Physical Health & Wellbeing
In Adult Mental Health Services
Kelly Panniers - Advanced Nurse Practitioner

SITUATION

- People with a diagnosis of serious mental illness (SMI) are at an increased risk of a wide range of physical illnesses including, not exclusively, diabetes, metabolic syndrome and coronary heart disease.
- People with serious mental illnesses die, on average, 15-20 years earlier than the rest of the population
- More than 40% of all tobacco is smoked by people with mental illness and they are less likely to be given support to quit
- People gain an average of 13lb in the first two months of taking antipsychotic. 70% of people in this group are not having their weight monitored.

(Rethink Mental Health, 2013)

HEALTH & WELLBEING CLINICS

- Weekly nurse led physical health clinic on every inpatient ward
- Patients offered an initial assessment using ‘Rethink’ Health Questionnaire

1. Referral to GP, Dentists or other Health Professional
2. Lifestyle advice and information provided
3. Treatment offered by ANP

6 Inpatient Wards
102 Inpatients

OUTCOMES AFTER 3 MONTHS

Since July 2017:
- 60 inpatients have been offered a physical health assessment
- Generic health questionnaire completed with 30 patients
- 18 patients have been referred to another health professional or treated by ANP on the ward

Number of patients requesting specific advice & support following review

Managing Obesity  Smoking Cessation  Dental Care  ENT  Lifestyle