive

“This sharing of information is enabling the surgery and the NWCMHT to work in a much more co-ordinated way...” Dr Caplan

Positive progress: education & lifestyle services

3. Community physical health assessment



- Developed a **Rethink assessment guide** to support community staff (freely available from: michael.spence@srft.nhs.uk)



4. Physical health education



- **Utilise Physical Health Nurses**
- **Make physical health training mandatory for CMHTs**
- **Educate on the delivery of Rethink assessments**
- **Clinical effectiveness days**

5. Increase utilisation of current physical health resources



Work with Manchester Public Health Development Service

- Collaborative learning days
- Various lifestyle services profiling their services
- Utilise services directory



What next?

- Complete evaluation of current project
- Prepare for integrating this work into core Trust business
 - Ensure all structural components required for spread are identified and implemented
 - Gather all outputs for spread from current project
 - Prepare the teams – plan spread and communicate well!

“These people have never looked like coming together before and in truth it makes me feel empowered and cared for because I know there is somebody out there who can help me deal with my problems.”

A service user

Questions?



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