

# Suffolk Physical Health Team (SMT)

Brendan Colton (Team Manager)

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## Positively...



**Be proactive...**  
Look for solutions, think creatively and focus on what we can do

**Take pride...**  
Always do our best

**Take responsibility...**  
Plan ahead, be realistic and do what we say we will

**Support people to set and achieve goals...**  
And be the best they can

**Recognise people...**  
Their efforts and achievements, and say thank you

## Respectfully...



**Value everyone...**  
Acknowledge people's unique experiences, skills and contribution

**Step into other people's shoes...**  
Notice what's actually happening

**Take time to care...**  
Be welcoming, friendly and support others

**Be professional...**  
Respect people's time and be aware of our impact

**Be effective...**  
Focus on the purpose and keep it as simple as possible

## Together...



**Involve people...**  
Make connections and learn from each other

**Share...**  
Knowledge, information and learning

**Keep people updated...**  
With timely, open and honest communication

**Have two-way conversations...**  
Listen and respond

**Speak up...**  
Seek, welcome and give feedback



# Severe Mental Illness – what is it?

As per NHS England guidance, SMI is clarified specifically by diagnosis.

## **SMI includes:**

- Schizophrenia
- Schizoaffective disorder
- Bipolar affective disorder
- Persistent delusional disorder
- Psychotic depression
- Schizotypal Personality disorder
- Acute and Transient Psychotic episodes

People with SMI are at increased risk of poor physical health. The life expectancy of the SMI cohort is reduced by an average of 15-20 years compared to the general population, mainly due to preventable co-morbid physical illness. Two thirds of these deaths result from preventable conditions, including heart disease and cancer.

Compared to the general population, people with SMI are:

- Three times more likely to attend A&E with an urgent physical health need;
- Almost five times more likely to be admitted as an emergency case;
- Three times more likely to smoke;
- Three and a half times more likely to lose all teeth;
- Double the risk of obesity and diabetes, three times the risk of hypertension and metabolic syndrome, and five times the risk of dyslipidaemia

# The Severe Mental Illness (SMI) physical health check – what is it?

In the Mental Health Five Year Forward View, NHS England committed to leading work to ensure that by 2020/21, 280,000 people living with SMI have their physical health needs met by increasing early detection and expanding access to evidence-based physical care assessment and intervention each year.

This equates to a **target of 60%** of people on the General Practice SMI register receiving a full and comprehensive physical health check and required follow up care.

The following forms the physical health check:

Core health check elements	Additional health check elements	Access to national screening programmes
<ul style="list-style-type: none"><li>• A measurement of weight</li><li>• A blood pressure and pulse check</li><li>• A blood lipid including cholesterol test</li><li>• A blood glucose test</li><li>• An assessment of alcohol consumption</li><li>• An assessment of smoking status</li></ul>	<ul style="list-style-type: none"><li>• An assessment of nutritional status, diet and level of physical activity</li><li>• An assessment of use of illicit substance/non prescribed drugs</li><li>• Medicines reconciliation or review</li><li>• Relevant follow-up interventions where indicated</li></ul>	<ul style="list-style-type: none"><li>• Breast Cancer</li><li>• Bowel cancer</li><li>• Cervical cancer</li></ul>

# Suffolk Physical Health Team (SMI) – who are they and what do they do?

In 2018/19 a LES was introduced locally to support practices to undertake annual health checks for the patients on their SMI registers. The CCG reports to NHS England on a quarterly basis on each of the physical health check elements. In 2019/20, the LES continued alongside the formation of the Suffolk Physical Health Team (SMI).

## The Suffolk Physical Health Team (SMI) are responsible for...

- Undertaking annual SMI physical health checks for individuals who have not had not had this check in the last 12 month period from their Primary Care Practice, or from Secondary Care.
- Through effective communication with Primary Care, we can determine SMI patients that the team will offer a SMI physical health check to.
- Offer checks to patients who have not responded to Primary Care invitations (two attempts to engage them in a SMI physical health check).
- Support the development of primary care staff in areas such as core mental health awareness, physical health promotion and behavioural support / management for individuals with an SMI.
- Provide consultation, advice and brief assessment formulation to GPs on the needs of patients with an SMI.
- Support the development of accurate SMI registers within Practices, annual health checks and appropriate follow-up interventions for adults with an SMI.
- Attend Primary Care Practices to 'fine tune' our collaborative approach to meet joint targets.
- Developing a method with the practice by which to share health check activity so that the patient's record can be updated by the practice (in the absence of NSFT having access to the practice's clinical system).

# Suffolk Physical Health Team (SMI) – who are they and what do they do?

## The Team

### 1 x Band 8 Manager

Brendan Colton (Manager) – a Mental Health Nurse background, and Nurse Prescriber / Advanced Practitioner.

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### 2 x Band 7 Clinical Team Leaders

Ed Barton (Clinical Team Leader for East Suffolk) – a Mental Health Nurse background.

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Cheryl Mortimer (Clinical Team Leader for West Suffolk) – a General Nurse background

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### 7x Band 4 Clinical Skills Practitioners

The Clinical Skills Practitioners will be based in the Integrated Delivery Teams, supporting clinicians in this environment, including Consultant Psychiatrists. The CSPs are also aligned to the relevant Primary Care practices.

The team are making supportive contacts with Primary Care Practices in the first instance to collaboratively ensure that the practice SMI register is accurate and up to date. There are now comprehensive Data Sharing Agreements in place between Primary and Secondary Care as negotiated by the CCG.

## Suffolk Physical Health Team (SMI) – Progress so far

- Practices we are engaging with in Ipswich & East Suffolk...32 out of 40 (80%)
- Numbers of Practice SMI registers aligned with NSFT information in Ipswich & East Suffolk...30 out of 40 (75%)
- Numbers of health checks completed by the team in Ipswich & East Suffolk...82 (May to October 2019)
- Numbers of patients referred to the team by Primary Care...3

There are approximately 3,200 SMI patients in Ipswich and East Suffolk, c.1,400 of these are under the care of Secondary Mental Health Services (NSFT).

As of Q2 2019/20, **41.5%** of patients on practice SMI registers in Ipswich and East Suffolk have received an annual SMI physical health check (from either primary care or NSFT).

This is a small, albeit positive increase from **40.4%** in Q1 2019/20.

## How to refer into the team

The Suffolk Physical Health Team's main focus is on patients who are under the care of NSFT, however they are happy to support practices with non-engaging Primary Care only patients.

If a patient hasn't responded to two invitations to an annual SMI Physical Health Check, you can make a referral to the team: [suffolk.physicalhealthteamsmi@nhs.net](mailto:suffolk.physicalhealthteamsmi@nhs.net)

Within SystemOne, there is a referral form that can be used to identify necessary information, and complete the referral. If you cannot locate this, please contact the team, and this form can be sent to you by email.

Contact telephone number: **01284 719787**

## **Important to note:**

This is a relatively new LES and the CCG are keen to evolve where appropriate, and where it makes sense. NHS England guidance is updated regularly so we will take these opportunities to make amendments.

If practices have any queries or suggestions, please contact [emily.rawlinson@ipswichandeastsuffolkccg.nhs.uk](mailto:emily.rawlinson@ipswichandeastsuffolkccg.nhs.uk)

Thank you.