

## Newham Assertive Outreach Service (NAFOS)

### Aim

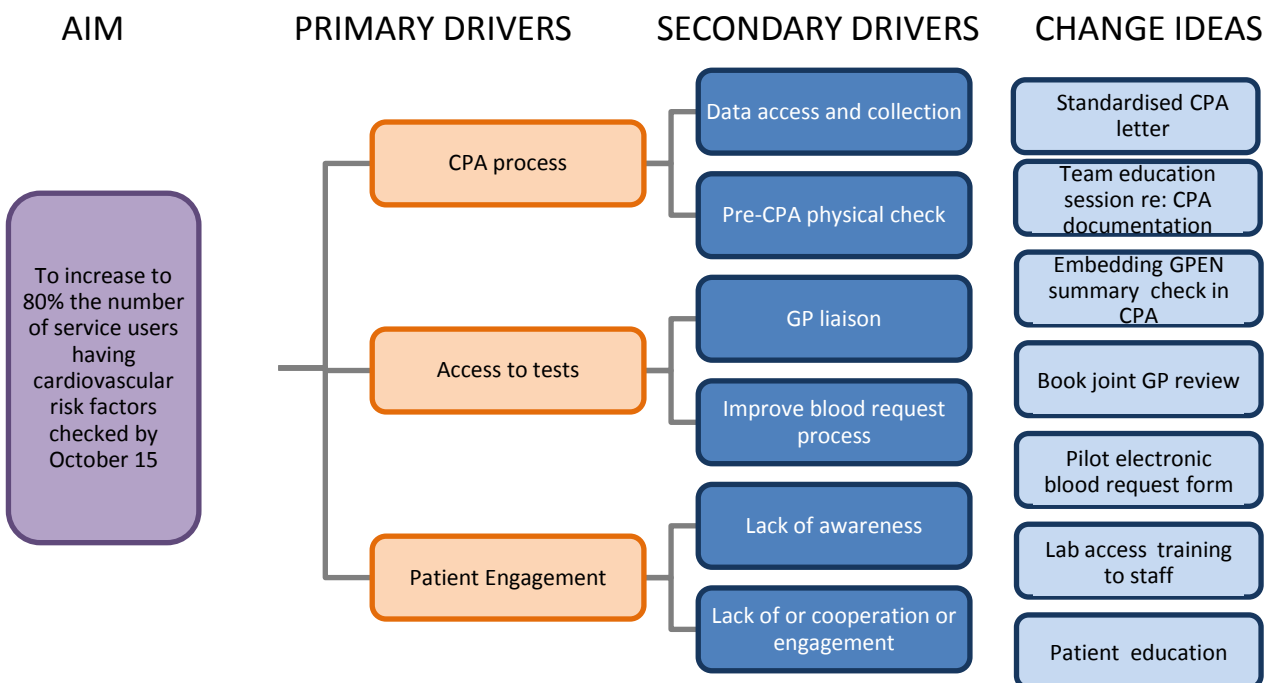
To increase the screening of cardiovascular risk to **80%** of all patients under the care of NAFOS, by assessing the following risk factors :

- **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

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

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.

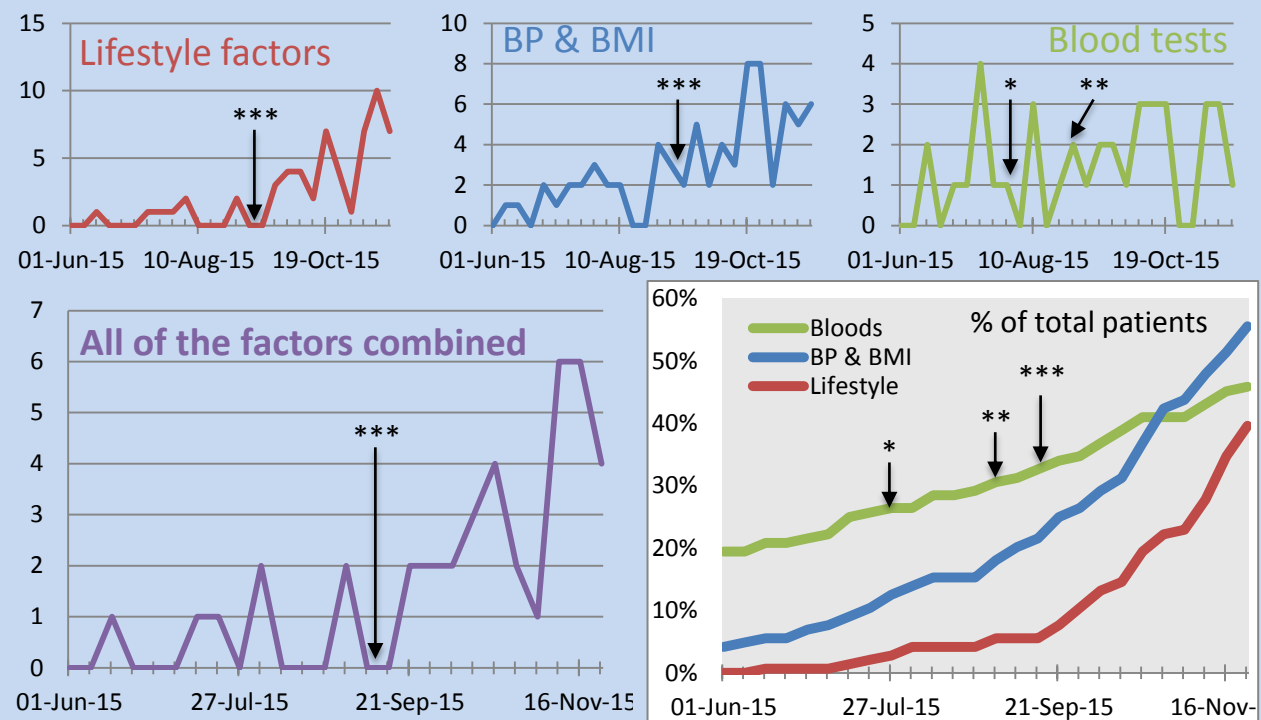
### Driver diagram



### 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 – (\*\*\*)

### Outcome measures – new assessments per week



### Learning

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