

Improving the physical health of people with mental health problems

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The Health Inequality

Patients with severe mental illness die up to 20 years sooner than the wider population

Physical Health Broadmoor Hospital

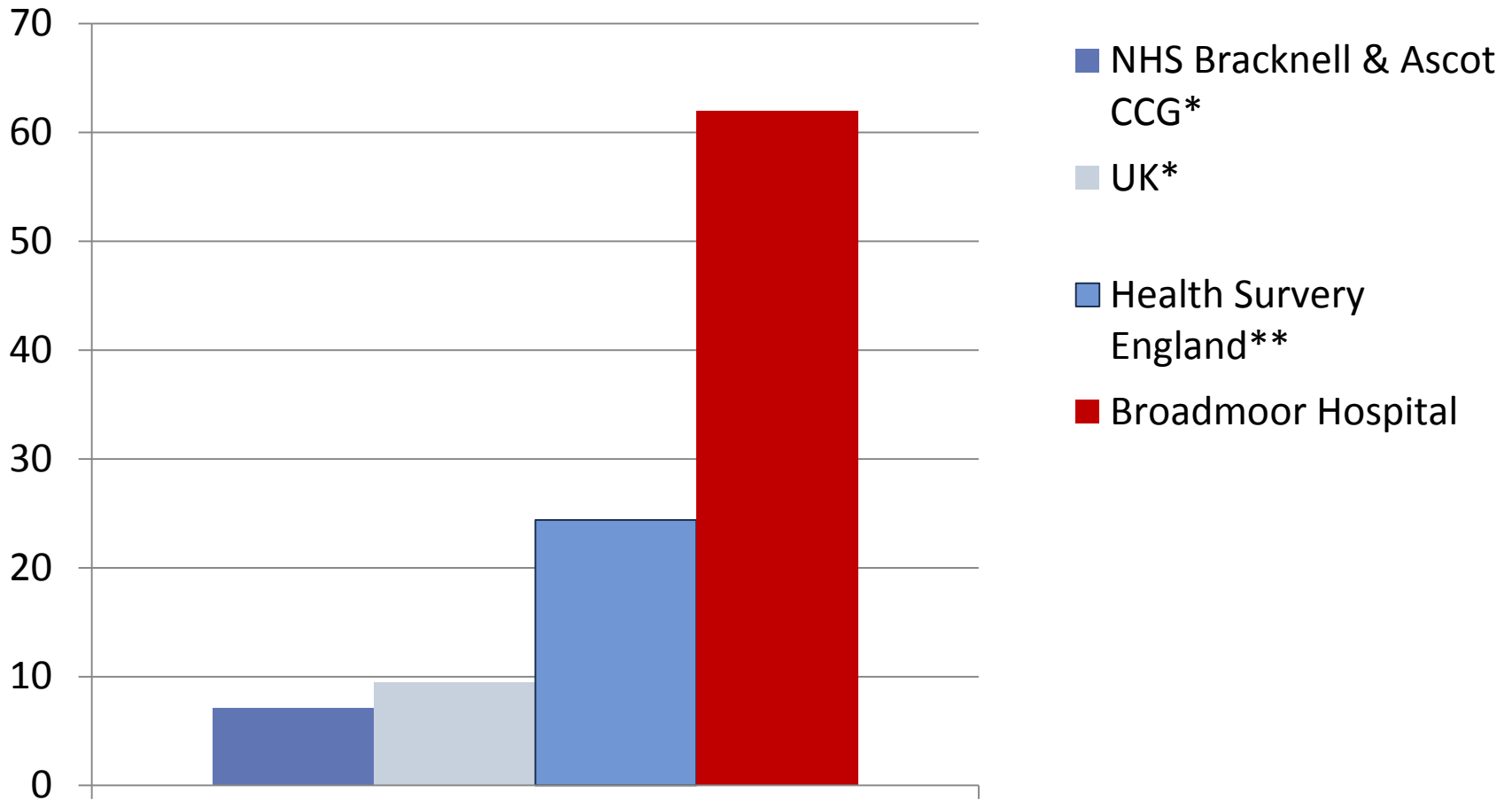
- Provision of a primary health care service that matches national standards for access & quality
- GP, RGNs & admin
- Bookable appointments
- Integrated service or divisive?
- Increasingly 'liaison service'
- Long term conditions, minor illness, recognition of the acutely deteriorating patient
- Inhouse service

The principal modifiable risk factors

SMOKING

OBESITY

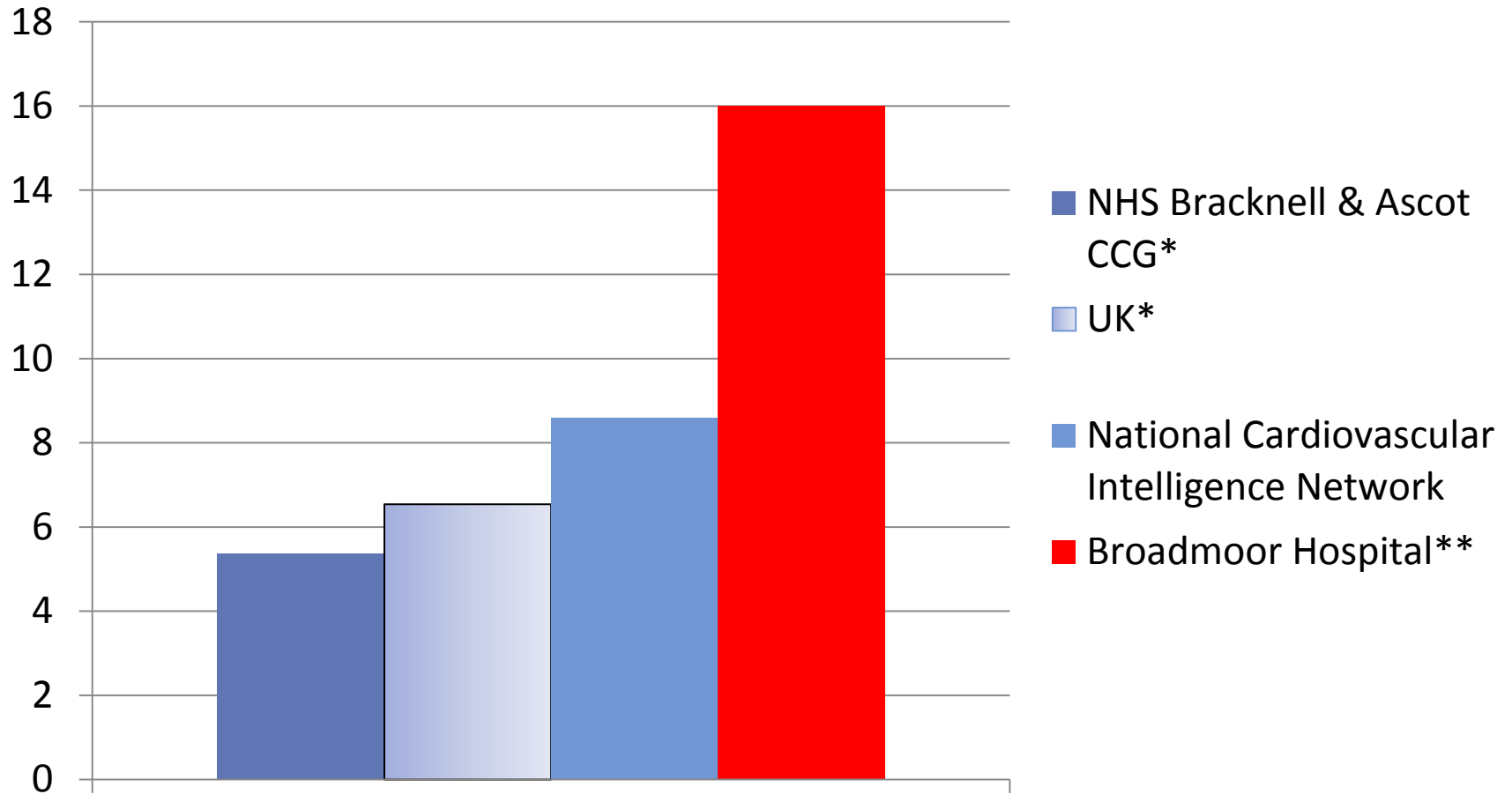
Prevalence BMI ≥ 30



* > 18 years old UK QOF data 2016

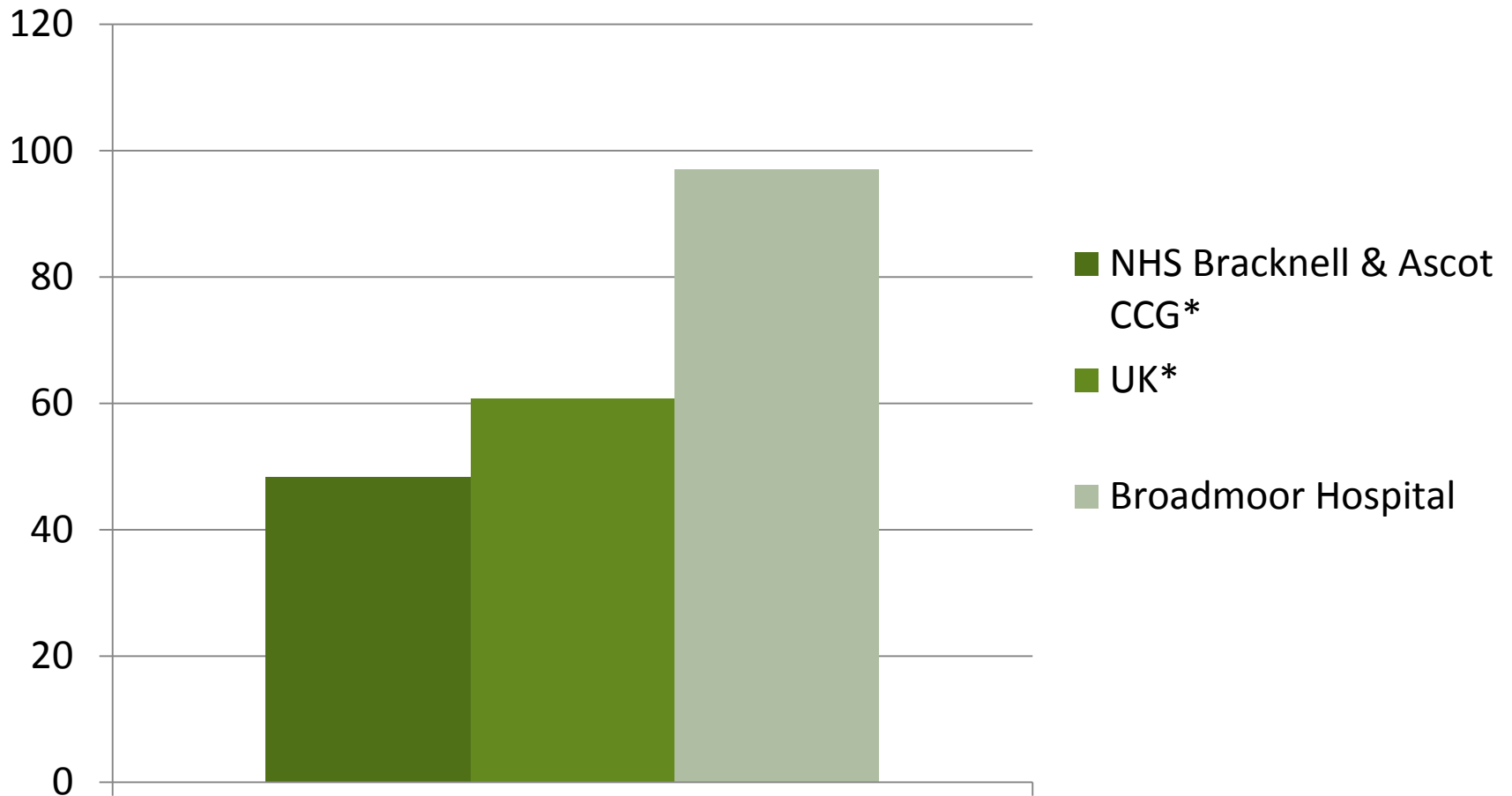
** Health Survey England, PHE 2013-2015

Diabetes Prevalence



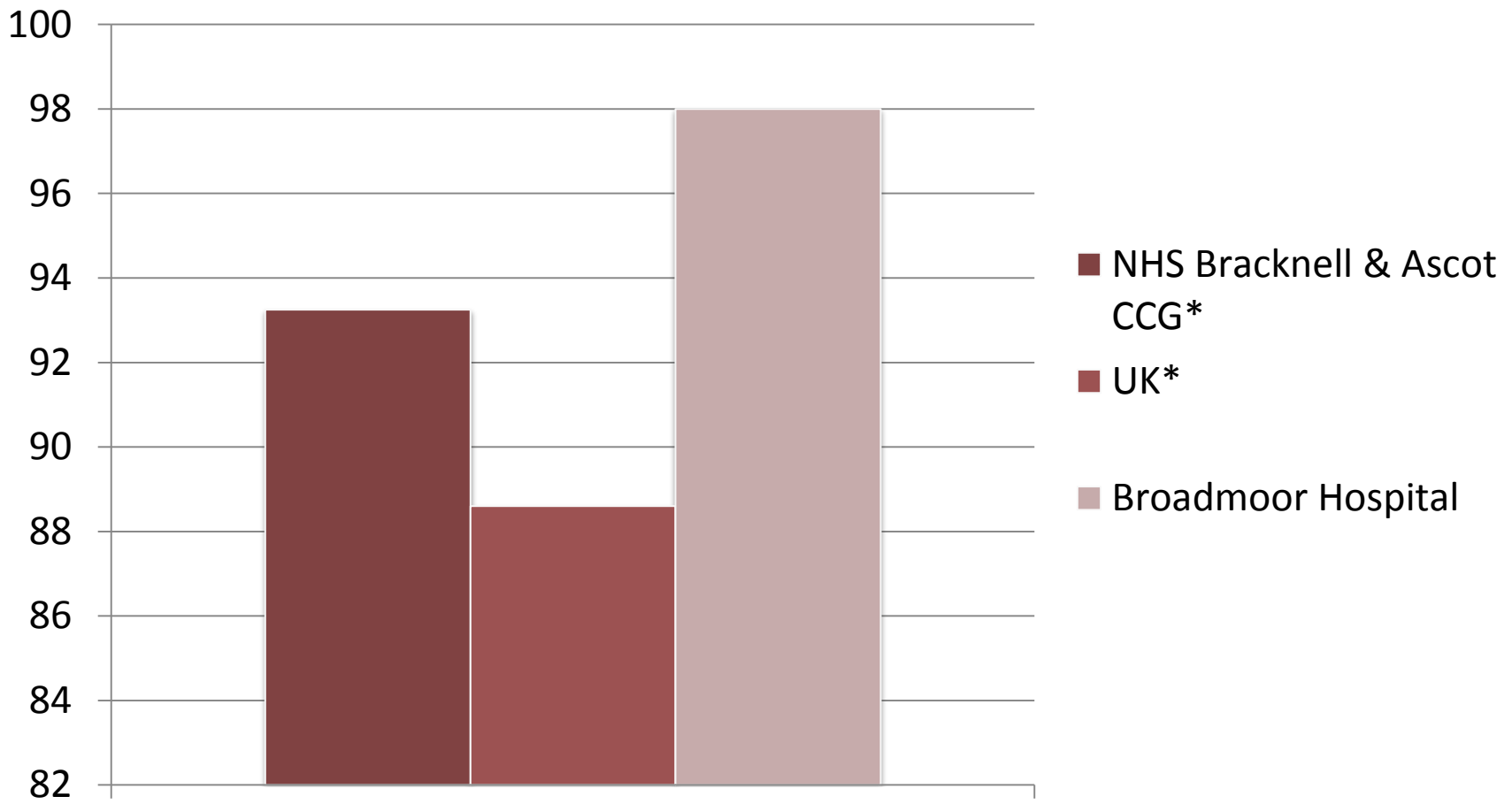
*UK QOF data 2016 age >17 **Average age 38

Glucose or HBA1C in last 12 months



*UK QOF data 2016

Blood pressure in last 12 months



*UK QOF data 2016

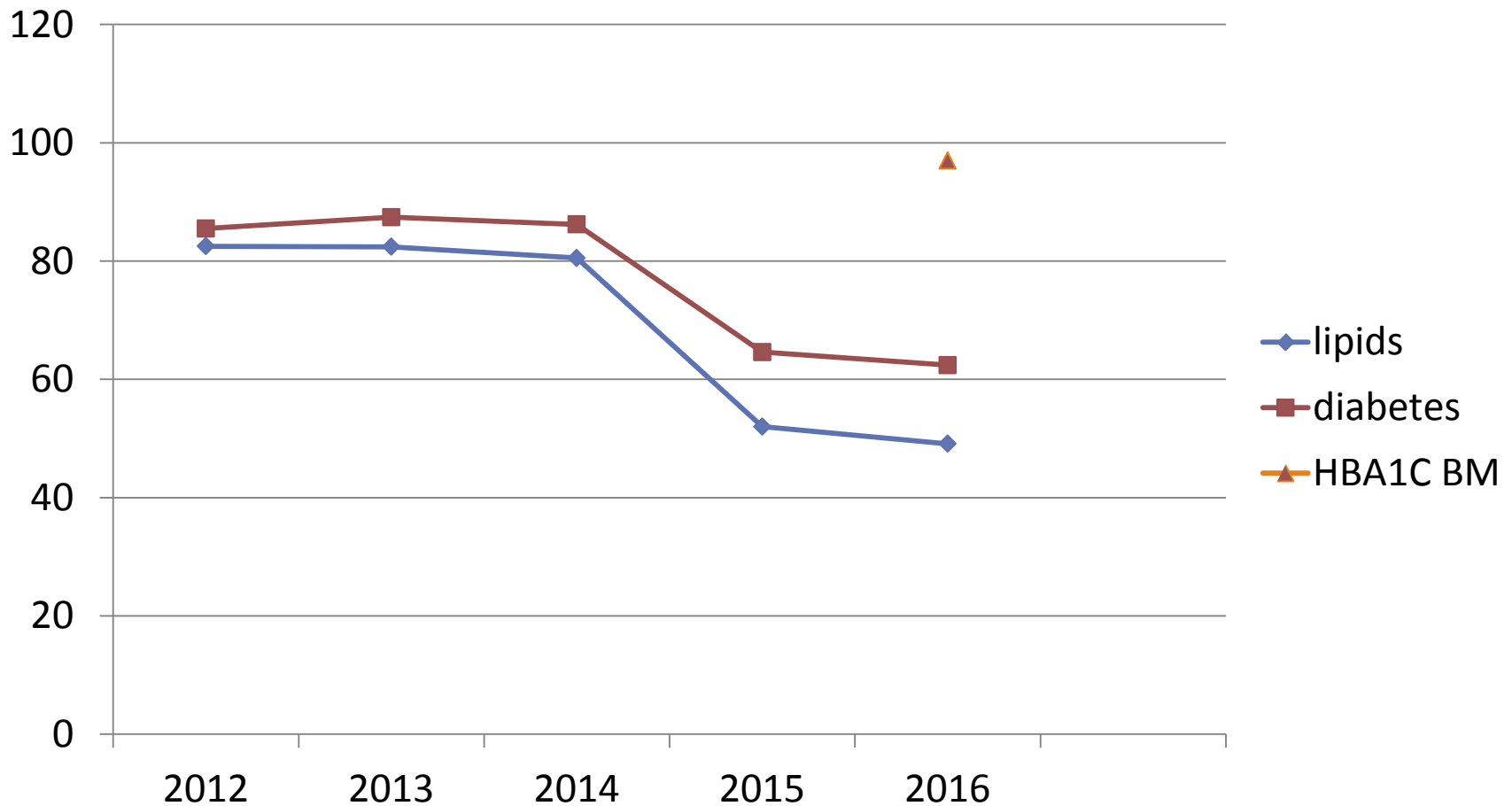
Reducing the health inequality

- **Commissioning** - primary care essential
- **Research & QI** - hampered by EHR
- **Education** - medical & nursing curriculum
- **Strategy & Policy** at local level to drive culture change

The 5 Year Forward View For Mental Health:

Current incentive schemes for GPs to encourage monitoring of physical health should continue

Lipid & Diabetes testing pre and post change in QOF criteria



Percentage of patients on SMI Register tested for diabetes and cholesterol levels. UK QOF data 2012 - 2016.

Strategy & Policy

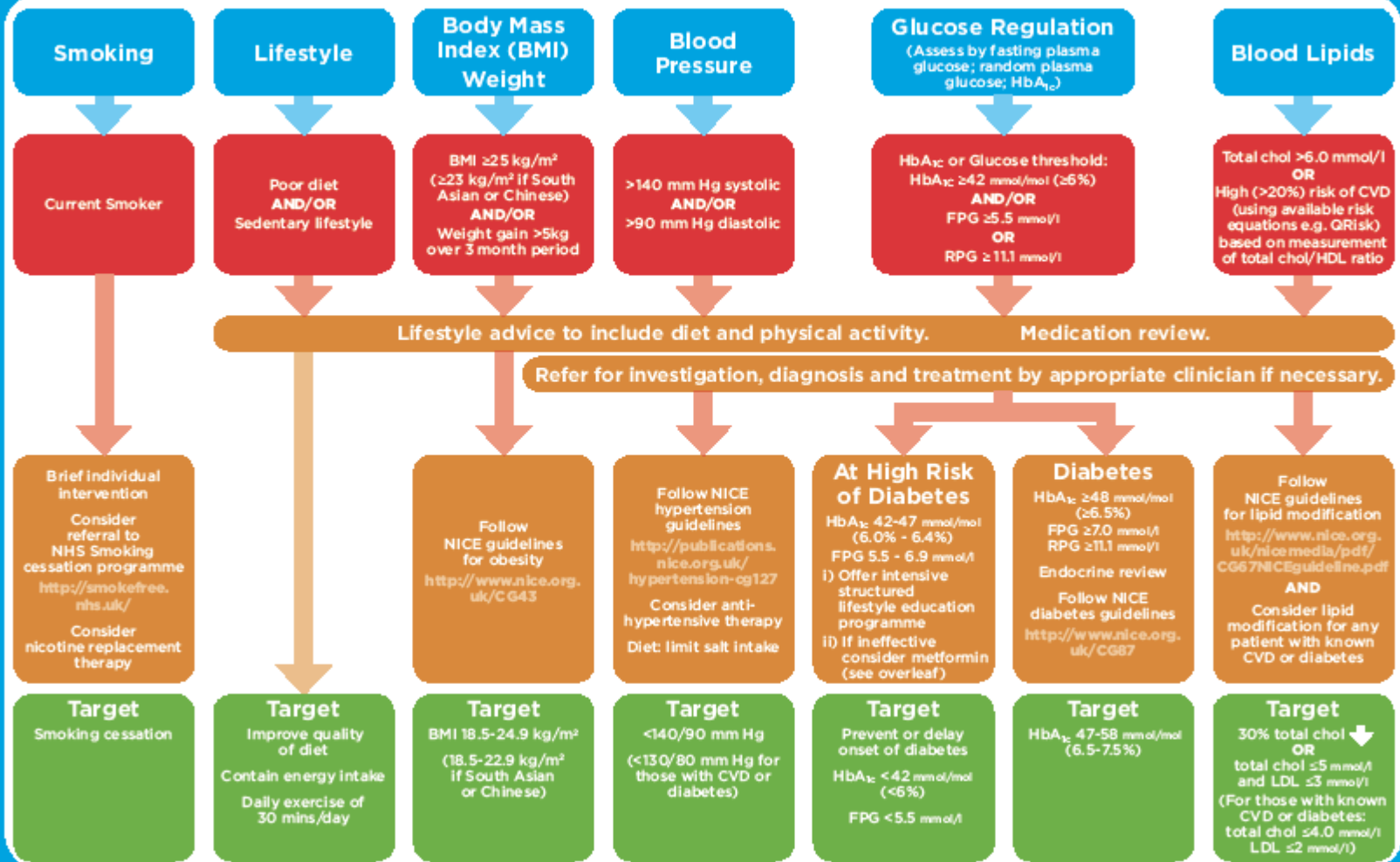
- Culture change
- Recognition – acute illness and chronic disease.
NEWS
- Clinically Indicated Approach: patient driven
- Screening and intervening. Lester Tool / CQUIN
- Who? Mental health team, liaison service including diabetes expertise, primary care
- Education & Training. Focus on diabetes
- QI & Research

5 year forward view for mental health

- By 2020/21, at least 280,000 people living with severe mental health problems should have their physical health needs met. They should be offered **screening** and **secondary prevention** reflecting their higher risk of poor physical health

Positive Cardiometabolic Health Resource

An intervention framework for patients with psychosis on antipsychotic medication



Intervention?

SMOKING CESSATION
WEIGHT LOSS