



Evidence and
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Summit 2023
9-11 October

Melbourne, Australia & Online



Behavioural and Implementation
Science Interventions
Yong Loo Lin School of Medicine



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#127 - Lessons from a programme to improve the physical health of people with severe mental illness.

Presenting Author(s)*

Dr Julie Williams

Affiliation

Centre for Implementation Science, King's College London, United Kingdom

Country of residence

United Kingdom

Objectives/aims

The Integrating our Mental and Physical Healthcare Systems (IMPHS) programme was funded by the Maudsley Charity and consisted of a team that included clinicians, academics, project managers, and people with lived experience of mental illness that worked across the King's Health Partners organisations in South London. The programme aimed to improve the physical healthcare of people living with SMI using mental health services in South London, UK. Poor physical health is a known inequality where people with SMI have more physical health co-morbidities and die 10-15 years earlier than the general population.

The objectives of the programme were to:

- 1) identify, develop, implement and evaluate projects (including research studies and service evaluations) to better understand how physical health can be supported for people living with SMI, in mental health settings
- 2) share the findings and demonstrate, where applicable, how the evidence can be transferred to inform and improve the implementation of similar service/clinical initiatives

Methods

The IMPHS programme included a diverse portfolio of projects, including (i) a feasibility hybrid II trial of an intervention with volunteers supporting people with SMI, (ii) the evaluation of the implementation of two new services that provided physical health advice for clinicians working with people with SMI, (iii) a service evaluation of



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how physical health was supported in community mental health teams and collaborative work with the NHS Trust involved to support implementing the findings.

We used implementation science and other methodologies to develop, implement, and evaluate the different projects. These methods include the use of implementation frameworks to guide and evaluate the work and the use and evaluation of implementation strategies.

Main findings

From our evaluation of our different projects we (i) used an implementation framework to identify which implementation strategies were more successful, (ii) what needs to be in place for new interventions to be successful, (iii) identified the main barriers and facilitators to support physical health in mental health services and (iv) are working with clinical partners to implement new ways of working to support staff, and we will share our learning on the use of implementation frameworks. We also found that a very important and consistent facilitator for all of the projects was our development of a model of working with key stakeholders that emphasized the importance of relationship building and collaborative working. We will describe how the IMPHS model has helped us to undertake and disseminate the projects and share our key findings.

We will share our model of working which includes bringing together different perspectives; working collaboratively and meaningfully with lived experience and clinical partners; being intermediaries between the academic and clinical professionals working as part of our organisation; and using different methodologies and frameworks in our work-all with the aim of decreasing the inequalities experienced by people with SMI. We will also discuss how we are building on the IMPHS experience in our future work, and our spread and scale to local, national and international partners.