Improving Physical Health for People with Mental Health Conditions

Key benefits of attending:

- Understand why good physical health is a key objective of the Mental Health Strategy
- Implement the recommendations from the National Schizophrenia Commission Report
- Understand the service user perspective
- Implement health promotion and physical illness prevention initiatives such as stop smoking interventions and increasing physical activity
- Learn from case studies of those who have succeeded in the practical challenge of implementing better physical health and healthier lifestyles for people with mental health conditions

Chair and Speakers include:

Sean Duggan
Chief Executive
The Centre for Mental Health
“It’s crucial we address the scandal of the poorer physical health experienced by people with severe mental illness.”
The Schizophrenia Commission

“It is astonishing that people with severe mental illness are in some cases 3 or 4 times more likely to die prematurely from the ‘big killer’ diseases, when compared to the population as a whole... Thousands of people with mental illness die prematurely every year, and as the report notes, differences in life expectancy for people with severe mental illness, when compared to the population as a whole, are truly shocking. Many of these lives could be saved by improving access to universal population health services for people with mental illness.”
Norman Lamb MP, Minister for Care Services, June 2013

“The NHS Outcomes Framework should complement the indicator of ‘excess under-75 mortality in people with severe mental illness’ with an additional indicator that measures excess mortality in people with mild or moderate mental illness. Without this, the picture of premature mortality is incomplete. There should be an expectation that the mortality differential will reduce year on year.”
Whole-person care: from rhetoric to reality Achieving parity between mental and physical health, Royal College of Psychiatrists 2013

Focusing on objective three: More people with mental health problems will have good physical health, of the Mental Health Strategy, the conference takes a practical case study based approach learning from organisations that have succeeded in addressing the challenge of improving the physical health of people with mental health conditions.
10.00 Chairman’s Introduction
Sean Duggan Chief Executive The Centre for Mental Health

10.10 The story of two populations
Seamus Watson National Programme Manager, Wellbeing and Mental Health Health & Wellbeing Directorate Public Health England
- summarising the health gain of the English population over the past 30 years
- highlighting the health and premature mortality inequality experienced by people living with mental health problems
- identifying the interventions that could make a real difference to addressing health inequality
- looking to the future

10.40 Ensuring service users get the support they need for their physical health
Victoria Bleazard Associate Director of Policy, Research and Campaigns Rethink Mental Illness
- how can health services support people to improve physical health
- personal experiences from those with both physical and mental health needs
- the service user perspective; taking personal responsibility for my physical health

11.05 Monitoring improvement
Dr Julie Hankin Consultant Psychiatrist and National Professional Advisor on Mental Health Care Quality Commission
- CQC expectations of providers and CCGs, notifications
- equity of access for physical and mental health
- changes to CQC monitoring strategy and introduction of outliers methodology: lessons from State of Care reports

11.30 Question and answers, followed by coffee

12.00 Improving the physical health of those with Schizophrenia and serious mental health conditions: implementing the Schizophrenia Commission’s physical health recommendations
Dr Shubulade Smith Dr Shubulade Smith, Consultant Psychiatrist and Senior Lecturer, Institute of Psychiatry, Kings College London, & Commissioner, The Schizophrenia Commission
- the Commission’s findings on the physical health of those with Schizophrenia
- implementing the recommendations
- our approach and examples of innovative good practice

12.30 Creating a vision and turning it into reality
Lorna McGlynn Practice and Quality Development lead Lancashire Care NHS Foundation Trust
- establishing the needs of our service users: the implementation of a standard physical health check: The Rethink PHC
- demonstrating improvement in physical health outcomes for service users

13.00 Question and answers, followed by lunch

14.00 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
Dr Martin Whiting GP and Chair North Manchester CCG
- 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

14.25 Focusing on medication: monitoring and reducing the impact on physical health

14.50 Smoke Free Minds: Smoking Cessation in Mental Health
Debbie Robson Programme Leader and Research Nurse in Medication Management Section of Mental Health Nursing Health Services and Population Research Dept Institute of Psychiatry King’s College London
- working with Mental Health organisations and Service Users to quit smoking
- meeting the national outcome goal of reducing the smoking rate of people with serious mental illness
- what works?

15.15 Demonstrating a reduction in premature mortality for people with mental health problems
Dr Sheila Hardy Education Fellow, Integrated Mental Health Programme UCLPartners
- how we have been able to reduce premature mortality for people with mental health problems
- the role of primary care nurses
- educating and training frontline staff

15.40 Question and answers, followed by tea

16.00 The role of liaison psychiatry in improving outcomes for people with physical and mental health conditions
Dr Peter Aitken Chair, Faculty of Liaison Psychiatry, Royal College of Psychiatrists & Consultant Liaison Psychiatrist Devon Partnership NHS Trust
- 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

16.30 Keynote: Why Commissioners Need to Think Whole-Person
Dr Neil Deuchar Director, Commissioning Centre Royal College of Psychiatrists and Co-Chair, the Joint Commissioning Panel for Mental Health

17.00 Question and answers, followed by Chair’s closing remarks
Improving the Physical Health
For People with Mental Health Conditions
Tuesday 20 May 2014, Colmore Gate Conference Centre, Birmingham City Centre

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Date
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