

Improving physical health monitoring of City and Hackney Assertive Outreach Service Patients

Dr Elvan Akyuz, Dr Amit Jain, Dr Susham Gupta (QI Sponsor), Declan Phelan, Dr O Ogbeide, Jamie Magras, Gary Rodgers, Dean Kidd, Tsana Rawson (QI Coach)

WHY:

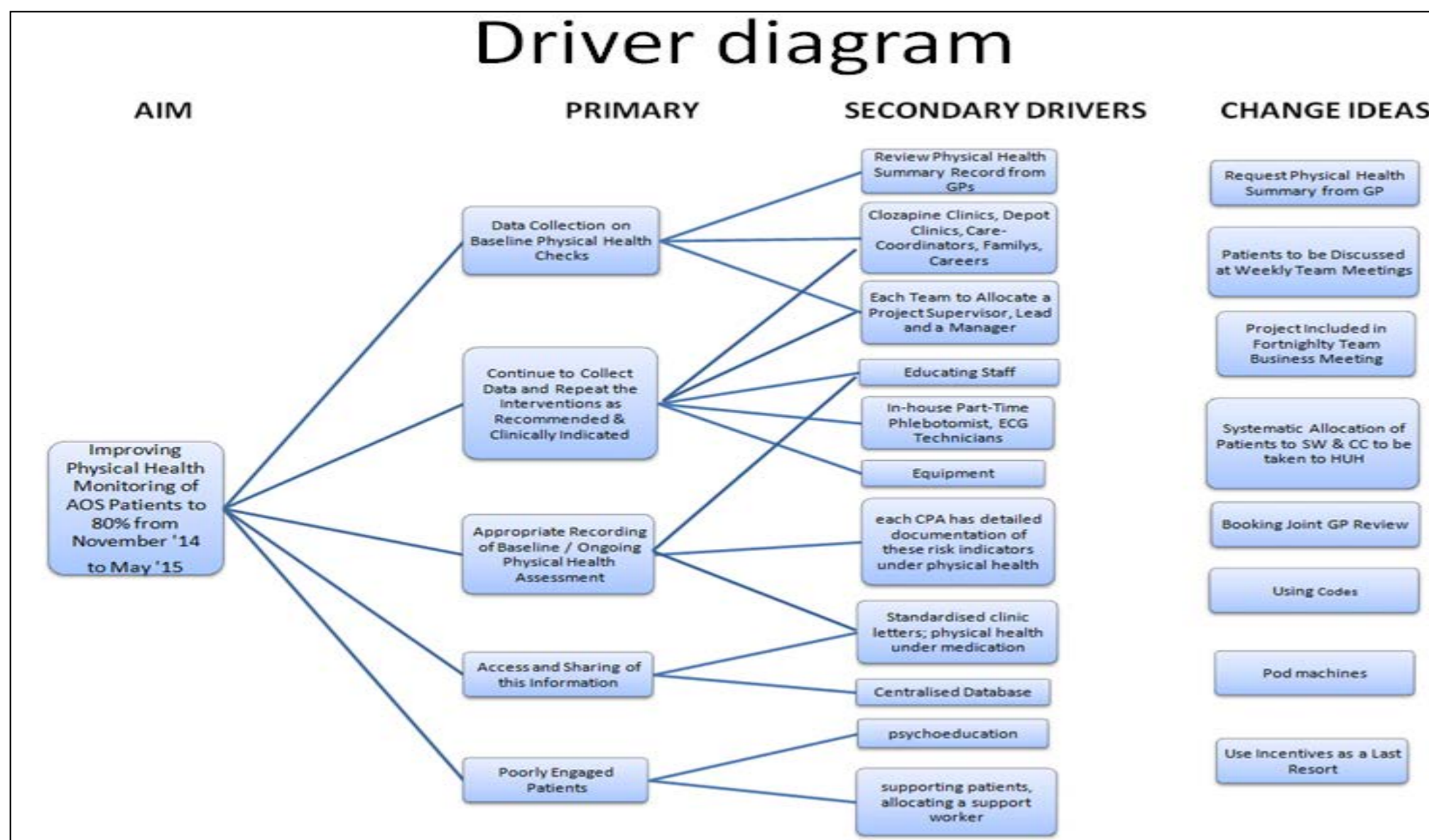
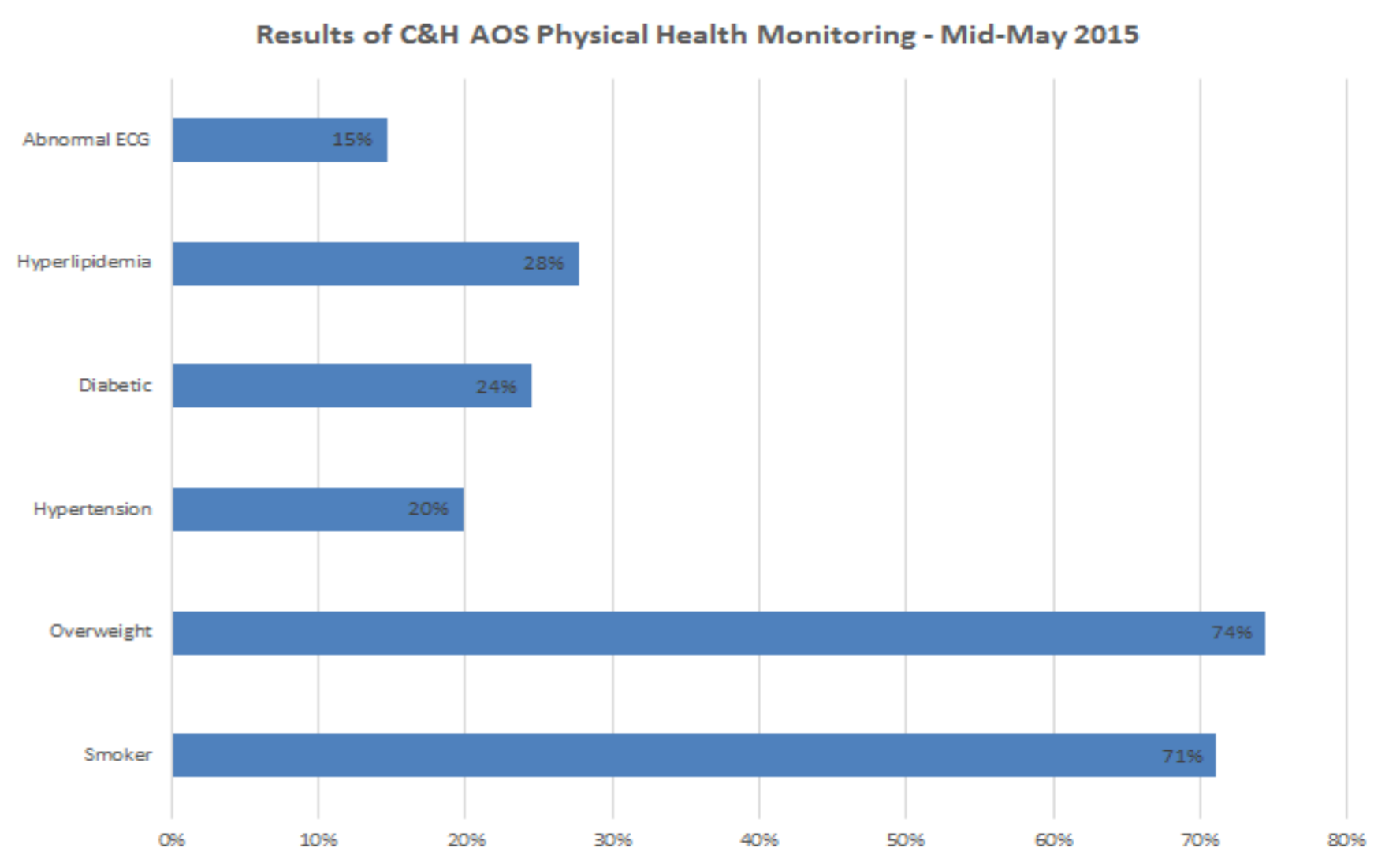
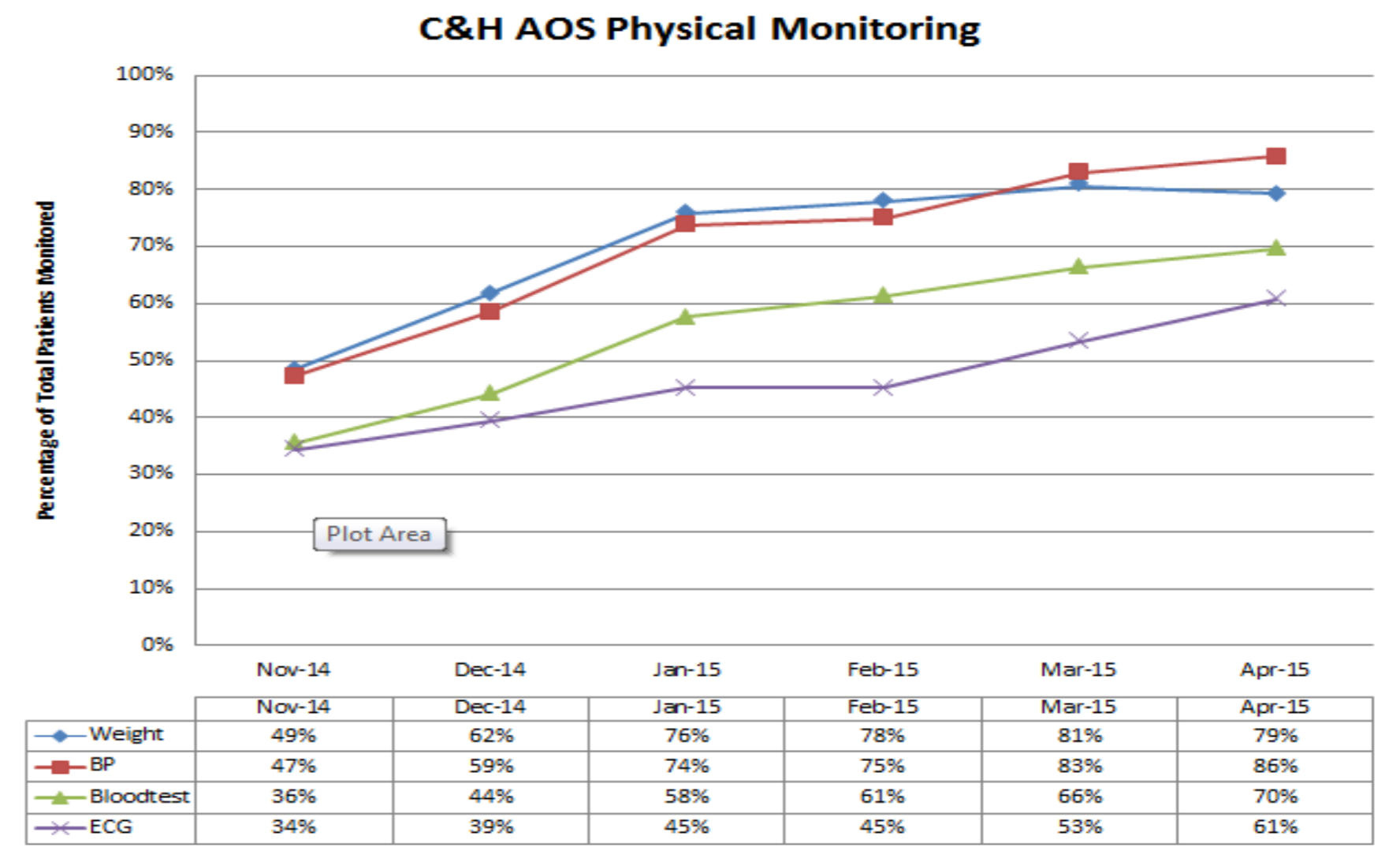
Severe mental disorders are associated with poor physical health and increased rates of premature mortality. People with schizophrenia have a life expectancy which is approximately 20% shorter than the general population.

Among other risk factors, such as poor diet, physical inactivity and high rates of smoking, the iatrogenic effects of anti-psychotic medications have been found to significantly increase the risk of metabolic syndrome. This can easily be detected through regular monitoring.

AIM:

Improving physical health monitoring (blood tests, weight, ECG, BP) of AOS patients to 80% by July 2015.

RESULTS:



LESSONS LEARNT:

- This project demonstrated that effective leadership, collaborative team work, embedding the project in our daily practice, generating local solutions and improved communication between primary and secondary care can increase the physical health monitoring of this complex and challenging patient group.
- The creation of a local database updated weekly with monthly presentation on progress can help embed physical monitoring into daily practice
- Physical health pods were an effective tool. There was an 86% uptake with these.
- The team continues to identify other areas for change that may lead to further improvement in the physical health monitoring of AOS patients while making sure that the improvement is sustained.

PDSA CYCLES:

