

Improving Physical Health for People with Mental Health Conditions

Monday 14 September 2015
Hallam Conference Centre London



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 Phil Steadman Lead for Mental Health, BMA

Prof Sir Robin Murray Professor of Psychiatric Research,
Institute of Psychiatry, Kings College London

Prof Max Marshall Medical Director, Lancashire Care NHS Trust

Supporting Organisations: Media Partner:



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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 BMA 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

“The evidence that seeing people as either just ‘body’ or just ‘mind’ parts, rather than as a whole person, results in poor outcomes for patient and poor value for commissioners is there” Dr Geraldine Strathdee, National Clinical Director for Mental Health, NHS England, May 2015

Follow this conference on Twitter #ParityofEsteem

10.00 Chairman's Introduction

Prof Max Marshall *Medical Director Lancashire Care NHS Foundation Trust*

10.10 Meeting unmet health need in people with mental health conditions

Dr Phil Steadman

*Lead for Mental Health of BMA Board of Science & Consultant
Psychiatrist Oxleas NHS Foundation Trust*

- the BMA report and recommendations a year on
- promoting prevention and early intervention strategies
- mechanisms of co-morbidity
- meeting unmet health need and delivering joined up care

10.30 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 Making parity of esteem a reality in practice: improving the physical health for people with mental health problems and how we achieved 100% in the physical health CQUIN improvement programme

Dr Angus Bell

*Senior Clinical Director
Tees, Esk and Wear Valleys NHS Foundation Trust*

- improving the physical health for people with mental health conditions
- delivering parity of esteem in practice
- demonstrating improvement at a local and national level
- improving the effectiveness of physical health checks
- incentivizing improvement

12.20 Delivering effective physical health checks in practice

Dr Sheila Hardy

*Senior Research Fellow
Northamptonshire Healthcare NHS Foundation Trust
& Honorary Senior Lecturer, UCL*

- 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

13.00 Question and answers, followed by lunch

14.00 Improving physical health for people with severe mental illness

Dr Angela Moulson

*GPwSI Mental Health Clinical Specialist Lead Mental Health & LD
Bradford City & District CCGs Tong Medical Practice*

with Kate Dale *Mental/Physical Health Project Lead
NHS Bradford District Care Trust*

- improving physical healthcare service for patients with SMI in primary care and linking to secondary care to ensure a consistent, high quality service at every level
- improving physical health monitoring for people with SMI
- our experience and results in Bradford Care Trust

14.25 Smoking Cessation in Mental Health: what works? Including how we have developed a smoke free trust

Prof Max Marshall

*Medical Director and Director of Community Psychiatry
Lancashire Care NHS Foundation Trust*

- impact of smoking cessation on mental health and physical health
- smoking cessation interventions in people with mental disorder
- developing a smoke free organisation

14.50 The role of drug abuse in serious mental illness and physical health ill-health

Prof Sir Robin Murray

*Professor of Psychiatric Research
Institute of Psychiatry, Kings College London*

- the role of cannabis in serious mental illness and physical ill health
- emerging evidence
- cannabis cessation in mental health: how services can support people

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
- 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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