

CARDIOVASCULAR MORTALITY PREVENTION IN NAFOS

Newham Assertive Outreach Service (NAFOS)

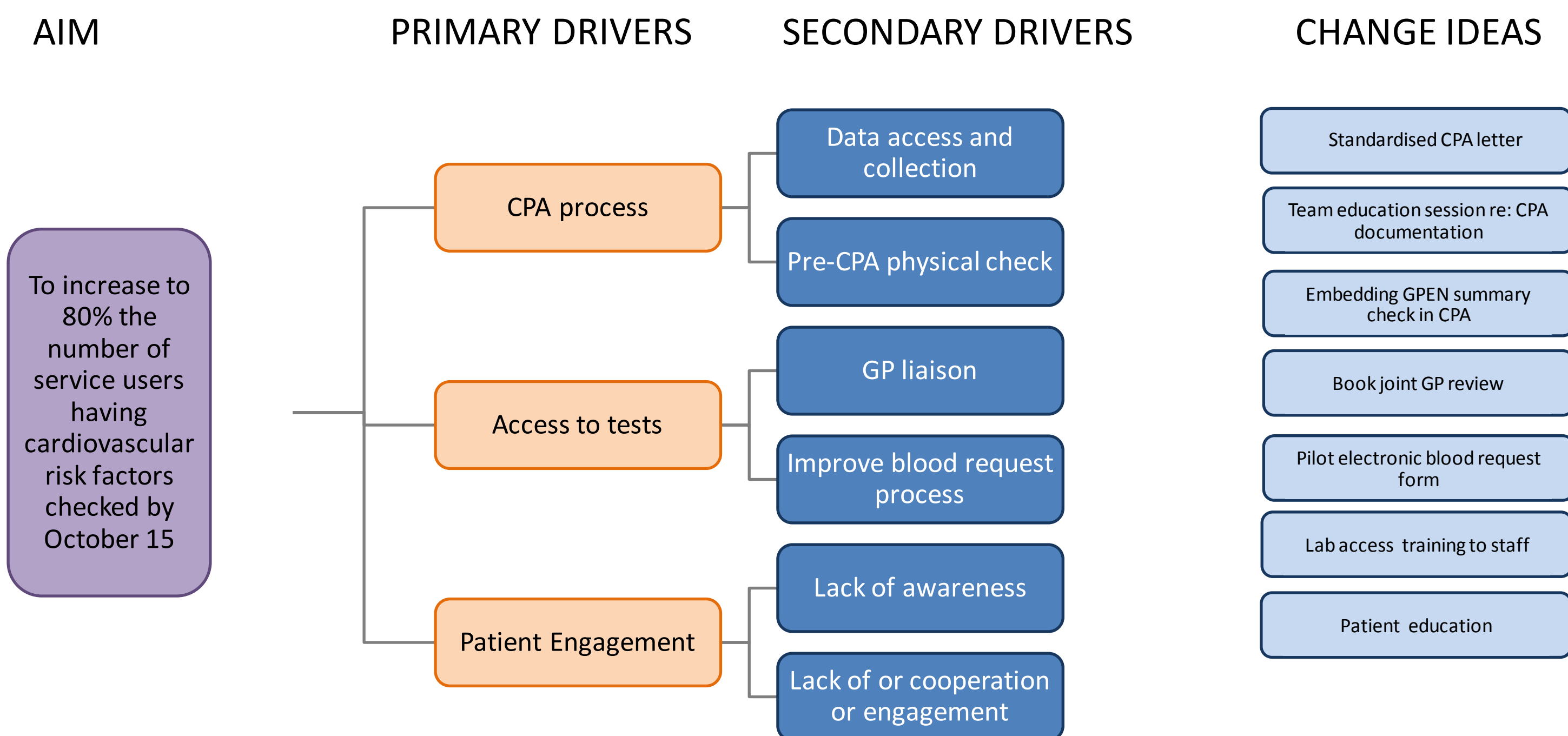
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Why: Mortality in Severe Mental Illness due to natural causes is higher than the normal population. Patients are also prescribed antipsychotic medication which can contribute to the development of cardiovascular risk factors associated with increased mortality. Screening and monitoring of these potentially modifiable risk factors (obesity, smoking, diabetes, hypertension, high cholesterol) is the first step to attempt to reduce this mortality. This is also now a national drive and a CQUIN target

Aim: To increase the screening of cardiovascular risk to 80% of all patients under the care of NAFOS, by assessing the following risk factors :

- **Lifestyle factors:** smoking, drugs and alcohol use, diet and exercise.
- **Observations and measurements:** Weight, BMI and Blood Pressure
- **Blood tests:** Glucose /HbA1c and lipids / cholesterol

Driver Diagram



What are we testing?

1. Pre-CPA and CPA physical checks
2. Electronic blood request form – internal factor (*)
3. Extended phlebotomy hours – external factor (**)
4. Physical Health Monitoring in-line RIO Form – (***)

Key lessons:

The use of the RIO inline form and the introduction of the CQUIN agenda may have increased the performance.

Outcome measures – new assessments per week

