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Summit 2023
9-11 October

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Science Interventions
Yong Loo Lin School of Medicine



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#266 - Implementing recommendations to improve physical healthcare services for adults living with serious mental illnesses

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Objectives/aims

People living with serious mental illnesses (SMI), die more prematurely from preventable physical health problems than the average population. We conducted a service evaluation within a UK Mental Health Trust to investigate barriers staff and patients faced regarding physical healthcare that hindered completion of physical health checks within mental health settings. From this work, a series of recommendations were developed, that are now being translated using the Knowledge-to-Action (KTA) Framework (Graham et al., 2006) to improve physical healthcare for SMI patients across two Mental Health Trusts in South East London. We aim to share learning from how evidence from this work has been translated across people, places and systems.

Methods

Service evaluation using a qualitative methodology, involving interviews (n=23) and focus groups (n=27) with mental health staff, patients, and carers. Thematic analysis was used to synthesis collected data, and reviewed through workshops with staff, patients, and carers to develop recommendations.

Main findings

23 interviews and 8 focus groups were completed with 50 participants yielding 4 recommendations:

1. Clear organisational vision and strategy for physical healthcare
2. Accessible policy and guidelines
3. A comprehensive training programme
4. A high quality framework outlining the physical healthcare offer for SMI patients

We seek to build upon these recommendations by supporting two Mental Health Trusts to develop and implement change ideas within the context of their local organisations. To facilitate this work, both Trusts are working together to establish a



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Community of Practice (COP) to share best practice, using the KTA, to achieve parity in their approaches towards physical healthcare in routine mental health practice for SMI patients.

Conclusion

We hope this work will improve physical healthcare standards in routine mental health practice, and better equip mental health providers across the system to enhance access, care quality, and outcomes for their SMI patients.

Please note: If you are submitting an abstract for a panel, please ensure your responses above describe the aims and intended results for your panel. Under 'methods', please include a description of your session format and panel participants.