

DERBYSHIRE COUNTY COUNCIL**CABINET MEMBER MEETING: HEALTH AND COMMUNITIES****3rd December 2013****Report of the Director of Public Health****IMPROVING THE PHYSICAL HEALTH OF INDIVIDUALS WITH A
SERIOUS MENTAL ILLNESS – SERVICE PROCUREMENT****1. Purpose of the Report**

To seek approval to procure a service that works to improve the physical health of individuals with a serious mental illness across Derbyshire. The service would be procured for a period of three years commencing from the financial year 2014/15.

2. Information and Analysis**2.1 Background**

People with a serious mental illness such as schizophrenia or bipolar disorder are a vulnerable population group that experience profound health inequalities. Not only are rates of diseases such as diabetes and coronary heart disease higher in this population group due to poor physical health, but individuals with a serious mental illness die on average 20 years earlier than the rest of the population. This is often attributable to lifestyle behaviours and is preventable.

The majority of the premature deaths in this population are potentially avoidable through provision of good physical health care that monitors risk factors such as smoking and obesity. Smoking rates amongst people with a serious mental illness are double that of the general population, and rates of smoking increase with severity of mental illness. In addition, medication can change a person's metabolism causing weight gain, which is exacerbated by unpleasant side effects such as drowsiness which can make it difficult to exercise and eat healthily. Often however, individuals with a serious mental illness receive poor physical care. For example, the National Institute for Health and Care Excellence (NICE) recommend that everyone with schizophrenia should receive an annual physical health check. However, a recent national audit reported that just 29% of such individuals received one.

The importance of improving the physical health of people with serious mental illness is reflected in a number of key national documents, including:

- No Health Without Mental Health, the national strategy for mental health, in which one of the six objectives is that “more people with mental health problems will have good physical health”.

- the Public Health and NHS Outcomes Frameworks both include reducing excess premature mortality in adults with a serious mental illness as an indicator
- the Quality and Outcomes Framework, which rewards GP practices for the provision of quality primary care services, includes six indicators relating to monitoring the physical health of individuals with a serious mental illness

2.2 Position in Derbyshire

Based on GP records, in 2011/12, there were an estimated 5,272 individuals with a serious mental illness within Derbyshire. Of the indicators that relate to the physical health care of people with a serious mental illness, performance in Derbyshire for five out of the six indicators is marginally lower than the England average. The percentage of individuals with a mental illness within Derbyshire that has received the relevant intervention ranges from 62% for blood glucose being checked to 84% for blood pressure being checked.

As the majority of people with a serious mental illness live in the community, it is essential that primary and secondary care services work together to look after both their mental and physical health. Within Derbyshire, a collaborative approach has been used to develop the Healthy Body, Healthy Mind programme, which has provided specialist support to primary and secondary care services to improve the physical health of people with serious mental illness.

Clinical Commissioning Groups within Derbyshire currently contribute £50,000, with Public Health contributing an additional £30,000 towards this work. This funding enables Derbyshire Healthcare NHS Foundation Trust to employ a programme manager and a health facilitator post for the Healthy Body, Healthy Mind programme.

Since being established in 2007 the impact that the programme has had is demonstrated by its achievements:

- supported GP practices across Derbyshire to improve the physical care that they provide to patients with a serious mental illness registered at their practice through the development of a toolkit to improve the quality and quantity of physical health checks being provided locally
- produced a series of reports by district detailing the issues and needs associated with the physical health of people with mental health problems
- developed personal health planners for individuals with a serious mental illness to allow for sharing of health information between services. To date a total of 1,900 health planners have been distributed to primary care and mental health teams.
- delivered mental health awareness training to 215 professionals from a range of organisations such as leisure centres, sports coaches, health trainers and health promotion services
- trained 256 care co-ordinators and 42 health promoting champions within Derbyshire Healthcare NHS Foundation Trust to be more

confident in improving the physical health of individuals with a serious mental illness, for example by monitoring of blood pressure

- developed, in conjunction with Clinical Commissioning Groups and Public Health, a Commissioning for Quality and Improvement (CQUIN) target for Derbyshire Healthcare NHS Foundation Trust that aims to standardise the quality of physical health care provided by GP practices and Derbyshire Healthcare NHS Foundation Trust across Derbyshire. All CCGs in Derbyshire have engaged with Derbyshire Healthcare NHS Foundation Trust to take this target forward in 2013/14
- raised the profile of people with mental health problems in the community in order to improve access to health promoting services across a range of providers, for example physical activity opportunities, Citizens Advice Bureaus, recreational activities
- been instrumental in the creation and delivery of a Health Trainer programme dedicated to people with mental health problems (commissioned by Public Health and currently provided by the Amber Trust)
- collaborated with the British Heart Foundation to raise awareness of the risks of heart disease and stroke in people with mental health problems in Bolsover (the Hearty Lives Bolsover project)

Despite these achievements, further work is required. Performance between GP practices and mental health teams varies across Derbyshire. A recent Essence of Care audit highlighted variation amongst community mental health teams across Derbyshire in promoting health and wellbeing, and a recent audit of Quality and Outcomes Framework data reported variation in completeness of physical health checks amongst GP practices across Southern Derbyshire CCG.

Continuation of funding will allow further development of the work to improve the physical health of people with a serious mental illness across Derbyshire, and reduce the inequalities experienced by this population group. Specifically, this will allow further engagement with GP practices in improving the quantity and quality of physical health checks for people with serious mental illness, further establishment of the delivery of physical healthcare within Derbyshire Healthcare NHS Foundation Trust and further development of appropriate service provision within lifestyle services commissioned by the Council (such as stop smoking and weight management services) for people with serious mental illness.

In addition, there is the scope to broaden the work to improve the physical health of all individuals with a mental health problem, for example, including those experiencing depression and anxiety. Initially this would be through developing referral pathways between lifestyle services commissioned by the Council and talking therapy services commissioned by Clinical Commissioning Groups.

In order to determine the impact that the service is having, an evaluation will be undertaken. This will include annual monitoring of expected outputs as

outlined within the service specification, assessing the views of health professionals within GP practices and mental health services on the impact of the service, assessing the views of individuals with a serious mental illness, and assessing whether the service is successful in raising awareness of the physical health issues associated with serious mental illness amongst a range of professional groups.

3 Financial Considerations

A total of £30,000 per annum would be required to continue this work. This is already identified within the existing Public Health budget. It is proposed to fund this project for three years, commencing from the financial year 2014/15.

4 Human resources considerations

The funding provided by Public Health enables Derbyshire Healthcare NHS Foundation Trust to employ a health facilitator for the Healthy Mind, Healthy Body programme. Currently this position is vacant, however it is expected to be filled before the end of the current financial year.

5 Other considerations

In preparing this report, the relevance of the following factors have also been considered: legal, prevention of crime and disorder, equality and diversity, environmental, property and transport

6. Key Decision

No

7. Call-in

Is it required that call-in be waived in respect of the decisions proposed in the report? No

8. Background Papers *(this is not required if the report is exempt)*

No Health Without Mental Health

www.gov.uk/government/uploads/system/uploads/attachment_data/file/213761/dh_124058.pdf

Lethal Discrimination

<http://www.rethink.org/media/810988/Rethink%20Mental%20Illness%20-%20Lethal%20Discrimination.pdf>

9. OFFICER'S RECOMMENDATION

To agree to continue to fund work for a further three years to improve the physical health of individuals with a serious mental illness across Derbyshire, at a cost of £30,000 per annum commencing from the financial year 2014/15.

Elaine Michel
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