

Council of Governors
16th December 2014
Item 6

Physical Health Action Plan

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Introduction

- * Role of PHIG
- * Achievements 2013-2014
 - * Annual physical Health Plan 2013-2014
- * Physical Health Event April 2014
- * Future plan 2014-2016

Physical Health Improvement Group

- * Re-evaluated terms of reference
 - * Physical Health ***“is everybody’s business”***
 - * Raise awareness
 - * Oversee development of projects
- * Restructured meetings
 - * 2 topics to create action plan/task finish group
- * Physical Health Event ***“20 years too soon”***
- * 2014-2016 plan developed

Achievements

- * Physical Health Examinations
- * Physical Health Equipment
- * Diabetes
- * Alcohol
- * Smoking
- * Nutrition
- * DVT
- * Learning Disabilities

Diabetes

- * PHIG continues to work with the Diabetes Nurse Specialists providing up to date, evidence based guidance.
 - * improved response to requests for advice
 - * Diabetic specialist nurse now Member of PHIG
- * Diabetes related skills and knowledge now included in RAMPPS course

RAMPPS Course

- * “Recognising and Managing Physical problems in a Psychiatric setting.”
 - * Established training Course in SHSC
 - * Multiple scenarios from real life events.
 - * Physical diagnoses on psychiatric inpatient wards
 - * Multidisciplinary course
- * Excellent feedback

Physical Health Examinations

- * **Audited inpatient admissions**
 - * There is improved compliance with inpatient physical healthcare protocol in acute inpatient services.
Recorded appropriately on insight.
- * **The SHSC Early Warning Scoring Tool** re-launched
 - * highlights risks and dictates appropriate actions.
 - * Incorporated into RAMPPS course

Physical Health Equipment

- * **Audit of presence and efficacy of equipment**
 - * Previous audit revealed lack of equipment and not in working condition
 - * Medical devices group(Charlie Turner)
 - * Re audit revealed Improvement of 100% for most equipment
 - * Lack of peak flow meter?
 - * Vitalograph?

Nutrition

- * **MUST** audited and showed an improvement in its use
 - * Malnutrition Universal screening tool
 - * The work of the nutritional strategy implementation group.
- * **Health Chat Training**
 - * basic health promotion information to staff to enable them to signpost service users onto appropriate facilities

Smoking

- * **Forest Lodge** low secure unit became smoke free in February 2014
- * SHSC co-applicants with University of York led multi centre randomised controlled trial: **SCIMITAR trial** (smoking Cessation for people with severe mental illness)
- * **Sheffield Right First Time Smoking Cessation Project**
 - * Eastglade CMHT:
 - * *“Myths and Magic”* leaflet on smoking cessation

Alcohol

- * **Chris Wood** presented to PHIG
- * **Minimal referrals** from SHSC itself 0.5%
- * Alcohol workshop at Physical Health Event
 - * Excellent feedback
- * Raised awareness of alcohol issues.
 - * Increased referral rate
 - * Needs re-auditing 2014-2016

Falls

- * Level One training on reducing falls is mandatory
- * Level 2 training is being delivered (screening and assessment)
- * CQUIN audit
 - * 83% of inpatients on older adult wards were screened within 72hours of admission

Learning Disabilities

- * LD service – restructuring and re staffing
- * Presented Confidential Inquiry into early death rate in LD at Physical Health Improvement Event
 - * Excellent feedback, “powerful presentation”
 - * Raised awareness
- * LD physical health Group
 - * linked with PHIG
- * 2014-2016
 - * Focus on Epilepsy and Dysphagia

Awareness



20 years too soon

Physical health in mental illness and learning disabilities

SHSC Physical Health Improvement Group Event to raise awareness, share and generate ideas to improve physical health

Friday 11th April 2014, Mayfield Conference Suite, Fulwood House

09:00 - 16:00

“20 Years Too Soon”

- * Role to raise awareness of Physical Health
 - * **“is everybody’s business”**
 - * Excellent Feedback

- * PHIG are producing a Report from event
 - * Used to create physical health plan for 2014-2016
 - * Plan is produced from staff’s own views

The future 2014-2016

- * Developed from “20 years too soon” event
- * So far
 - * DVT prophylaxis Task and Finish Group
 - * Alcohol screening tool awareness project
 - * Diabetes improved links with STH
 - * Weight Management Pathway Task and Finish Group
 - * Nutrition and physical activity
 - * Improved links with “Miracle Cure”
 - * Plans to visit inpatient wards

2014-2016

- * Smoking cessation
 - * Plans for SHSC to be completely smoke free: paper approved by EDG (August), to go to SHSC Board October

- * Mid term evaluation 2015
 - * allow restructuring of project earlier if required

Conclusion and Questions

- * Approve the progress report on the Annual Physical Health Plan (2013-2014).
- * Approve the proposal for a biennial Physical Health Plan (2014-2016).
- * Approve the philosophy that Physical Health **“is everybody business”** to all SHSC staff.
- * To encourage and promote staff representation at PHIG to continue in the development in high standard of physical health care delivered within SHSC