

Improving Physical Health Outcomes for people with Mental Health Conditions

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Friday 18 January 2019 De Vere West One Conference Centre, London



Conference Chair:

Dr Jonathan Campion

*Director for Public Mental Health and
Consultant Psychiatrist*

*South London and Maudsley NHS Foundation
Trust & Visiting Professor of Population
Mental Health University College London*

Offra Koffman

*Clinical Network Project Manager
& Lead, Reducing SMI Mortality Group
London Region
NHS England*

Supporter Organisations:



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A new Government Report published on the 27th September 2018 confirms that:

People with SMI are at a greater risk of poor physical health and have a higher premature mortality than the general population. People with SMI in England:

- die on average 15 to 20 years earlier than the general population
- have 3.7 times higher death rate for ages under 75 than the general population
- experience a widening gap in death rates over time

It is estimated that for people with SMI 2 in 3 deaths are from physical illnesses that can be prevented. Major causes of death in people with SMI include chronic physical medical conditions such as cardiovascular disease, respiratory disease, diabetes and hypertension.

Compared to the general population, people under 75 years of age in contact with mental health services in England have death rates that are :

- 5 times higher for liver disease
- 4.7 times higher for respiratory disease
- 3.3 times higher for cardiovascular disease
- 2 times higher for cancer

Severe mental illness (SMI) and physical health inequalities: briefing, 27th September 2018, UK Government

“When treating patients with serious mental illness (SMI), it’s natural to think foremost about their mental health. But this group of patients are also at some of the greatest risk of poor overall health and premature mortality. Striking figures show that SMI patients die on average 20 years earlier than the general population due to preventable physical health problems – a life expectancy similar to the 1950’s.” Improving the Physical Health of People with Serious Mental Illness NHS England

“One of the goals of the Five Year Forward View for Mental Health is that “by 2020/21, at least 280,000 people living with severe mental health problems should have their physical health needs met”. Our inspectors found a mixed picture.” Care Quality Commission

The Five Year Forward View for Mental Health recommended that NHS England should ensure that by 2020/21, 280,000 more people having their physical health needs met by increasing early detection and expanding access to evidence-based physical care assessment and intervention. This conference takes a practical case study based approach to assessing, monitoring and improving the physical health outcomes of people with mental health conditions. There is a focus on early intervention, and through learning from organisations that have succeeded in addressing the challenge of improving the physical health of people with mental health conditions.

This conference will enable you to:

- Network with colleagues working to improve the physical health outcomes for people with mental health conditions
- Reflect on the lived experience
- Learn from established practice in the assessment and management of physical health conditions
- Understand and reflect on what you need to do to bring together physical and mental health
- Update your knowledge on national developments
- Ensure every person under your care receives effective assessment and monitoring of physical health needs
- Understand how you can support people to improve physical health and the impact on personal recovery journeys
- Develop your skills in screening, assessment, treatment and monitoring
- Understand how you can improving and monitoring the physical health of those with Schizophrenia
- Identify key strategies for improvement smoking cessation
- Self assess and reflect on your own practice
- Gain CPD accreditation points contributing to professional development and revalidation evidence

100% of delegates at our previous conference on this subject would recommend it to a colleague

Follow the conference on twitter #parityofesteem

10.00 Chair's introduction

Dr Jonathan Campion *Director for Public Mental Health and Consultant Psychiatrist*
South London and Maudsley NHS Foundation Trust &
Visiting Professor of Population Mental Health University College London

10.10 Keynote Address: Improving Physical Health Outcomes for People with Mental Health Conditions

- increasing early detection and expanding access to evidence-based physical care assessment and intervention
- what does good evidence based physical healthcare look like?
- the national picture and moving forward

10.40 Improving Physical Health Outcomes: a lived experience perspective

Sharon Sutton
Volunteer
Tees, Esk and Wear Valleys NHS Foundation Trust

- a lived experience perspective
- how can we improve physical health and wellbeing
- understanding the physical side effects of medication

11.10 *Question and answers, followed by coffee at 11.20*

11.50 How can we effectively promote good physical health in everyday practice?

Dr Sheila Hardy
Practice Nurse Educator Charlie Waller Memorial Trust;
Post-doctoral researcher University of Hull;
Independent Healthcare Consultant

- understand what good physical health looks like
- understand why people with a mental illness may have poor physical health
- support people with severe mental illness to engage in healthy behaviour
- identify physical health problems early and access treatment in a timely manner
- assist people with severe mental illness to manage other long term conditions
- ensure staff have had appropriate training
- enable staff to promote good physical health in practice

12.25 Reducing the SMI Mortality Gap in practice

Ofra Koffman
Clinical Network Project Manager & Lead
Reducing SMI Mortality Gap
London Region NHS England

- reviewing recent evidence on barriers, facilitators and evaluations
- addressing the physical health needs of people with severe mental illness: lessons from the London region
- how can providers move past barriers
- take home advice for improving services: examples of good practice

12.55 *Questions and answers, followed by lunch at 13.05*

13.45 EXTENDED SESSION: Screening, Assessment, Treatment and Monitoring

Linda Nazarko OBE
Consultant Nurse Physical Healthcare
West London Mental Health NHS Trust

- how to develop systems and processes to screen for physical healthcare problems
- how to link with primary and secondary care to ensure appropriate intervention and follow-up
- what are the educational needs of mental health staff, how can these be met
- progress to date in WLMHT

14.20 Integrating physical and mental health together to manage comorbid physical and mental problems

Speaker to be announced

- providing integrated physical and mental health care closer to people's homes
- how we have changed our service to ensure everything is under one roof
- the work of the joint physical and mental health emergency team
- improving outcomes for patients with complex and multiple physical and mental health problems

14.50 The importance of smoking cessation in improving the physical health of people with mental disorder: The evidence

Dr Jonathan Campion
Director for Public Mental Health and Consultant Psychiatrist
South London and Maudsley NHS Foundation Trust &
Visiting Professor of Population Mental Health
University College London

- impact of smoking on mental health, physical health and mortality the facts around smoking, physical health and mortality in mental health
- impact of smoking cessation on mental health and physical health
- smoking cessation interventions in people with mental disorder
- taking a population approach to smoking cessation for people with mental disorder

15.20 *Questions and answers, followed by tea at 15.30*

15.45 Improving and monitoring the physical health of those with Schizophrenia

Dr Shubalade Smith
Consultant Psychiatrist and Senior Lecturer
Institute of Psychiatry, Kings College London
& *Commissioner* The Schizophrenia Commission

- improving physical health outcomes for people with Schizophrenia
- understanding and reducing the impact of medication on physical health outcomes
- our approach and examples of innovative good practice
- adherence to NICE Schizophrenia guidelines on physical health monitoring and intervention
- Compliance with Quality Standards on the monitoring and treatment of cardiovascular and metabolic disease in people with psychosis through board-level performance indicators

16.10 EXTENDED SESSION: Ensuring effective assessment and monitoring of the physical health needs of every person

Remey Welowski
Physical Health Programme Specialist
South London & Maudsley NHS Foundation Trust

- how do you change the culture to raise the profile of physical health
- ensuring every person is assessed for physical health
- developing effective physical health monitoring for patients on antipsychotic medication
- promoting good physical healthcare for people on the wards
- our experience and services

16.50 *Questions and answers, followed by close at 17.00*

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The PDF will be emailed out after the conference, please fill in the 'Your Details' section above, ensuring your email address is clear and the 'Payment' section..

For more information contact Healthcare Conferences UK on **01932 429933** or email jayne@hc-uk.org.uk

Venue

De Vere West One, 9-10 Portland Place, London, W1B 1PR.
A map of the venue will be sent with confirmation of your booking.

Date

Friday 18 January 2019

Conference Fee

- ☐ £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
☐ £300 + VAT (£360.00) for voluntary sector / charities.
☐ £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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