

Improving the physical health of inpatients in psychiatric rehabilitation services

Dr Mark Petrarca (Core Trainee Psychiatry), Dr Sarah Barber (Senior House Officer), Dr Shirish Bhatkal (Lead Clinician for Rehabilitation Services)

Aims

Implementing a sustainable strategy to improve pertinent measures of inpatient physical health:

- 100% VTE assessments
- 100% Annual Physical Health Screening
- 100% Assessment and Intervention for Cardiometabolic Risk Factors and Substance Misuse

Background

Evidence has consistently shown that patients with severe mental illness have greater physical health morbidity and mortality compared to the general population.

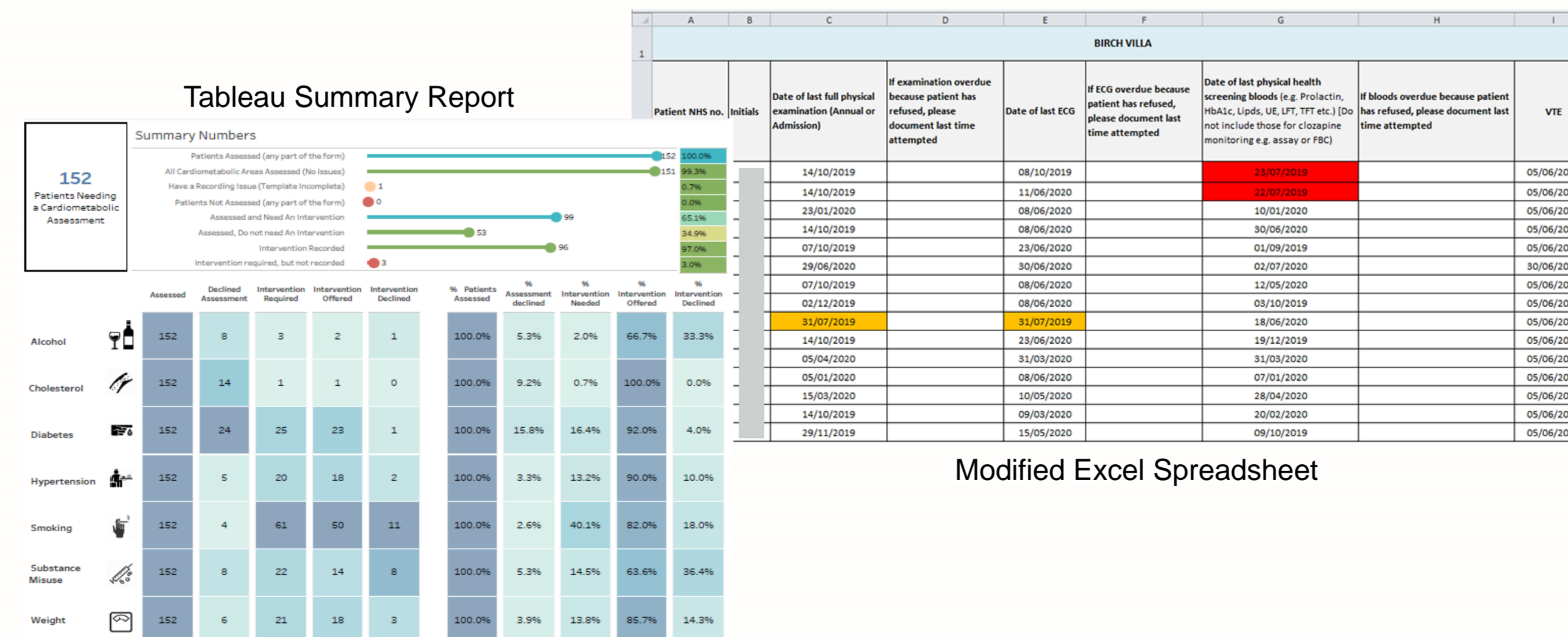
Sustainable and effective interventions to improve the physical healthcare of this vulnerable patient group are therefore warranted.

Methodology

Between May and July 2020, Rehabilitation Services in CNWL undertook three interlinked QI projects aiming to improve physical health care.

We centralised all patient data pertaining to annual physical health screening (physical health examinations, ECG's, and blood tests) and VTE assessments into a modified Excel spreadsheet for individual wards. Formulae within the modified Excel spreadsheet automatically identifies which patients require annual physical health screening and VTE assessments.

We also used data analysis software Tableau to generate reports on cardiometabolic risk factors and substance misuse performance. The Tableau reports are automatically generated by the governance team on a regular basis and then circulated to the physical health leads (junior doctor and lead nurse) on each ward to action.



Results

A total of 152 inpatients from rehabilitation services were included over a 6 week period.

- 100% of patients had VTE assessments completed, including new patients within 24 hours of admission.
- 95.3% of patients received annual physical health examinations and ECG's, and 93.4% of patients had annual screening blood tests.
- 99.3% of patients had cardiometabolic risk factors and substance misuse assessed, and of these 97.0% received the recommended interventions.

Conclusions

The project proved successful because the strategy appears both practically and effectively sustainable. Both the modified excel spreadsheet and tableau software were deemed proficient, providing an efficient system which combines manual audit with automated performance assessment.

Success was demonstrated in the short term, with the next challenge being to maintain this performance in the long-term.

Future plans also consist of expanding the role of Tableau to include all physical health measures as far as possible.

