

BRADFORD & BEYOND PHYSICAL HEALTH TEMPLATE TAKES OFF IN PRIMARY CARE

A physical health template implemented into SystmOne has revolutionised care for Serious Mental Illness (SMI) patients.



Originally developed for use in primary care in Bradford, the template is now crossing regional boundaries and is being emulated on a national scale, with the support of the Yorkshire & Humber Academic Health Science Network (Yorkshire & Humber AHSN).

TPP caught up with Kate Dale, former Mental Health Nurse and creator of the template, now Physical Health Lead, Yorkshire and Humber AHSN and collaborating with

Bradford District Care NHS Foundation Trust (BDCFT) on an honorary contract, to discuss how it has taken off in primary care.

The Mental Health Physical Review template is innovative functionality in SystmOne which assists clinicians in primary care to carry out an annual physical health check. The template also calculates the risk of contracting conditions such as cardiovascular disease (CVD), endocrine disease, and diabetes. This information is stored and easily accessible within a patient's Electronic Health Record in SystmOne.

"The template is a systematic guide for clinicians who are not sure of what kind of tests or interventions an SMI patient might need. Ultimately, it allows patients to receive a much more appropriate physical health check."

– KATE DALE, PHYSICAL HEALTH LEAD, YORKSHIRE & HUMBER AHSN AND BDCFT.

DELIVERING OUTSTANDING RESULTS

Since its implementation into SystmOne in 2012, outstanding results have been produced in terms of the number of organisations now using the template across the country:

- ◆ Since the initial implementation, the template has been shared and published over 34 times in SystmOne to assist users in

capturing physical health data of SMI patients.

- ◆ The template is now available nationally for 610 organisations using SystmOne. This is over 7 times as many organisations as the initial 80 GP practices in Bradford and Airedale.
- ◆ The physical health template has been completed over 2,600 times, spanning 59 different CCGs across the country.



In effect, the number of total health checks and interventions taking place are constantly increasing due to the increased availability of the template on a national level. The quality of these assessments has also seen considerable improvement.

"Far more ECGs and many more vital tests are now being undertaken which will detect early warnings of preventable diseases much more effectively. These early interventions are not only reducing cardiovascular risk and prolonging life, but are ensuring that SMI patients are being treated holistically and in equal measure to the rest of the population."

– KATE DALE, PHYSICAL HEALTH LEAD, YORKSHIRE & HUMBER AHSN AND BDCFT.

As an effective data entry tool within SystmOne, the template is breaking down the current boundaries existing between physical and mental health, encompassing the aims of national initiatives such as the Five Year Forward View for Mental Health by the Mental Health Taskforce, NHS England, published in February 2016.

As a result, Geraldine Strathdee, former National Director for Mental Health, NHS England, personally endorsed the template due to its significance within the national digital healthcare agenda. Geraldine's involvement has led to the template now embracing the Lester tool within its framework:

"We were asked by Dr Geraldine Strathdee to align the template with the Lester tool which was already well recognised guidance nationally. Incorporating our data capture tool with this guidance means the template is ready for implementation across the country!"

– KATE DALE, PHYSICAL HEALTH LEAD, YORKSHIRE & HUMBER AHSN AND BDCFT.

A BACKGROUND TO THE TEMPLATE

Kate developed a specialist interest in the physical health of SMI patients following her participation in the 'The Wellbeing Support Programme', a national pilot in 2003. Outcomes revealed that people suffering with a serious mental illness die up to 20 years younger than the average population, mainly from preventable physical causes. Cardiovascular disease (CVD) was highlighted as the major cause of death, which alone outnumbered the deaths from suicide.

In response to this, when Kate took a secondment to Douglas Mill Primary Care, she developed the data entry template working alongside Kate Beedle, Data Quality Specialist, Dr Angela Moulson, GP with a Specialist Interest in Mental Health (GPwSI), and Dr David Yeomans, Consultant Psychiatrist.

It was built in line with NICE Bipolar and Schizophrenia Guidance before being piloted in 6 practices within Bradford and Airedale. Following this, the template was rolled out to all 80 practices, with training provided to all sites.

Dr Moulson, involved in developing the template, recently stressed how practical and easy the it was to use by healthcare professionals during consultations:

"As a GP, I love it. The information collected in SystmOne is coded, retrievable, measurable and can be audited. It's a really smart tool. We have seen a dramatic improvement in recording and intervention, for example, a 54% increase in recording blood glucoses."

"I think mandating the template nationally would lead to dramatic improvements in making interventions for SMI patients in terms of physical health. It would be great if this could be incentivised again for GPs."

– DR ANGELA MOULSON, GPwSI IN MENTAL HEALTH

As the template has been so successful across primary care in Bradford, the template has now also been replicated in secondary care to allow more patients to receive a robust physical health check, and for this information to be shared between primary and secondary care.

FUTURE GOALS

To further encourage national uptake, Kate is receiving support from the Yorkshire and Humber Academic Health Science Network (AHSN). This collaboration is focusing on rolling out the template for secondary care in Yorkshire and the Humber, as well as a number of pilot CCGs across Yorkshire and the Humber, offering training and support as required.

"I'm delighted to be working for the Yorkshire @ Humber AHSN to support their member organisations to improve the physical health of patients with serious mental illness. One important way Yorkshire @ Humber AHSN members can do this is by using the Physical Health Review template, which is readily available to use in SystmOne. What makes the template so effective in SystmOne is its simplicity and ease of data capture. It's really important that we maintain these features moving forward."

– KATE DALE, PHYSICAL HEALTH LEAD, YORKSHIRE & HUMBER AHSN AND BDCFT.

FIND OUT MORE

For more information about the Mental Health Physical Review template, please contact Kate Dale, Physical Health Lead, Yorkshire & Humber AHSN at: Kate.Dale@bdct.nhs.uk

PATIENT EXPERIENCES

Kate shared with TPP some of the interventions and treatments that had taken place with patients due to the template.

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John had not received a health check for a number of years. His blood test flagged that he had abnormalities with his Liver Function and required further treatment. I discussed this with his GP, and he was referred to a Consultant at Airedale Hospital to receive the care and advice he was in need of. John later moved out of the area to escape the peer group he was involved with to gain a better lifestyle.

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Jahan had not had thorough GP consultations in the past as he was not comfortable during his appointments. As he had a good sense of trust in me, he allowed me to carry out his physical health check. Following his Blood test it was flagged up that he may have possible Lymphoma. I discussed this with his Care Coordinator and passed on all information to his GP. I also explained the findings in the simplest terms I could without wanting to worry or upset him in anyway. Following the subsequent tests it was found that Jahan didn't have Lymphoma, but did get a diagnosis of Sarcoidosis in his lungs. He is now receiving the necessary support and treatment that he requires.”

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Please note that names have been changed to protect patient confidentiality.