

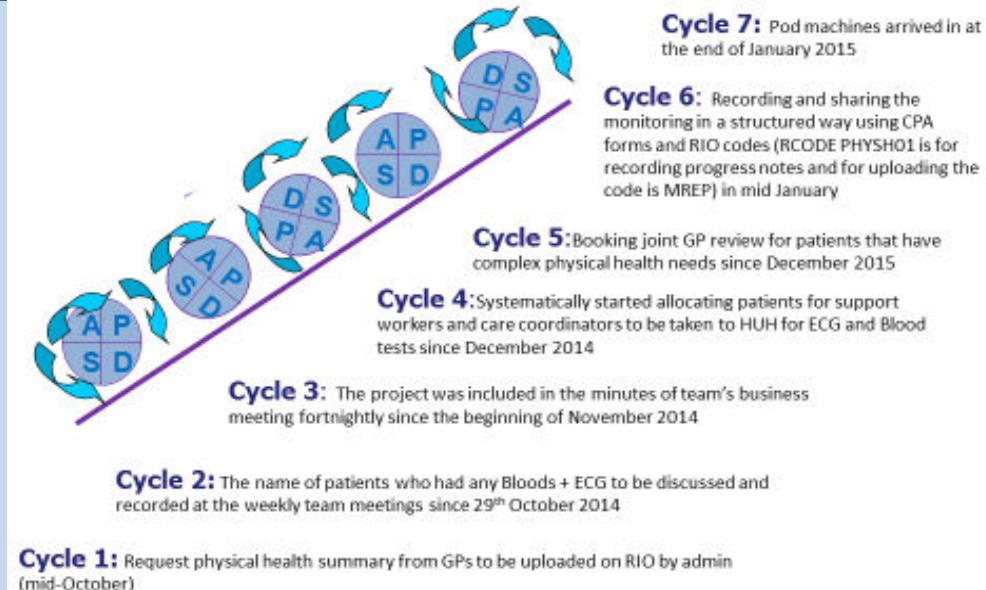
Aim

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?

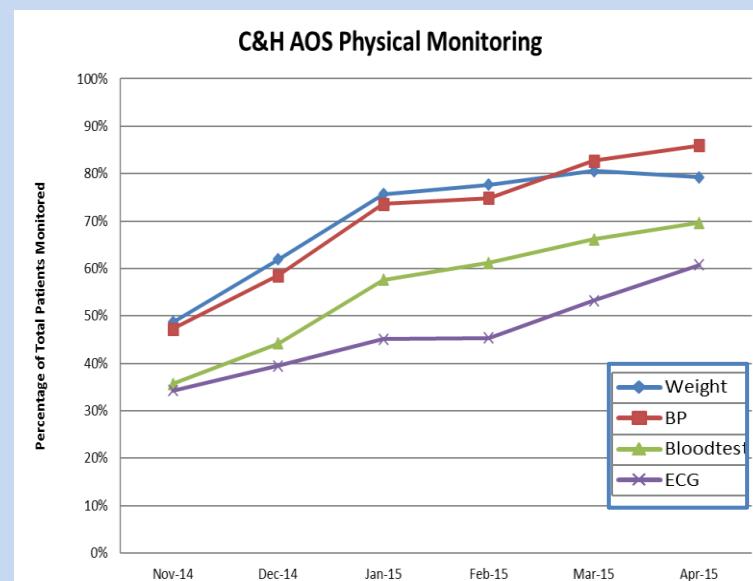
It is well known that people with schizophrenia have a life expectancy which is approximately 20% shorter than that of the general population and a substantial mortality difference exists between people with schizophrenia and the general community⁽¹⁻²⁾ Among other risk factors, such as poor diet, physical 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.

Tests of Change



Data

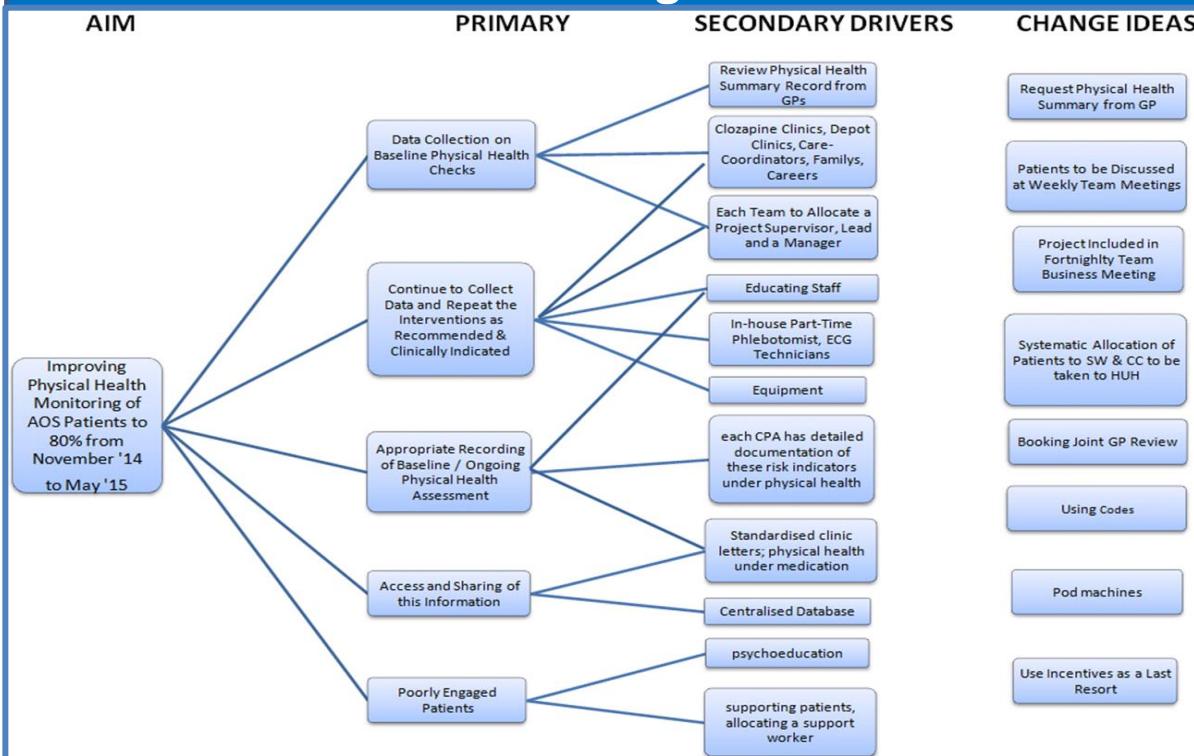
The project involved setting a specific aim which was improving the physical health monitoring of AOS patients to 80% by July 2015 and for our patients to have physical health checks (blood tests, weight, ECG, BP) as a minimum annually. From baseline measurements of between 50-75%, we reached our target of 80% for weight, BP and blood tests monitoring, with 89%, 91% and 84% achieved respectively by July 2015. Further progress still needs to be made on ECGs, with 77% achieved by July 2015, although the monitoring of ECG nearly doubled from 39% in November 2014 to 77% July 2015.



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.

Driver diagram



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