Central and
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Improving Physical Health Monitoring Within The Kensington & Chelsea Older Adult CMHT

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Background

It is well researched that people living with Severe Mental Illness (SMI) may have their life expectancy shortened (compared to general population averages) by upwards of 15-20 years. People with SMI are also at significantly increased risk of developing physical health co-morbidities that are traditionally associated with a more elderly population, such as cardiovascular disease, diabetes and dementia. In addition, the age of onset for these conditions tends to be earlier in those with SMI, a phenomenon of premature morbidity and mortality that has been termed "accelerated biological ageing", and is one of the biggest challenges facing the modern mental health professional - not least because both the diagnosis and treatment of physical illness is less effective in those with SMI than in the general population.

As such, the importance of Making Every Contact Count (MECC) with mental health service users cannot be understated.

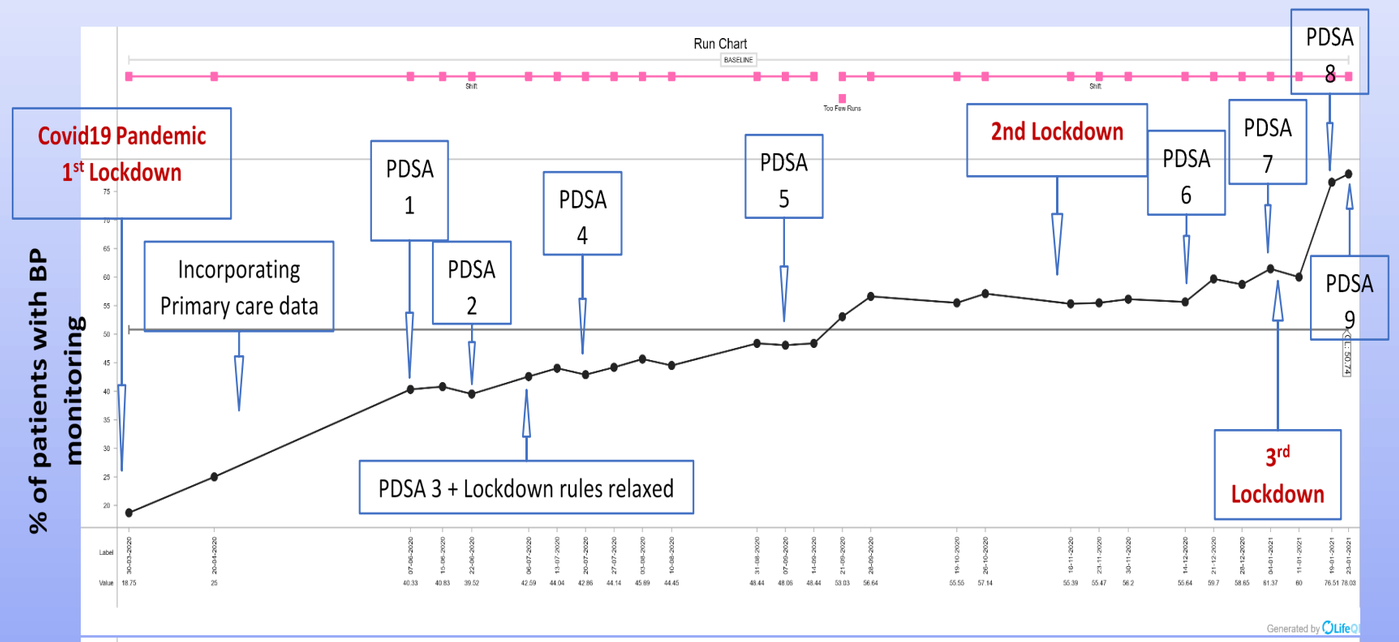
Methods

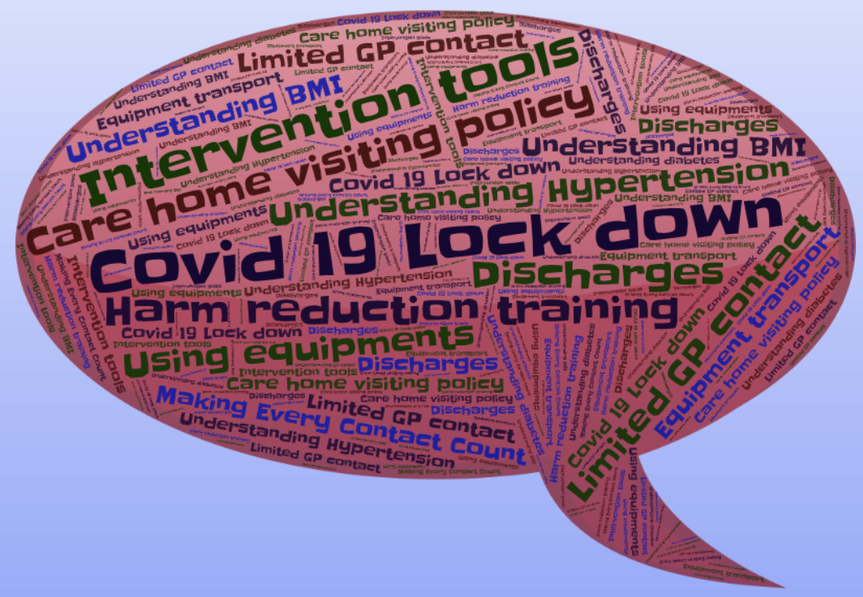
To record the weight and blood pressure and apply the necessary interventions for >80% of service users within 6 months in an older adult community mental health team.

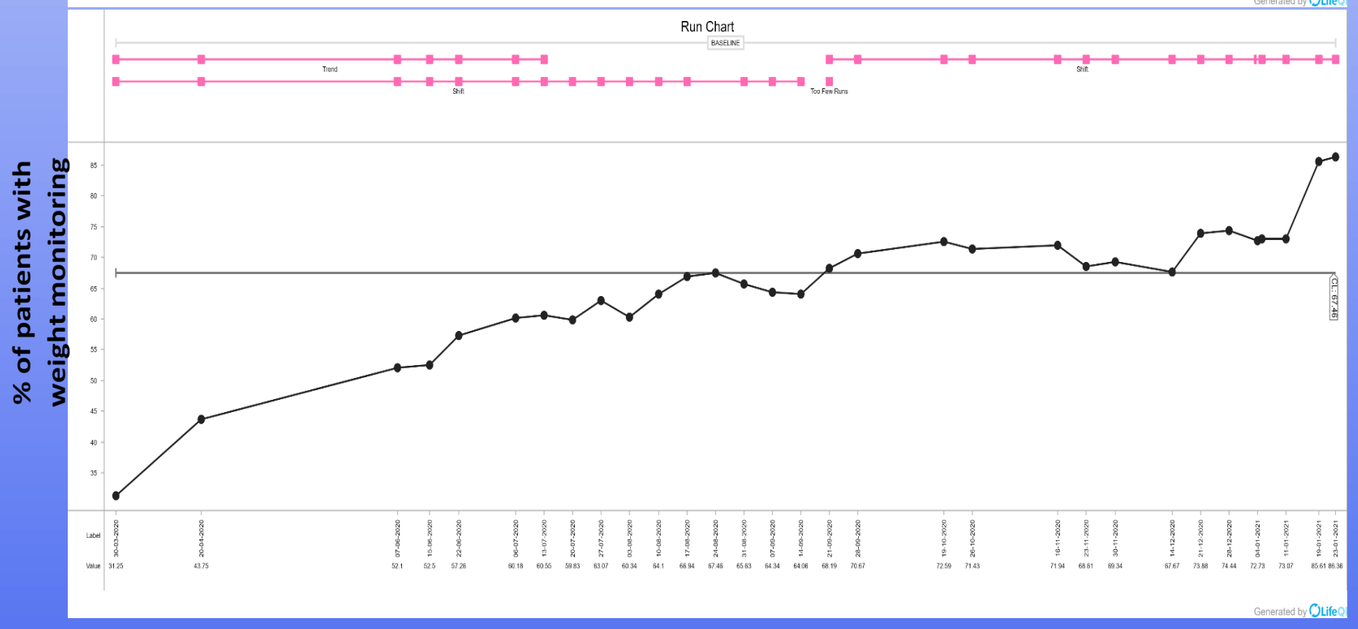
We have implemented a total of 9 PDSA cycles including team teaching presentations, staff feedback surveys and personalised reminders. During covid-19 national lockdowns we were prevented from seeing many patients in person therefore, information on diet and exercise was sent via post.

Results

Overall recordings have increased from below 20% to 78.03% (weight) and 86.36% (blood pressure).







Conclusions

Increased physical health monitoring in line with national and trust guidelines is critical for improving health outcomes; a programme of "**not just screening but intervening**" aims to ensure that potential physical health problems are identified and acted upon in a timely fashion.

In future, we aim to seek feedback from patients to evaluate our interventions and expand to cover all of The Lester Tool parameters.