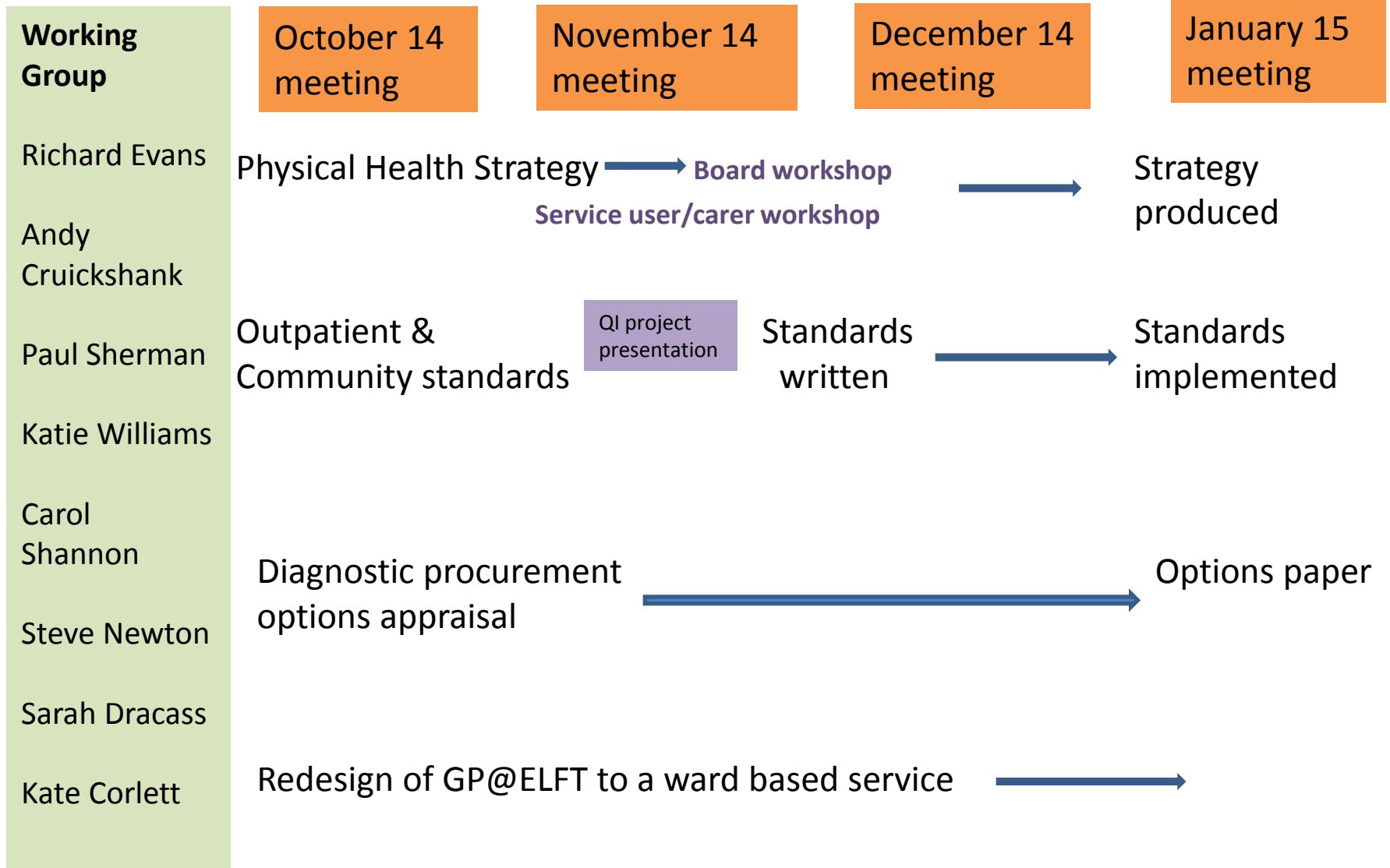


# Physical Health in Mental Health QI Collaborative

# Physical health project



AIM:  
To provide  
the highest  
quality  
mental  
health and  
community  
care in  
England by  
2020

Build the  
will

1. Launch event & roadshows
2. Microsite
3. Using the power of narrative
4. Celebrate successes
5. Network of champions / ambassadors
6. Learning events

Build  
improvement  
capability

1. Initial assessment of alignment & capability
2. Recruiting central QI team
3. Online training
4. Face-to-face training
5. Follow-up coaching on projects
6. Develop in-house training for 2016 onwards

Alignment

1. Align all projects with improvement aims
2. Align team / service goals with improvement aims
3. Align all corporate and support systems
4. Patient and carer involvement in all improvement work
5. Embed improvement within management structures

QI Projects

**Reducing Harm by 30% every year**

1. Reduce harm from inpatient violence
2. Reduce harm from falls
3. Reduce harm from pressure ulcers
4. Reduce harm from medication errors
5. Reduce harm from restraints

**Right care, right place, right time**

1. Improving patient and carer experience
2. Reliable delivery of evidence-based care
3. Reducing delays and inefficiencies in the system
4. Improving access to care at the right location

**REDUCE HARM  
BY 30% EVERY  
YEAR**

**VIOLENCE  
REDUCTION**

**TH Collaborative**

Roman, Globe, Bricklane, Lea,  
Millharbour, Rosebank

**MHCOP**

Larch Lodge, Cedar Lodge, Sally  
Sherman Ward

**Forensics**

Clerkenwell

**PRESSURE  
ULCERS**

**CHN**

EPCS Teams (North East, North  
West, Central, South)  
Multiple I/P Wards

**RIGHT CARE,  
RIGHT PLACE,  
RIGHT TIME**

**PHYSICAL  
HEALTH**

**Children's**

All Community CAMHS,  
Adolescent MHT

**City & Hackney**

Adult Psychiatry CMHT, All CMHT's,  
Assertive Outreach, Rehab, Joshua,  
Conolly

**CHN / MHCOP**

The Lodges, Urgent Care Centre

**Forensics**

Woodberry, Victoria, Limehouse,  
Morrison

**Newham**

CMHT's, Newham Centre for Mental  
Health

**Psychological / LD**

Community Learning Disability  
Service

**Smoking**

Forensics, Millharbour

**ACCESS TO  
SERVICES**

**Children's**

Newham CFCS, CDC West Ham  
Lane, Community CAMHS TH, OT,  
Health Visiting

**C&H**

South CMHT, AOS & CRRT, North  
Team 1 Recovery/Primary Care

**CHN / MHCOP**

Newham Memory Service

**Psychological**

Older People Richmond / Newham  
Specialist Services, City and  
Hackney

# Improving physical health collaborative

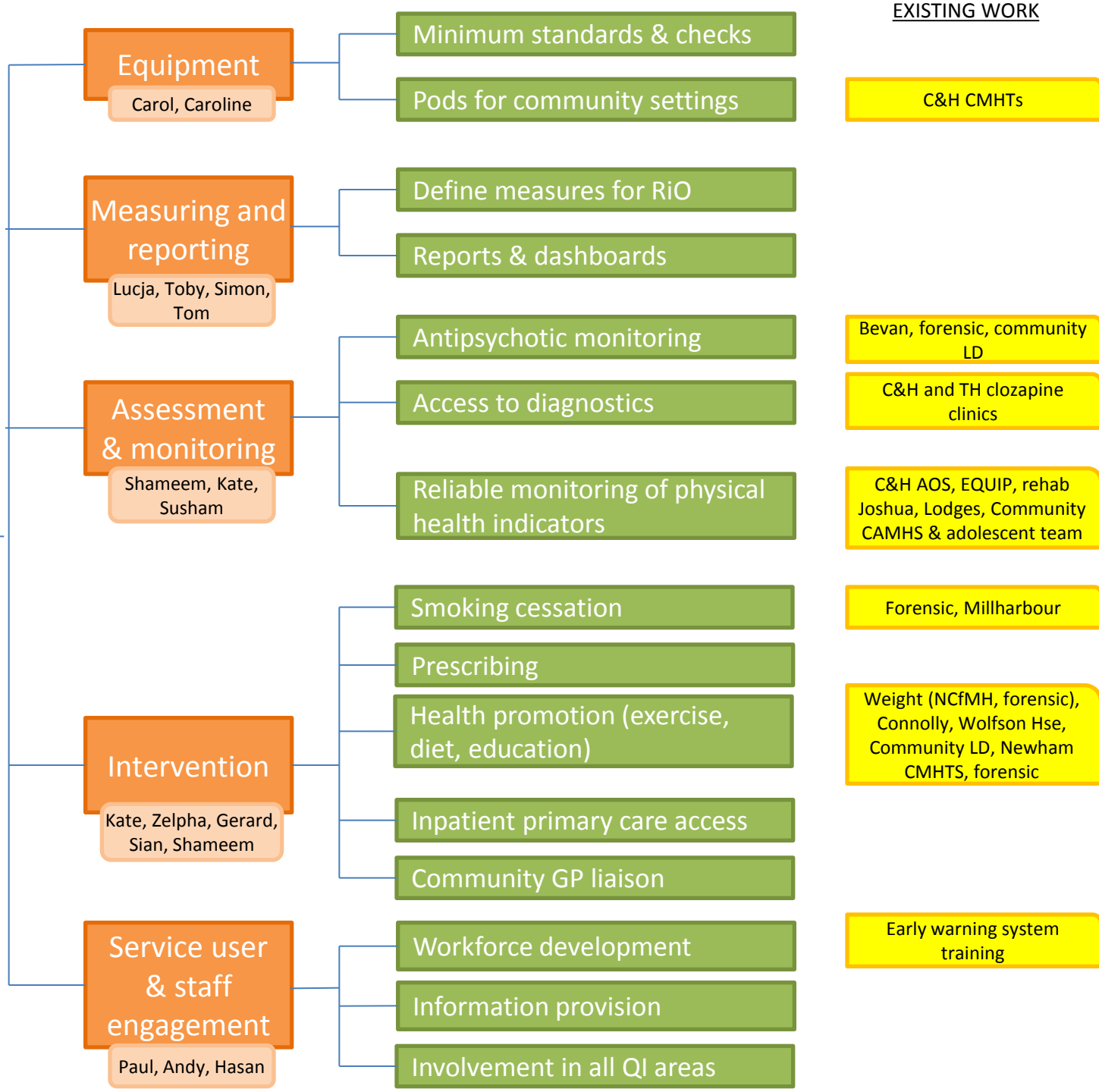
Sponsor: Dr Kate Corlett

## AIM:

Reduce cardiovascular risk for all adults and children for whom we initiate or change psychotropic medication

Outcome measures:

- QRISK2
- BMI



## Q-RISK

The QRISK®2 algorithm has been developed by doctors and academics working in the UK National Health Service and is based on routinely collected data from many thousands of GPs across the country who have freely contributed data for medical research. It is updated annually each April, refitted to the latest data to remain as accurate as possible.

- Age
- Sex
- Ethnicity
- Postcode
- Smoking
- Height
- Weight
- Blood pressure
- Cholesterol:HDL ratio
- Diabetes
- Hypertension
- Heart disease
- Kidney disease
- Atrial fibrillation
- Rheumatoid arthritis

Service user, carer and staff engagement

**Leadership**

- 1. Service user/carer steering group
- 2. Champions

Minimum 2 members per primary driver group for main physical health driver diagram

**Infrastructure**

- 1. Recruitment/selection
- 2. Access to facilities
- 3. Ward routine and structures
- 4. Food provision

**Education**

- 1. Information
- 2. Training – development of resources
- 3. Accessibility
- 4. Language

Change language in JDs and job adverts

**Involvement /Partnership**

- 1. Co-delivery of training
- 2. Involvement in QI projects
- 3. Involvement in physical health interventions
- 4. Development of roles

Move from clinical to learning environment

- Yoga
- Football
- Smoking cessation
- Shared meals

**Build the will (communications)**

- 1. QI newsletter
- 2. Events
- 3. QI microsite
- 4. Trust comms

**AIM:**  
To create a culture of collaboration between everyone to improve physical health

