

Meeting the physical health needs of people with serious mental illness in primary care

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Yorkshire – ‘God’s Own Country’



Tour de
Yorkshire



York



Poms Losing in 2018



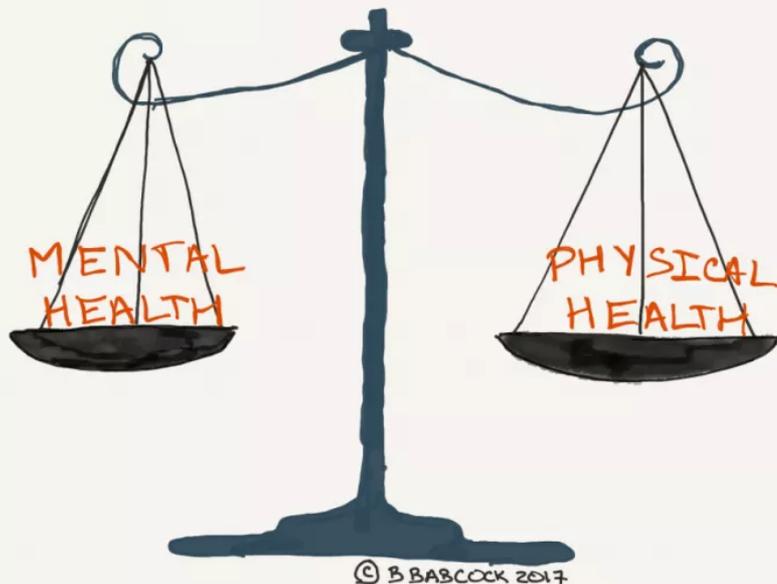
And Winning...in 2003!



UK Policy Background

Parity of Esteem

#ihavementalhealth



1

For every person affected by cancer in the UK, over **£1,500** is spent on **research**. For people with **mental ill health**, it's **less than 1%** of that.



Mental Health
Foundation

#MHAW17

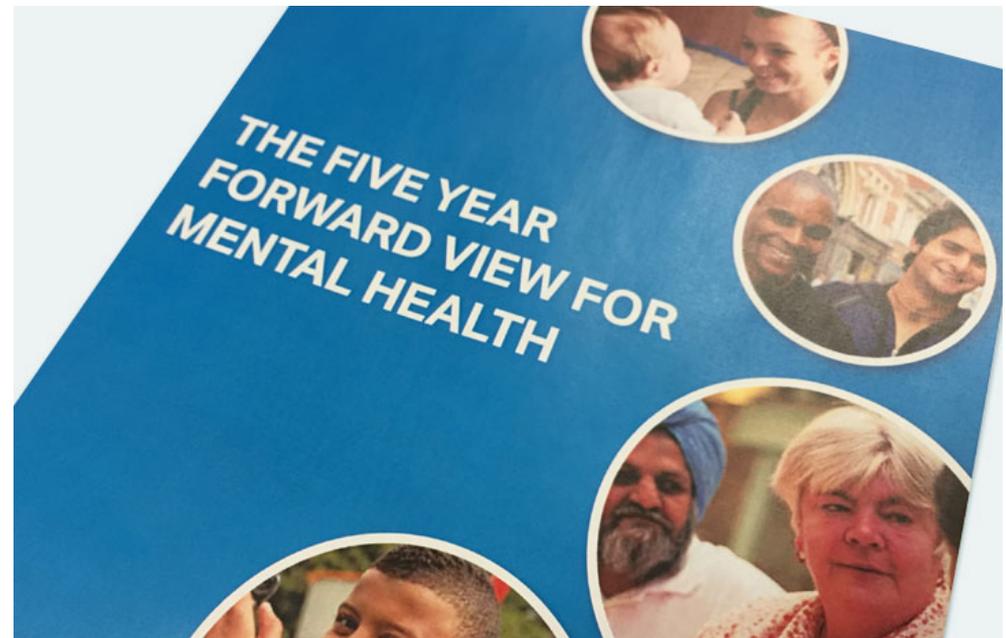
**Funding and staffing
of NHS mental health
providers: still waiting
for parity**

kingsfund.org.uk/publications

Five Year Forward View for Mental Health

Sets out journey for transformation of services

- Early detection
- Expanding access to **physical health assessment and interventions**
- Psychological therapies
- Employment support

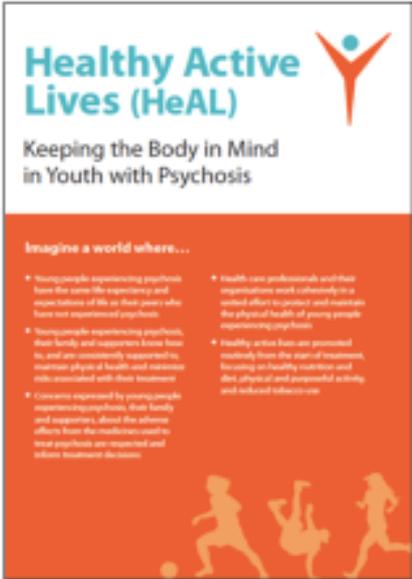


Healthy Active Lives Declaration (HeAL)

International consensus statement widely endorsed across the UK



www.iphs.org.au



Healthy Active Lives (HeAL)
Keeping the Body in Mind
in Youth with Psychosis

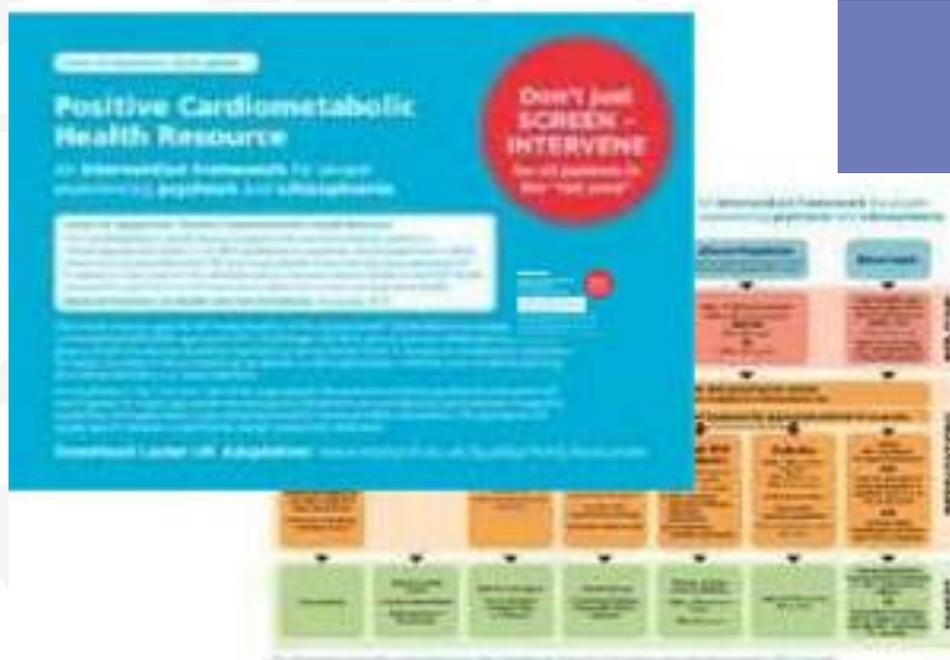
Imagine a world where...

- Young people experiencing psychosis have the same life expectancy and expectations of life as their peers who have not experienced psychosis.
- Health care professionals and their organisations work collaboratively in a united effort to protect and maintain the physical health of young people experiencing psychosis.
- Young people experiencing psychosis, their family and supporters know how to, and are consistently implementing, maintain physical health and maintain risks associated with their treatment.
- Health care professionals and their organisations work collaboratively in a united effort to protect and maintain the physical health of young people experiencing psychosis.
- Health care teams are provided routinely from the start of treatment, focusing on healthy nutrition and their physical and psychosocial activity and reduced tobacco use.
- Concerns expressed by young people experiencing psychosis, their family and supporters about the adverse effects from the medicines used to treat psychosis are respected and inform treatment decisions.



Cardiometabolic Health Resource

The 'Lester Tool' – adapted for use in UK by Royal College of GPs and Royal College of Psychiatrists



Pay-for-Performance

Principal UK schemes

- Quality and Outcomes Framework (**QOF**): Primary Care
- Commissioning for Quality and Innovation (**CQUIN**):
Secondary Care



Changes to QOF Indicators

Present QOF

- Blood pressure
- Alcohol
- Cervical Screening
- Lithium

Pre-2014 QOF

- Cholesterol/HDL
- Blood glucose
- BMI



The late Professor Helen Lester

Early Findings

I think a lot of our patients have a pretty shitty quality of life. Their symptoms aren't controlled either because the tablets aren't right for them or because they don't have the insight to take them. They lurch in and out of crises...so it's just a grim lifestyle really.

(GP, male, Harrogate and Rural District CCG practice)

It's just that frustration that you're trying to do the best for the patient who's having difficulty accessing the service, and there are a lot of barriers put up.

(GP, female, Vale of York CCG practice)

One of my sadnesses of general practice...it's been made bigger and bigger, and more, oh they love this word, 'corporate' and 'practice at scale', and that simply means we're distant and inaccessible to the patient.

(GP, male, Vale of York CCG practice)

Workstream 2: Big Data

Research question

- What difference, if any, did the QOF make to how the physical health of SMI patients was managed?

Method

- Interrupted Times Series analysis
- Electronic Health Records using Clinical Practice Research Datalink (CPRD)

Mental Health & Addiction Research Group (MHARG)

Directed by Prof. Simon Gilbody

- Also my primary PhD supervisor

Mental Health Themes

- Primary care mental health
- SMI and physical comorbidity

Exemplar SMI trials

- SCIMITAR (smoking cessation RCT)
- DIAMONDS (diabetes)



Build More International Collaborations



Fill gaps in evidence
Close SMI mortality/morbidity gap

Big Thanks to My Generous Host



**Healthy Active
Lives (HeAL)**



Keeping the Body in Mind
in Youth with Psychosis



Equally Well

quality of life — equality in life



Health
South Eastern Sydney
Local Health District

Thank You All for Listening

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“A Note From Frozen Yorkshire”



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Spring Icicles...in March!

