

## Improving physical health monitoring of AOS service users

NHS Foundation Trust

East London NHS

Elvan Akyuz. Declan Phelan, Dean Kidd, Jamie Magras. Osagie Ogbeide, Susham Gupta

Aim

Improving physical health monitoring (blood tests, weight, ECG, BP) of AOS patients to 80% from November 2014 to May 2015.

## Why is this important to service users and carers?

It is well know that people with schizophrenia have a life expectancy which is approximately 20% shorter than that of the general population and a substantial mortality difference exists between people with schizophrenia and the general community <sup>(1-2</sup> 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 increase the risk of metabolic syndrome. This can easily be detected through regular monitoring, so it therefore a priority to improve the reliability of this.



For full details of this project read the article published on BMJ Quality: <u>https://qi.elft.nhs.uk/collection/published-projects/</u>



## Data



## Learning

- Effective leadership, collaborative team work, routine recording of the results and improved communication between primary and secondary care increased the AOS physical health monitoring.
- The creation of a local database updated at weekly clinical meeting with monthly presentation on the progress can help embed this into daily practice.
- Increasing physical health monitoring of its patients has implications on C&H AOS's operational functioning, training and supporting infrastructure
- Clear understanding between the Trust and CCGs around shared care protocols.