

Improving Physical Health for People with Mental Health Conditions

Wednesday 20 May 2015

Colmore Gate Conference Centre, Birmingham

Key Learning Objectives

- Making Parity of Esteem a reality
- Meeting the National Standards & Financial Incentives
- Involving and engaging service users
- Delivering effective physical health checks
- Developing a pathway for physical health
- Smoking cessation: what works
- Supporting people to improve physical health and the impact on personal recovery journeys
- Reducing the physical side effects of medication
- Understanding the role of effective liaison psychiatry

Speakers include

Dr Geraldine Strathee

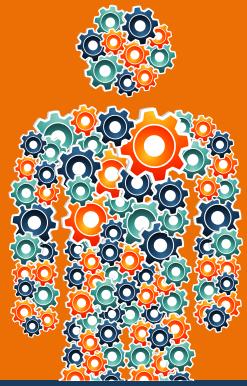
National Clinical Director for Mental Health

NHS England

Supporting Organisations: Media Partner:



Improving Physical Health for People with Mental Health Conditions



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This conference takes a practical case study based approach to delivering parity of esteem through learning from organisations that have succeeded in addressing the challenge of improving the physical health of people with mental health conditions.

"There is compelling evidence that people with a mental illness or a learning disability die earlier than the general population. This says something, of course, not only about the services available to support these problems, but also how we, as a society, treat people with a mental illness or a learning disability. This must change. This is an issue that goes to the heart of parity – the Government's drive to ensure equal priority for mental and physical health in services, testing our ambition to reduce premature avoidable mortality for all people in society."

Norman Lamb MP, Minister of State for Care and Support, *Recognising the importance of physical health in mental health and intellectual disability* 2014

"For too long there has been an acceptance in society, and even in the medical profession, that people with mental health problems and intellectual disability will live shorter lives and will suffer because of unmet health needs. In the vast majority of cases, there is no good reason for this. But the voice of these vulnerable groups often goes unheard, and the status quo remains unchallenged." Professor Sheila the Baroness Hollins, Chair of BMA Board of Science, *Recognising the importance of physical health in mental health and intellectual disability* May 2014

"It is now well-established that people with mental health problems are at an increased risk of adverse physical health outcomes" *Recognising the importance of physical health in mental health and intellectual disability* BMA May 2014

"Of the 300,000 patients with serious mental health (SMI) conditions in England, such as bi-polar, psychosis and schizophrenia, many are dying of the same conditions as the general population, but up to 15 years earlier; they have the life expectancy of people living in the 1950s." NHS England May 2014

NHS England have recently introduced a national financial incentive for mental health trusts to deliver lifestyle MOTs carrying out the checks, including smoking status, diet, weight, blood pressure, glucose and fats or lipids, and ensuring identified illnesses are treated.

Dr Geraldine Strathdee, NHS England's National Clinical Director for Mental Health, said: *"We are committed to making sure that mental health is treated the same way as physical health and NHS England is working hard to close the gap between the two with great support from partners and the field. The national financial incentive we have introduced this year for trusts is the world's largest ever initiative in improving physical health in people with severe mental ill health conditions and will be a clinical quality game changer. It's England's first significant landmark in this area... The move is just one of a number by NHS England to make sure the physical health of people with serious mental illness is treated in the same way as for the rest of the population and also taken as seriously as mental health in the inpatient setting."* May 2014 NHS England

10.00 Chairman's Introduction

Dr Shubulade Smith *Consultant Psychiatrist and Senior Lecturer* Institute of Psychiatry Kings College London

10.10 Improving the physical health for people with mental health conditions

Dr Geraldine Strathdee

National Clinical Director for Mental Health
NHS England

- improving the physical health for people with mental health conditions
- delivering parity of esteem
- demonstrating improvement at a local and national level
- improving the effectiveness of physical health checks
- incentivizing improvement
- an update from NHS England

10.40 Involving and engaging service users in improving physical health

Naomi James

Regional Development and Research Manager
NSUN network for mental health

- learning from the lived experience
- involving and engaging service users in improving physical health

11.10 Question and answers, followed by coffee

11.50 Delivering effective physical health checks in practice

Dr Sheila Hardy

Senior Research Fellow
Northamptonshire Healthcare NHS Foundation Trust

- ensuring everyone receives a lifestyle MOTs to patients as well as assessing psychological health
- how we have implemented physical health checks and the results we have seen
- monitoring improvement in practice

12.20 Implementation of a physical health initiative

Mandy Cain

Rehabilitation and Recovery Service Manager

with Donna Whalley

Physical Activity Coordinator
Isle of Man

- setting up and running a physical health initiative: two years on
- change to practice within a Rehab inpatient & community setting.
- innovative change to the Rehabilitation Service in the Isle of Man

13.00 Question and answers, followed by lunch

14.00 Mind the gap: Approaches to improving population health through integration of physical and mental health care

Dr Christopher Hilton

Consultant Liaison Psychiatrist
West London Mental Health NHS Trust

- why there's no integrated health without mental health
- experiences from the NW London Whole Systems Integrated Care Pioneer Programme in developing models of holistic care for our population, including those with mental illness and cognitive disorders
- the Liaison Physician and Liaison Psychiatrist - parity of esteem and an educational approach
- embedding a psychological medicine into out of hospital care

14.25 Developing and implementing a sustainable integrated pathway for users to support the prevention, early diagnosis, treatment and management of physical health problems

Dr Sean Lennon

Medical Director
Manchester Mental Health and Social Care Trust

- putting evidence into practice: ensuring the physical health of people with severe and enduring mental illness is well managed
- developing the role of physical health link workers
- improving access to physical healthcare: the pathway and our experience

14.50 Smoking Cessation in Mental Health: The importance of smoking cessation in improving the physical health of people with mental disorder: The evidence and what works

Dr Jonathan Campion

Director of Population Mental Health (UCLPartners) and Visiting Professor of Population Mental Health (UCL) Director for Public Mental Health, Consultant Psychiatrist
South London and Maudsley NHS Foundation Trust

- 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
- what works?

15.15 Reducing the physical health side effects of medication in mental health

Dr Jonathan Mitchell

Consultant Psychiatrist
Sheffield Health and Social Care NHS Foundation Trust
& Member, Psychosis and Schizophrenia in Adults: treatment and management Guideline Development Group
National Institute of Health and Care Excellence (NICE)

- reducing the physical health side effects of mental health medication
- meeting the national target for those on antipsychotic medication
- working in partnership with service users to identify the appropriate medication for them and ensuring the side effects are understood
- why reducing the impact of medication side effects is key to parity of esteem and improving physical health of those with mental health problems
- national developments

15.45 Question and answers, followed by tea

16.20 Supporting people to improve physical health and the impact on personal recovery journeys

Syene Skinner

Recovery College Manager
with Person with Lived Experience
Central North West London NHS Foundation Trust

- the impact of physical health on personal recovery journeys
- how services can support people to improve physical health outcomes
- lessons from the Recovery College at Central North West London NHS Foundation Trust

16.45 The role of liaison psychiatry in improving outcomes for people with physical and mental health conditions

Professor Tayyeb Tahir

Consultant Liaison Psychiatrist
University Hospital of Wales

- what is the role of liaison psychiatry in managing the physical health of those with mental health conditions? How this role could develop
- effectively managing co-morbid physical and mental illness
- recognising the psychological burden of chronic disease
- improving the concurrent management of physical and mental health symptoms

17.15 Question and answers, followed by Chair's closing remarks

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Date Wednesday 20 May 2015

Conference Fee

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