

DERBYSHIRE COUNTY COUNCIL

MEETING WITH CABINET MEMBER, HEALTH AND COMMUNITIES

10 January 2017

Report of the Director of Public Health

IMPROVING THE PHYSICAL HEALTH OF INDIVIDUALS WITH A SERIOUS MENTAL ILLNESS

1. Purpose of the Report:

To seek approval to continue with the existing Derbyshire County Council Public Health funding of £30,000 to Hardwick CCG as the lead commissioner of services to improve the physical health of individuals with a Serious Mental Illness (SMI) across Derbyshire, for a period of one year to cover the financial year 2017/18.

2. Information and Analysis:

2.1 Background

People with a SMI 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 and cancer survival rates lower, in this population group in relation 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 SMI 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 SMI receive poor physical health 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 national audit reported that just 29% of such individuals received one. Addressing the causes and significant personal consequences of poor physical health of individuals with SMI will also result in financial savings to services.

The importance of improving the physical health of people with SMI 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 SMI as an indicator
- the Quality and Outcomes Framework (QOF), which rewards GP practices for the provision of quality primary care services, includes indicators relating to monitoring the physical health of individuals with a SMI
- The recent 2016 Five Year Forward View for Mental Health for NHS England identifies the need to improve the physical health of patients with SMI

2.2 Position in Derbyshire

2.2.1 As part of the QOF, GP practices maintain a register of individuals with schizophrenia, bipolar affective disorder and other psychoses. As at 31st March 2016, there were an estimated 6,025 individuals recorded on the registers of GP practices in Derbyshire. Of the indicators that relate to the physical health care of people with a SMI, performance reporting for the 2015/16 period in Derbyshire includes indicators lower than the England average.

2.2.2 As the majority of people with a SMI 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 support 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.

2.2.3 Hardwick CCG is the lead mental health commissioning organisation and commissions services from Derbyshire Healthcare NHS Foundation Trust (DHcFT) on behalf of all Derbyshire CCGs. The CCGs contribute £50,000, with Public Health contributing the £30,000 towards this service, totalling £80,000 joint funding per annum. The specification for improving the physical health of individuals with SMI is jointly developed by Hardwick CCG and Public Health and included in Hardwick CCG's contract with DHcFT. The CCGs have recently agreed a further £50,000 funding for the year 2017/18, to build-on and further develop work. This joint funding to DHcFT supports DHcFT's Healthy Body Healthy Mind programme to improve the physical health of individuals with a SMI. through employment of an occupational therapist to coordinate work and the delivery of a variety of activity.

2.2.4 Crucial to improving the physical health of people with SMI, is for their physical health care needs to have parity of esteem with the mental health support they receive. In relation to this, the joint funding has been instrumental in supporting development of a system approach in

Derbyshire to address this by acting as a catalyst for change in two important areas. First, the strengthening and addressing of physical health needs in primary care and in particular the delivery of annual health checks for individuals with SMI. Second, supporting DHcFT to develop and implement systems, which promote the prevention and early diagnosis, treatment and management of physical health problems as part of overall support and care of people with SMI. Examples of achievements are set out below:

- Adoption by DHcFT of a systematic approach to engagement with GP practices. This has included an audit of mental health QOF registers in GP practices.
- A standardised IT template for GP practices, which embeds shared information for patients regarding physical health and wellbeing prior to Care Programme Approach (CPA) meetings and annual checks. Also, implementation of a system involving sending a letter to the GP practice at least one month prior to a patient's annual CPA meeting, to indicate eligibility for the SMI register and to request health information.
- Training of Community Psychiatric Nurses (CPNs) as nurse educators to deliver "Physical health in mental illness" training to practice nurses.
- Delivery of understanding mental health and physical health awareness sessions to DHcFT staff to improve their skills and knowledge regarding the relationship between physical health and SMI.
- Review and updating of form for DHcFT's physical health and lifestyle screening tool linked to the CPA, the information from which is shared with GP practices.
- Delivery of Making Every Contact Count (MECC) training to DHcFT staff.
- Development of a role specification for DHcFT health champions and their introduction across mental health services, to promote the importance of meeting physical health needs within DHcFT community and in-patient teams.
- The joint funding also supported the infrastructure for DHcFT to go smoke-free from April 2016, including training of Health Champions in smoking cessation.

2.2.5 Provision of additional funding will enable this work to continue to roll-out across primary care, specialist mental health services and community lifestyle services. Both rollout and development are vital as the changes introduced and facilitated by the jointly-funded Public Health and CCG contract are culture and system changes which require further work to embed on a sustainable basis. Performance between GP practices and mental health teams still varies across Derbyshire, including variation in completeness of physical health checks amongst GP practices. Continuing the existing Derbyshire County Council funding for a period of one year to cover the financial year 2017/18 will, jointly with the committed CCG funding, contribute to improving the physical health of individuals with a SMI across

Derbyshire and reduce the health inequalities experienced by this population group.

2.2.6 The proposed service specification for 2017/18 will require DHcFT to:

- Continue to engage with GP practices in improving the quantity and quality of physical health checks for people with SMI
- Support the continued rollout countywide of good practice systems within primary care described in 2.2.4, including the further implementation and delivery of the practice nurse training
- Embed the mental health and physical health awareness session training across mental health services and community lifestyle services
- Further work to reduce the prevalence of smoking amongst service-users known to DHcFT
- Support focused further work by DHcFT regarding the topics of cancer screening, overweight/obesity and additionally work around information for service users and carers and DHcFT staff in relation to improving physical health

2.2.7 The importance of meeting the physical health needs of individuals with SMI features within the mental health workstream of Derbyshire's Sustainability and Transformation Plan (STP). The topic will therefore be included as part of the implementation of the mental health business cases from 2017 onwards.

3. Financial considerations:

A total of £30,000 is required to continue this service for 2017/18, and will come from the Public Health budget. The funding will be passed to Hardwick CCG as the lead CCG commissioner for DHcFT through the payment of an invoice from the CCG as laid out in the Council's Financial Regulations.

4. Human Resources considerations:

The funding enables DHcFT to employ staff to deliver this work. Derbyshire County Council accepts no employment or future redundancy liability, with all employment and related matters to be managed by DHcFT.

5. Social Value considerations:

Social value is intrinsic to this work including improving service design, improving connections and relationships with hard-to-reach groups, building a skilled and confident workforce, supporting self-help and the creating of healthier communities with reduced health inequalities.

6. 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.

7. Background papers:

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>

8. Key Decision:

No

9. Call-In:

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

10. Officer's recommendation:

To approve continuing the funding of £30,000 to Hardwick CCG as the lead commissioner of services to improve the physical health of individuals with a SMI across Derbyshire, for a further period of one year in 2017/18.

Dean Wallace
Director of Public Health