

# NO HEALTH WITHOUT PHYSICAL HEALTH

## MANAGING PHYSICAL HEALTH OF PEOPLE WITH SERIOUS MENTAL ILLNESS IN AN INPATIENT SETTING

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**QUESTION** is St Pancras Hospital meeting national guidelines<sup>1</sup> for physical health monitoring in patients with serious mental illness (SMI), in terms of ECG, blood test and weight monitoring?

**CONCLUSIONS** Screening is not currently being completed fully and reasons behind this are inadequate. Further work must be done to improve physical health screening to prevent this health inequality.

### POPULATION

In total, 76 patients were included (M=35, F=41).

The majority of patients (n=62) had an ICD 10 F20-29 diagnosis.

All but two patients in the hospital were on at least one anti-psychotic



### LOCATION

A central London hospital with 6 psychiatric wards (one psychiatric intensive care unit, three acute wards and two rehabilitation wards).

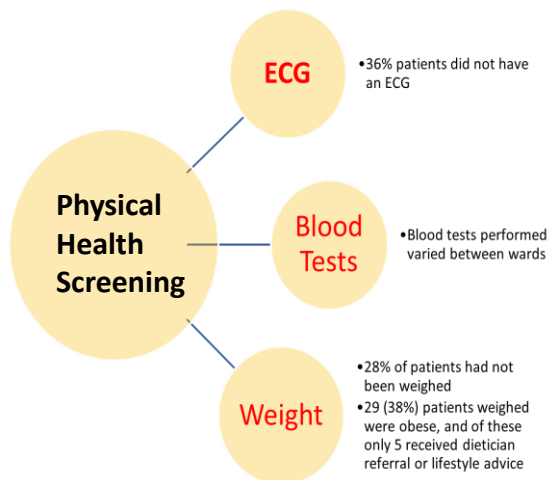
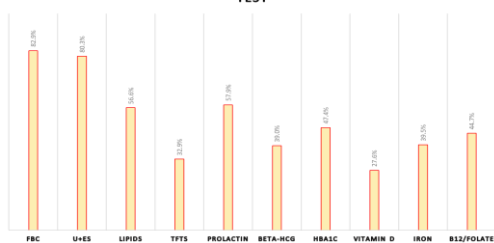


## METHOD and RESULTS

We performed a cross-sectional analysis.

The documentation system was reviewed for evidence of physical health tests which are required by NICE guidelines<sup>1</sup> and can help identify underlying cardiovascular/metabolic disease.

% OF PATIENTS WHO HAVE HAD EACH ROUTINE BLOOD TEST



### KEY POINTS

- There is excess mortality in patients with SMI, and poor physical health contributes to this<sup>2</sup>
- The inpatient setting is an important location for investigation and health promotion

### CONTACT INFORMATION

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### REFERENCES

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