

# HEALTHY LIFESTYLE FOR LONGER LIVING

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**Why:** Service users who suffer from a severe mental illness are more likely to suffer cardiovascular disease and die an average of 15-20 years earlier.

**NICE Guidelines 2013:**

- 150 mins per week moderate intensity physical activity - Total 30mins per day can be split into 10min intervals
- 75mins vigorous and muscle strengthening sessions 2xweek.

**Aim:** 50% of SU to achieve 30 min of physical activity per day by April 2016.

**PDSA Cycles:**

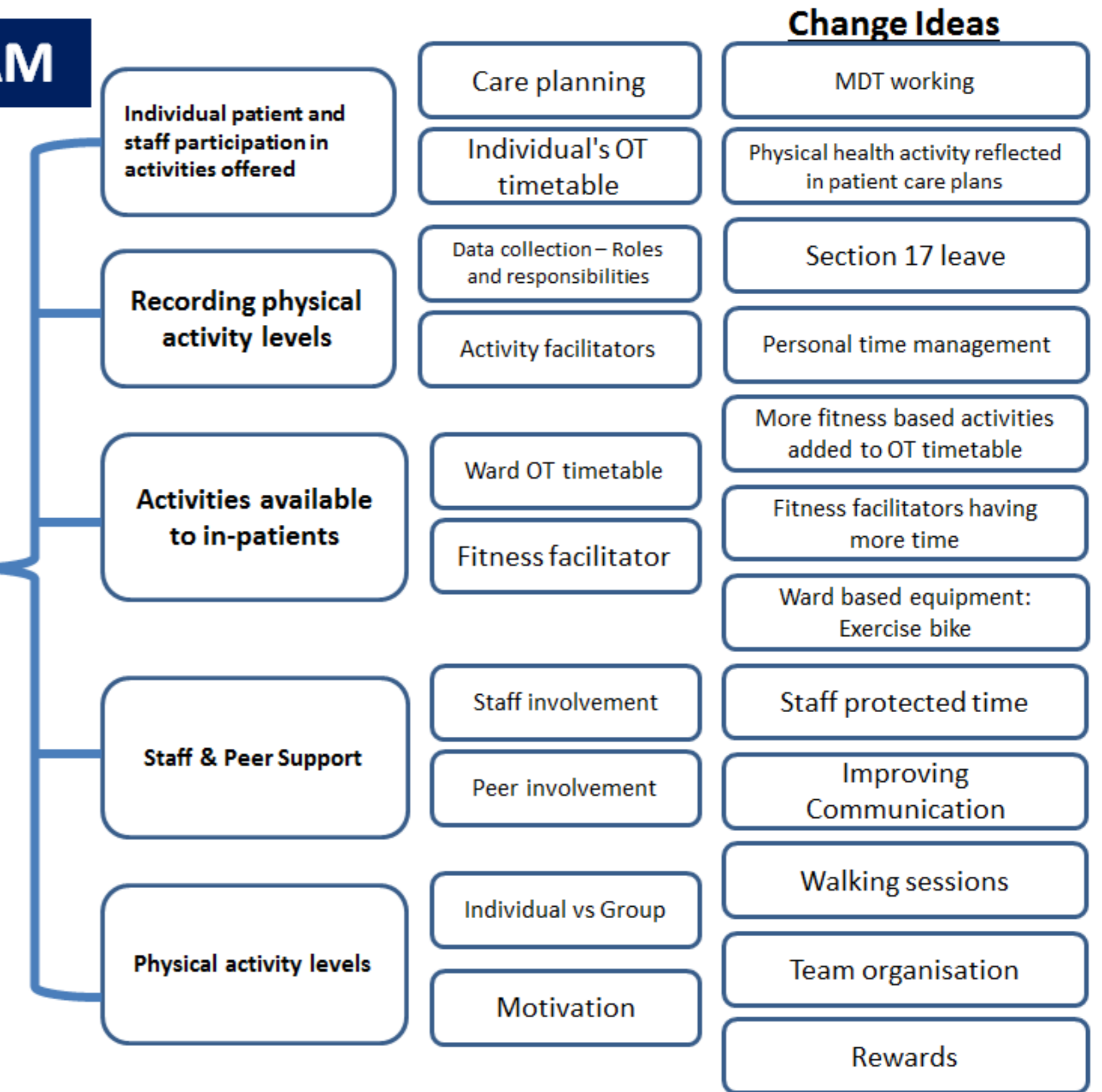
1. New physical activity chart for recording daily physical activity levels.

**Future PDSA cycles:**

Test ways to increase service users physical activity levels.

## DRIVER DIAGRAM

50% of SU to achieve 30 min of physical activity per day by April 2016



**Key lessons:**

- Data collection can be creative
- Importance of having MDT as part of project team
- Importance of service user involvement

**Measures:**

**Outcome Measure:** % service users completing 30mins physical activity per day.

**Process Measure:** % Service users being physically active on a daily basis.

**Process Measure:** % physical activity involves service user and staff member.

