



# Devon's approach to **Physical Health Monitoring** in Mental Health

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# What are trying to achieve?

- ▶ Increase the number of annual physical health checks delivered for people with SMI
- ▶ Design a safe and commissioned pathway for initiation, monitoring and review of anti-psychotics
- ▶ Design a safe and commissioned pathway for the physical health monitoring of people with eating disorders

# Why?

- ▶ To reduce the early mortality (>20 years) of patients with SMI by completing health checks and offering appropriate interventions
- ▶ Review antipsychotic prescribing to ensure it is still appropriate, pick up any physical health concerns and intervene
- ▶ Current low rates of completion of cardio-metabolic physical health checks for people with Severe Mental Illness and those prescribed antipsychotics across the whole system
- ▶ Not enough funded capacity in the system to enable all Eating disorder/disordered eating patients requiring physical health monitoring to have this

# How do we achieve this?

- ▶ Include the right people in the work:
  - ▶ Experts by experience
  - ▶ Acute mental health trusts
  - ▶ Primary care
  - ▶ VCSE
  - ▶ Commissioners
- ▶ Collaborative approach
- ▶ Be open to explore opportunities
- ▶ Community team engagement

# Primary Care

- Aim to do majority of annual physical health checks for SMI register
- Primary care funding: QOF, LES – look to extend to include antipsychotic monitoring and ED options
- Annual checks for antipsychotic monitoring
- ED option – do measures for ED physical health monitoring team to review and act on.

# Secondary Care

- ▶ Focus on antipsychotic – initiation and stabilisation monitoring.
- ▶ Clear guidance to primary care on initiation of antipsychotics re length of time/ reduction and when.
- ▶ Advice and guidance to primary care re antipsychotics
- ▶ Annual health checks for those not attending primary care, or on clozapine/ complex depots

# Relationships

- Information sharing and data reconciliation.
- Need for good, clear pathways of communication.
- Building good relationships between local teams across sectors.

# Comms

- Patient information leaflets – annual PHC, Antipsychotics
- Invite texts/ letters
- Video re patient PHC journey
- System level Resource pack – CMHTs/PCNs can add local resources to this
- Patient passport – Rethink



# Where are we now?

- ▶ One Devon documents progressing to sign off:
  - ▶ CMHT PHM SOP
  - ▶ 6L ECG SOP
  - ▶ DSA - primary care/secondary care/VCSE
  - ▶ PHM template - reconciling codes between primary and secondary care
- ▶ Test of change in North Devon - Test and refine the pathways/communication - aim to start Nov/Dec 23
- ▶ Roll out
  - ▶ Torbay and Plymouth early 2024
  - ▶ Rest of Devon likely to be next financial year

# Pathway

## SMI annual physical health check



## Anti-psychotic monitoring



## ED PHM

