

# Improving physical health monitoring at the DWC

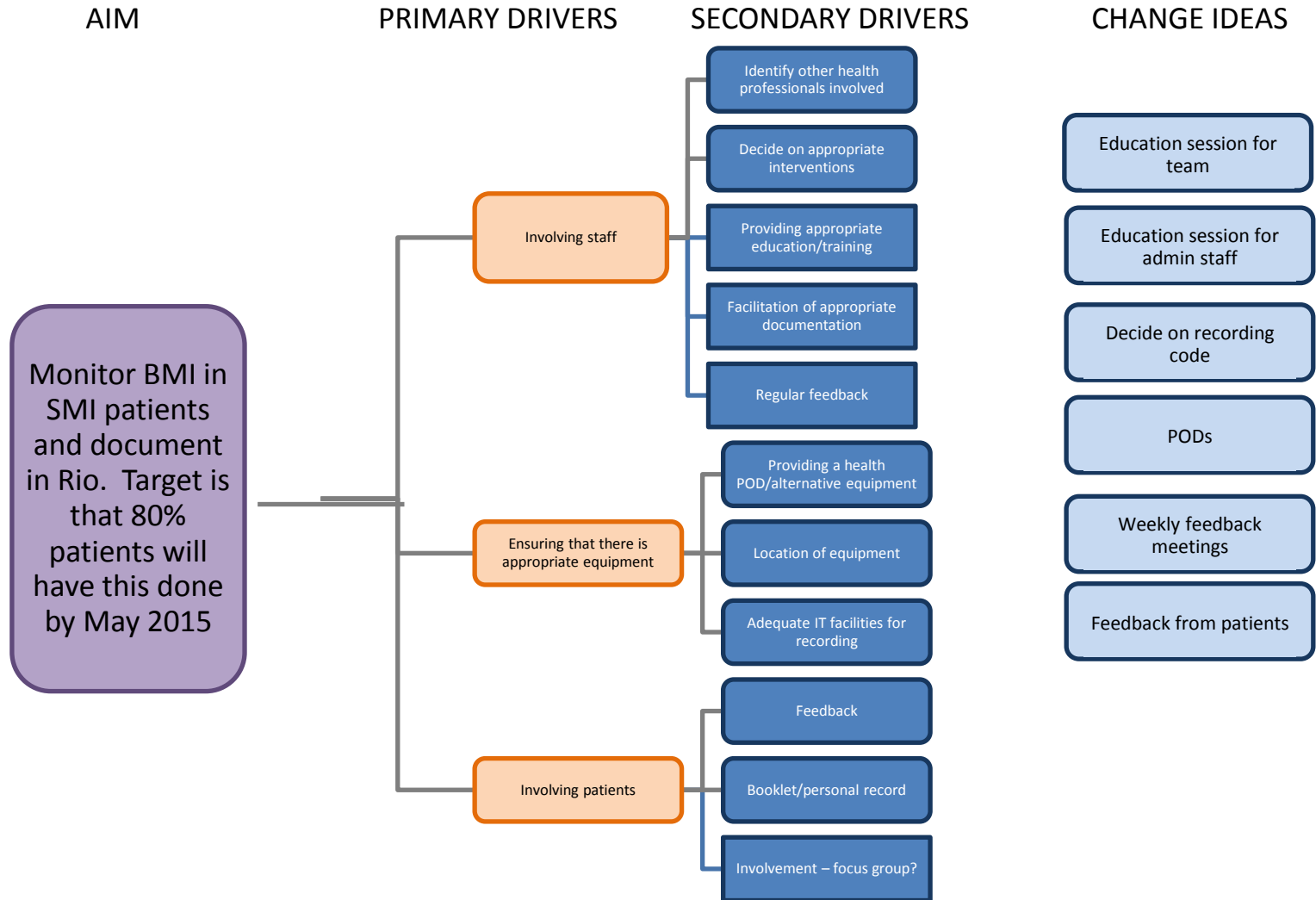
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# Background

- Lack of integration between physical and mental health
- Psychosis is associated with poor physical health, including obesity, increased rates of cardiovascular disease and metabolic disorders eg DMII
- The problems can be exacerbated by the use of antipsychotics.
- Improving physical healthcare to reduce premature mortality in people with SMI is a priority for ELFT and NHS England.
  - Recent NICE guidance on physical health monitoring
  - City And Hackney Physical Health Strategy group

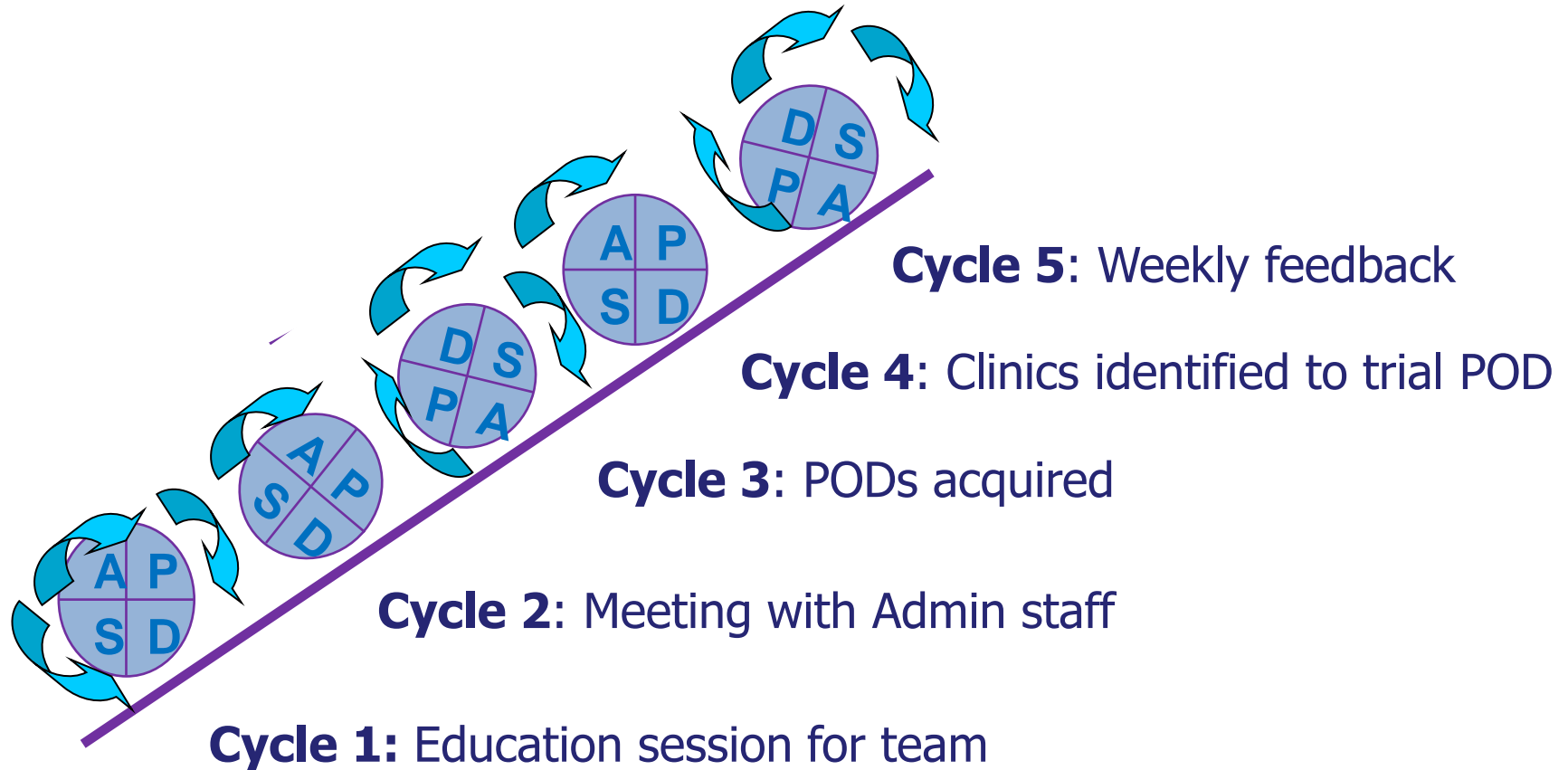
# Driver Diagram



# Picture of POD!

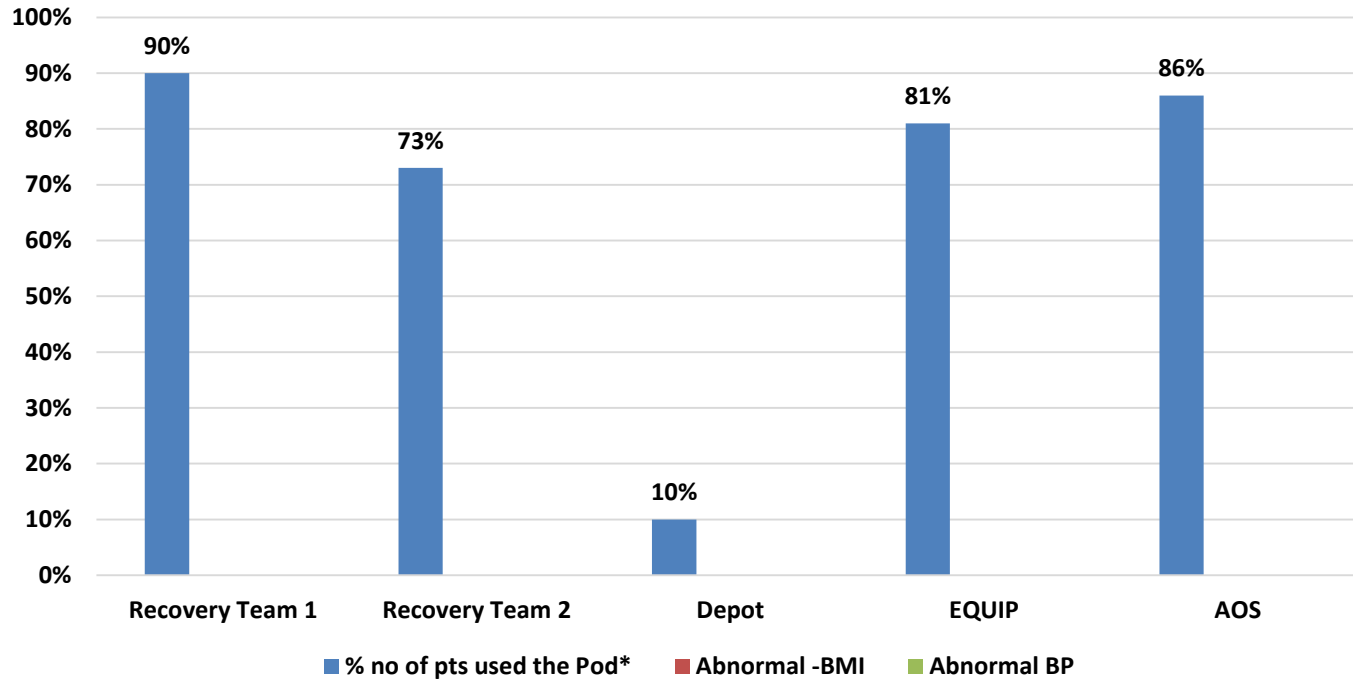


# Sequence of PDSA's – for one change idea or secondary driver



# Data

## Pod Data Summary



# Learning on pod

- Helpful screening tool in community mental health
- Integrates physical and mental health
- Clinical staff needed to guide most patients on first use
- Patient feedback positive, encourages discussion about their physical health in clinic
- Staff feedback positive

# What next?

- Standardise methods of recording results
- Bloods and ECGs
- Rolling education programme for staff
- Engaging patients – booklet?
- Interventions (dietician, gym groups etc)
- Hoping that the POD will be back!