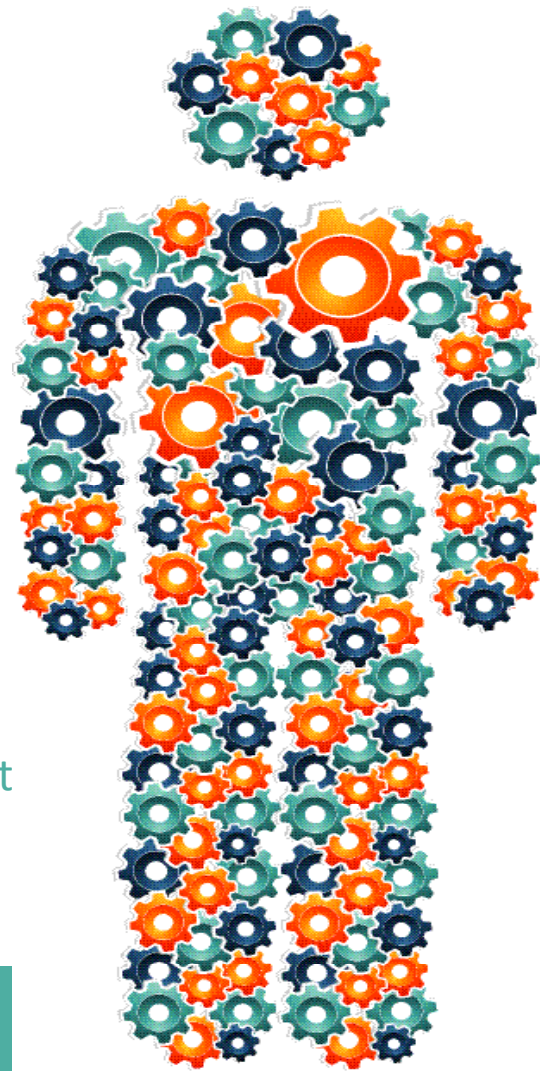


Improving Physical Health for People with Mental Health Conditions

Tuesday 23 February 2016
Hallam Conference Centre London

Key Learning Objectives

- Making Parity of Esteem a reality
- Meeting the National Standards & Financial Incentives
- Involving and engaging service users
- Promoting fitness and physical activity
- Improving physical health in SMI
- Developing a pathway for physical health
- Smoking cessation & cannabis: 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 psychiat



Speakers include

Jacqueline Dyer *Vice Chair Mental Health Taskforce*

Dr Shubalade Smith *Consultant Psychiatrist & Head of Physical Health Strategy*
South London and Maudsley NHS Foundation Trust

Joanne McDonnell *Senior Nurse for Mental Health NHS England*

Supporting Organisations: Bradford District Care 
NHS Foundation Trust



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“People with mental ill health are not having their physical health adequately managed, despite being known to the NHS for their mental health needs.” Health Foundation and Nuffield Trust October 2015
“It is deeply unfair that the physical health needs of people with mental health problems continue to be poorly met. Some areas are trialling innovative approaches to tackling this pressing issue, but these approaches are not widespread.”

Felicity Dormon, Senior Policy Fellow at the Health Foundation, October 2015

“This is an exciting and radical time in healthcare in England and the dumping of the Cartesian false premise that mind and body exist separately looks to be finally on its way to the grave...”

Dr Geraldine Strathdee, National Clinical Director for Mental Health, NHS England, 24 June 2015

“Without immediate and substantial action, people with mental illness may continue to die anything between 10 and 25 years earlier than the rest of the population.” Improving England's Mental Health: the First 100 Days and Beyond 29th May 2015, The Mental Health Policy Group

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. The conference will include national updates and case study sessions focusing on making parity of esteem a reality, promoting fitness and physical activity, improving physical health for people with severe mental illness, smoking cessation, the role of drug abuse, monitoring physical health, the role of recovery services, reducing medication physical health side effects and the role of liaison psychiatry.

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.” 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

Dr Shubalade Smith

Consultant Psychiatrist and Clinical Lecturer, Head of Physical Health Strategy, BDP, CAG SLaM NHS Foundation Trust
Institute of Psychiatry, Psychology and Neuroscience Kings College London

10.10 Improving physical health for people with mental health conditions

Jacqueline Dyer

Vice Chair Mental Health Taskforce, England
and Expert by Experience

- 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

10.40 Involving and engaging service users in improving physical health

Naomi Good

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

11.40 Making parity of esteem a reality in practice: improving the physical health for people with mental health problems

Kate Dale

Mental & Physical Health Project Lead
NHS Bradford

- 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
- how to we measure and monitor improvement in this area?

12.10 Promoting fitness and physical activity

Joanne McDonnell

Senior Nurse for Mental Health and Learning Disabilities
NHS England

- new sports programmes for better physical health
- case study: making rugby the way to get fit
- promoting fitness and physical activity for better physical health
- monitoring improvement in practice

12.40 Improving physical health for people with severe mental illness

Dr Shubalade Smith

Consultant Psychiatrist and Clinical Lecturer, Head of Physical Health Strategy, BDP, CAG SLaM NHS Foundation Trust
Institute of Psychiatry, Psychology and Neuroscience
Kings College London

- improving physical healthcare service for patients with SMI
- improving physical health monitoring for people with SMI
- our experience and results

13.00 Question and answers, followed by lunch

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

Dr Jonathan Champion

Director for Public Mental Health and Consultant Psychiatrist
South London and Maudsley 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

14.25 Treating problematic cannabis use

Dr Tom Freeman

Research Assistant
University College London

- epidemiology of cannabis addiction
- the role of cannabis potency on mental health
- evidence for psychological and pharmacological treatments

14.50 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

15.20 Question and answers, followed by tea

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

Sue Barton

Deputy Director of Health Intelligence and Innovation South West
Yorkshire Partnership NHS FT

- the role of recovery services in improving physical health
- an emerging evidence base
- translating the model of Recovery College's into community physical health services
- examples of practical applications

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

Dr Mo Zoha

Consultant Psychiatrist with

Caroline Parker

Consultant Pharmacist
Central & North West London Mental Health NHS Trust

- 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

16.35 Monitoring progress: Developing a digital health dashboard

Dr Satheesh Kumar

Medical Director
Leicestershire Partnership NHS Trust

- monitoring progress in improving physical health
- developing a digital case loading dashboard for acute wards
- our experience

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

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Hallam Conference Centre, 44 Hallam Street, London W1W 6JJ. A map of the venue will be sent with confirmation of your booking.

Date Tuesday 23 February 2016

Conference Fee

- ☐ £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
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