

Improving Physical Health Outcomes for people with Mental Health Conditions

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Monday 10th September 2018 De Vere West One Conference Centre, London



Chair and speakers include:

Amy Clark

*Programme Manager Adult Mental Health Programme, Clinical Policy & Strategy Team, & Lead for EIP and improving physical health in SMI
NHS England*

Natasha Sloman

*Head of Hospital Inspection
Care Quality Commission*

Supporting Organisations



Centre for
Mental Health



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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.

"Around 40% of people with depression and anxiety disorders also have an LTC. Around 30% of people with an LTC and 70% with MUS also have mental health comorbidities. Currently, mental and physical health care are provided by separate services that are rarely coordinated. This is inconvenient for the person, costly to the NHS and likely to produce sub-optimal outcomes." The Improving Access to Psychological Therapies (IAPT) Pathway for People with Long-term Physical Health Conditions and Medically Unexplained Symptoms 21st March 2018

"A large proportion of people with mental health problems have physical health problems and many die much too young as a result." Prof Tim Kendall, National Clinical Director for Mental Health, NHS England

"Although the health of the general population in the UK has improved significantly over the past 50 years, the life expectancy of adults with severe mental illness (SMI) in 2016 is lagging behind. Nearly half (46%) of people with SMI have a long-term physical health condition and are at risk of losing on average 10-20 years of their lifespan due to physical ill-health." 'Improving the physical health of adults with severe mental illness: essential actions'"Physical illness is the biggest single cause of death in severe mental illness. This is now a major priority for us, NHS England and anyone who cares about severe mental illness." Professor Sir Simon Wessely, President of the Royal College of Psychiatrists

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
- 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 the assessment and management of Medically Unexplained Symptoms
- Identify key strategies for improvement in liaison services
- Reflect on how you can work with people to reduce the impact of medication side effects
- Understand what works in smoking cessation

10.00 Chair's Welcome & Introduction

Sean Duggan

Chief Executive The Mental Health Network

10.10 National Update: Improving Physical Health Outcomes for People with Mental Illness

Amy Clark

Programme Manager Adult Mental Health Programme, Clinical Policy & Strategy Team, & Lead for EIP and improving physical health in SMI NHS England

- 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

10.35 Physical healthcare in mental health settings: CQC Update and interview with Dr David Shiers 'a father's perspective'

Natasha Sloman

Head of Hospital Inspection CQC

with Dr David Shiers

- 'a father's perspective' an interview with Dr David Shiers
- national update
- expectations from the CQC
- advice for service providers moving forward
- questions

11.20 Question and answers, followed by tea & coffee at 11.30

11.55 Case study: Improving the physical health of people with serious mental illness: A quality improvement approach

Dr Ed Beveridge

Consultant Psychiatrist

Central and North West London NHS Foundation Trust

- improving the inpatient physical health assessment processes;
- improving the mechanisms for recording and monitoring inpatient physical health assessments;
- developing a patient held physical health record to improve communication of physical health risk factors and support shared decision making about access to interventions;
- develop educational materials and activities to encourage and support self-management of patients' physical health conditions

12.25 Integrating care to address the physical health needs of people with severe mental illness

Andy Bell

Deputy Chief Executive

Centre for Mental Health

- reviewing recent evidence on barriers, facilitators and evaluations
- emerging themes in addressing the physical health needs of people with severe mental illness
- how can providers move past barriers
- take home advice for improving services

12.55 Question and answers, followed by lunch at 13.05

13.50 Improving physical healthcare for patients with SMI

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 Case study: Reducing alcohol and substance use in people with mental health conditions

Mike Ward

Senior Consultant

Alcohol Concern

- The Blue Light Project: a national initiative to develop alternative approaches and care pathways for treatment resistant drinkers
- using motivational and harm reduction approaches
- advice for providers, tools and tips

14.50 Case study: IAPT-LTC pathways – prevention and early intervention people experiencing LTC's and common mental

Kerri Featherstone *Specialist Clinical Lead*

and Lisa Atkinson *Lead Psychological Wellbeing Practitioner*

Sunderland Psychological Wellbeing Service

- Five Year Forward View for common mental health problems and LTC's
- Extending IAPT into community and acute health settings focusing on people experiencing respiratory disease, cardiac disease, diabetes, cancer and chronic pain
- Using psychoeducational programmes, CBT strategies and promoting access to IAPT
- Outcomes, successes and challenges

15.20 Question and answers, followed by tea & coffee at 15.30

15.45 'Improving the Physical Health of Adults with Severe Mental Illness': Highlights from the London Mental Health Transformation Programme

Dr Ofra Koffman

Lead for improving physical health in SMI

London Adult Mental Health Transformation Programme

- an overview of the work of the London Adult Mental Health Transformation Programme on improving the physical health of patients with severe mental illness.
- highlight examples of good practice
- outline the programme's future plans.

15.55 Monitoring Physical Health in patients with Psychosis - National Clinical audit of Psychosis (Core Audit) 2017-18

Dr Arokia Antonyamy

Clinical Lead Mental Health NHS Benchmarking Network

Steering group member NCA

- Care provided to patients with psychosis by acute wards and community services
- 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

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

Remy Wesolowski

Physical Health Programme Specialist

South London and 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

17.00 Question and answers, followed by close

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Venue

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

Date Monday 10th September 2018

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.

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