



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 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

6
Inpatient
Wards

102
Inpatients

Weekly nurse led physical health clinic on every inpatient ward

Patients offered an initial assessment using 'Rethink' Health Questionnaire

1

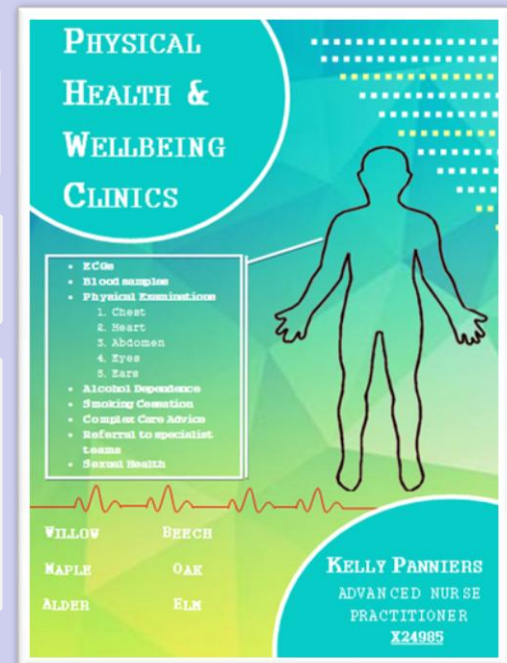
Referral to GP, Dentists or other Health Professional

2

Lifestyle advice and information provided

3

Treatment offered by ANP



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

