




PHYSICAL HEALTH WORKSHOP

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Introduction to Physical Health CQUIN

‘The Commissioning for Quality and Innovation (CQUIN) framework supports improvements in the quality of services and the creation of new, improved patterns of care’ (NHSE)



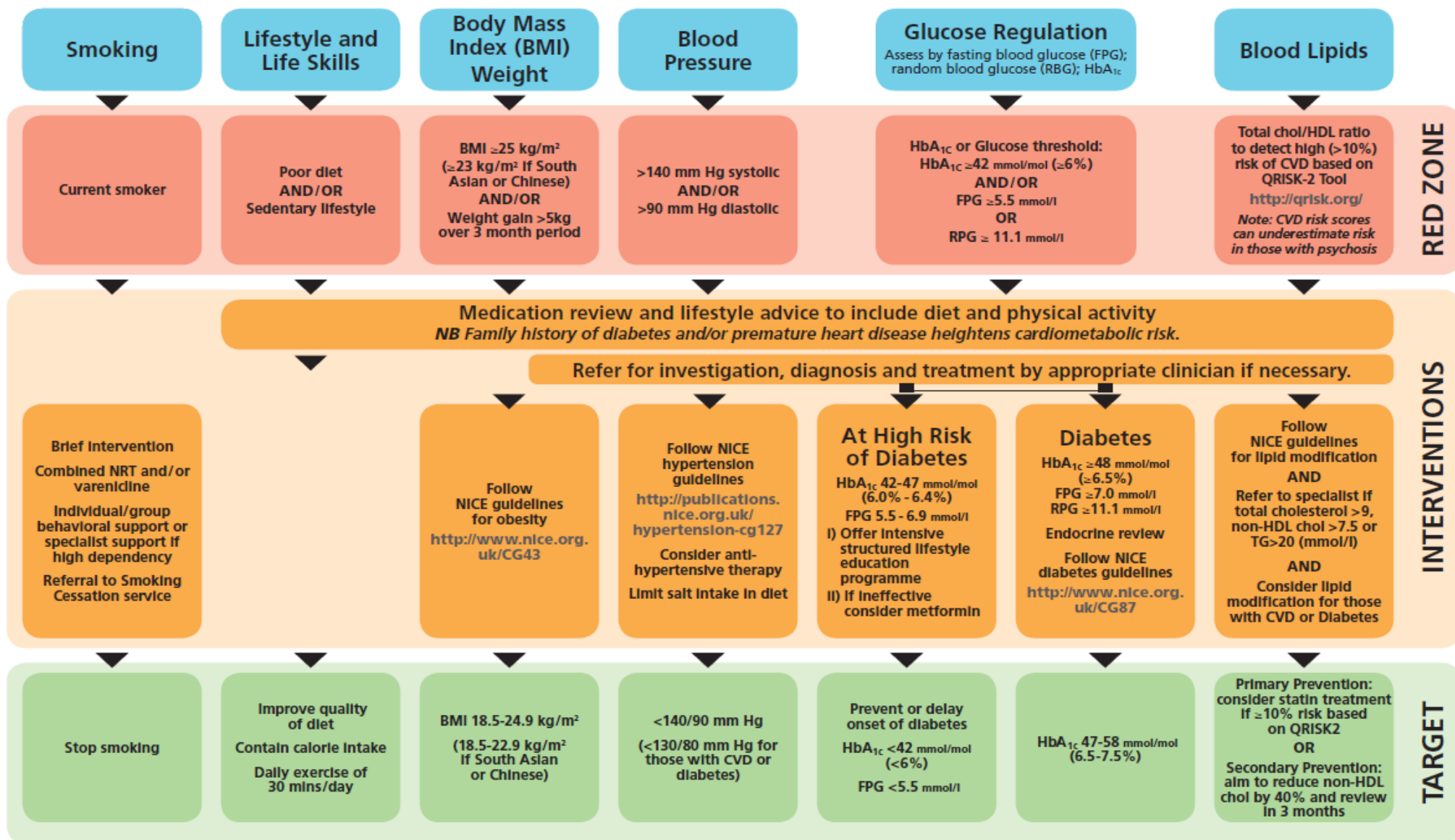
CQUIN Indicator:

Improving Physical Healthcare to reduce premature mortality in people with SMI: Cardio metabolic Assessment and Treatment for Patients with Psychoses

	Goal	Background
2014/15	'Reduce the 15 to 20 year premature mortality in people with SMI'	'Excess of over 40,000 deaths among SMI'
2015/16	'Assess, document and act on cardio metabolic risk factors in those with SMI'	NHSE has committed to reduce the 15 to 20 year premature mortality gap
2016/17	'Demonstrate cardio metabolic assessment and treatment for patients with psychoses'	'Patients with SMI to have comprehensive assessments and interventions'

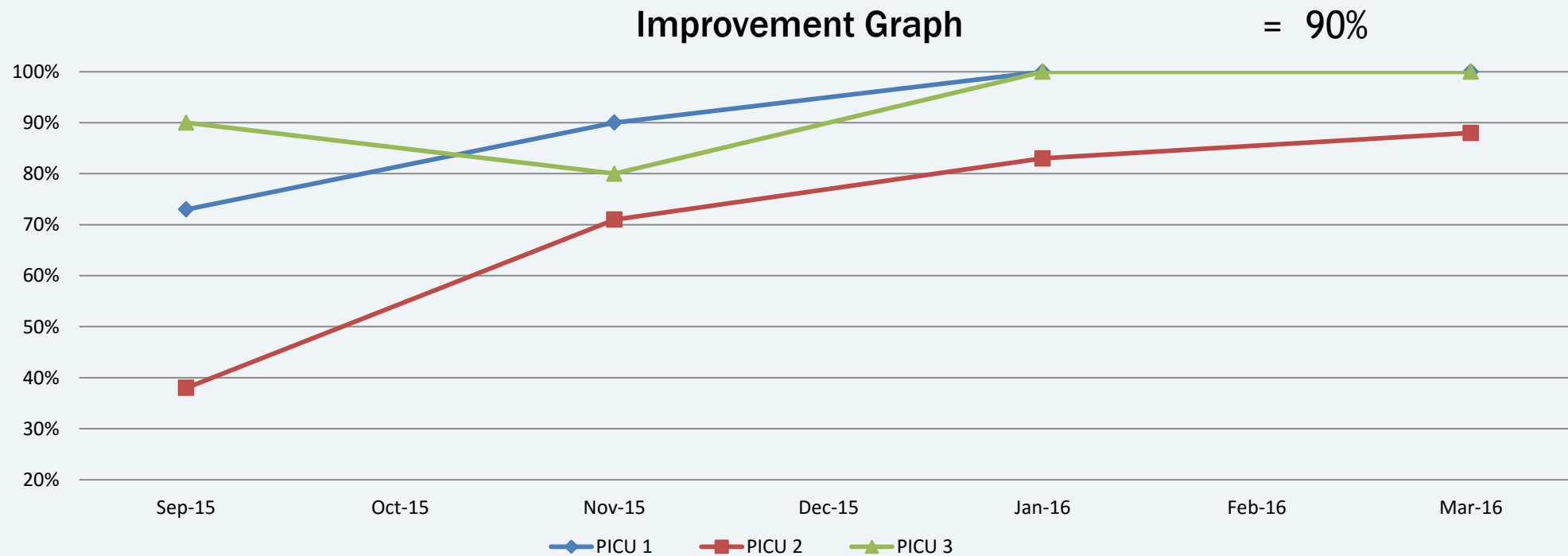
Positive Cardiometabolic Health Resource

An **intervention framework** for people experiencing **psychosis** and **schizophrenia**



2015/16 PICU Data

This data shows an improvement in physical health monitoring for the 3 PICU's over 6 months. Target = 90%

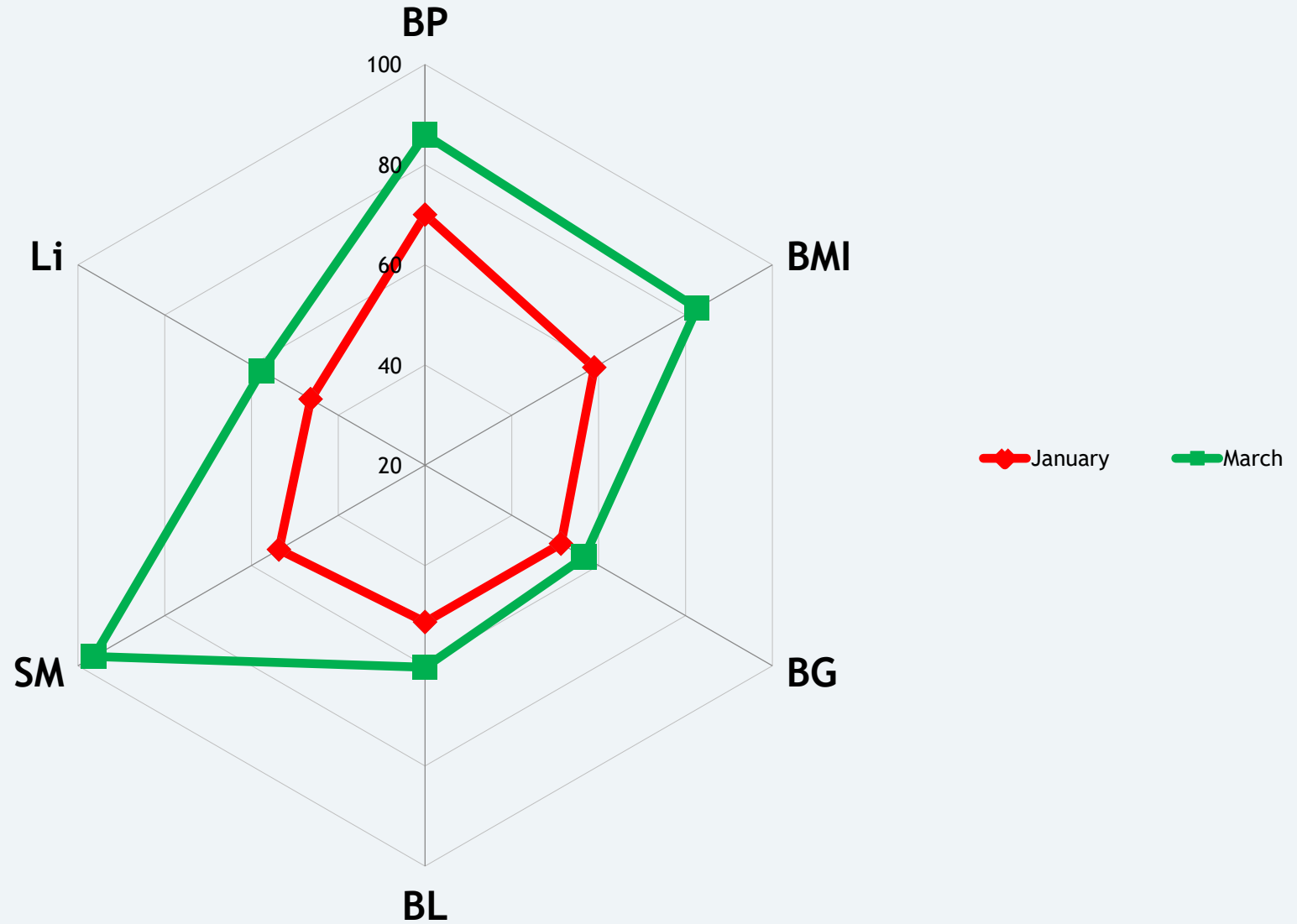


How did they improve?

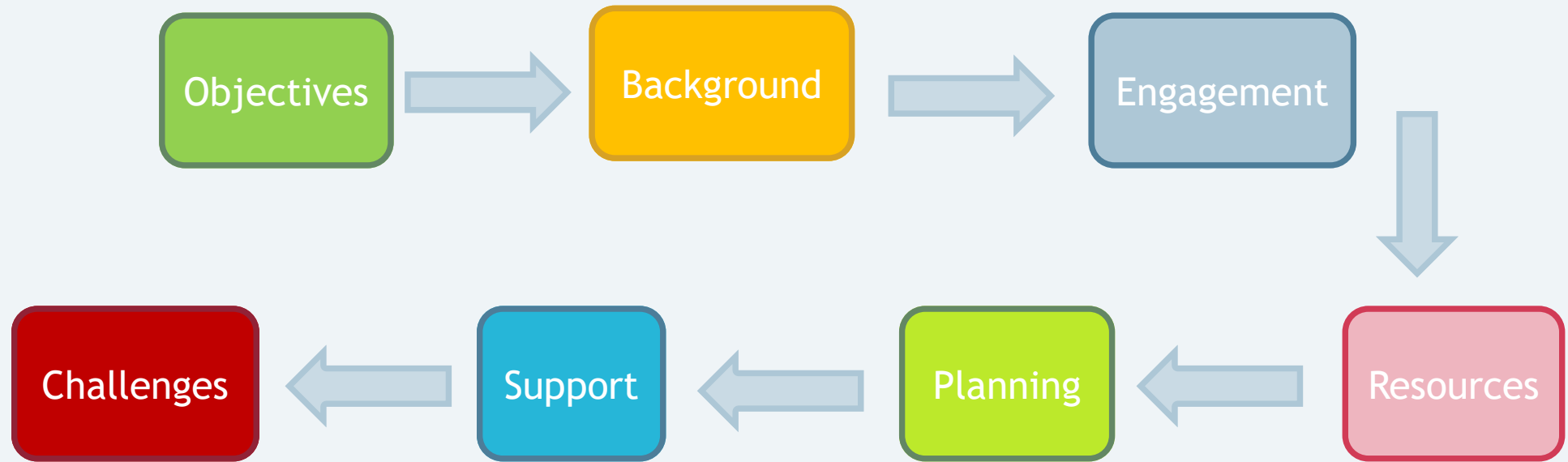
How was it sustained?

Cardio metabolic data

Graph to show improvements in each Cardio metabolic parameter in Quarter 4 of CQUIN 2015/16.

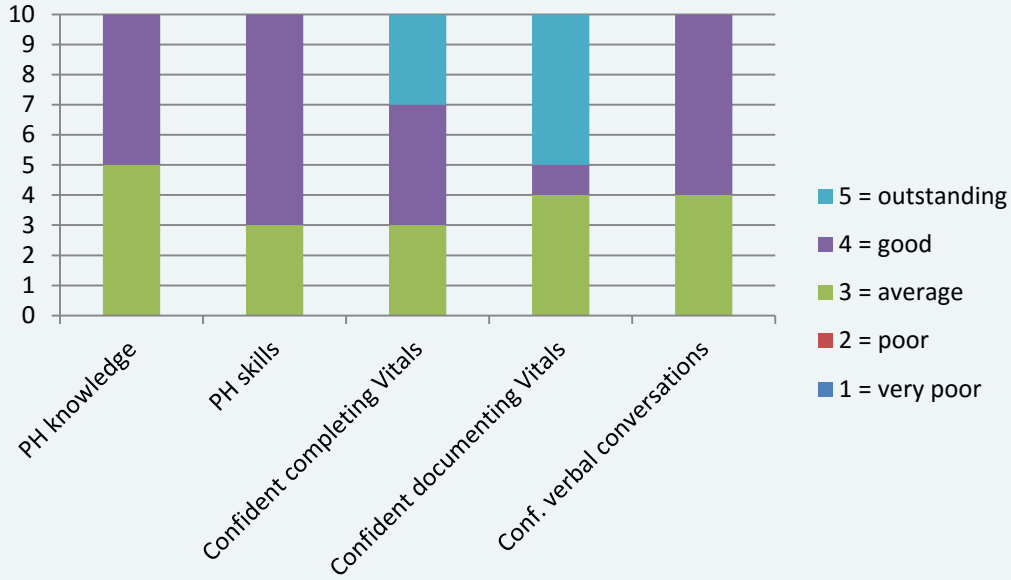


PICU Physical Health Groups

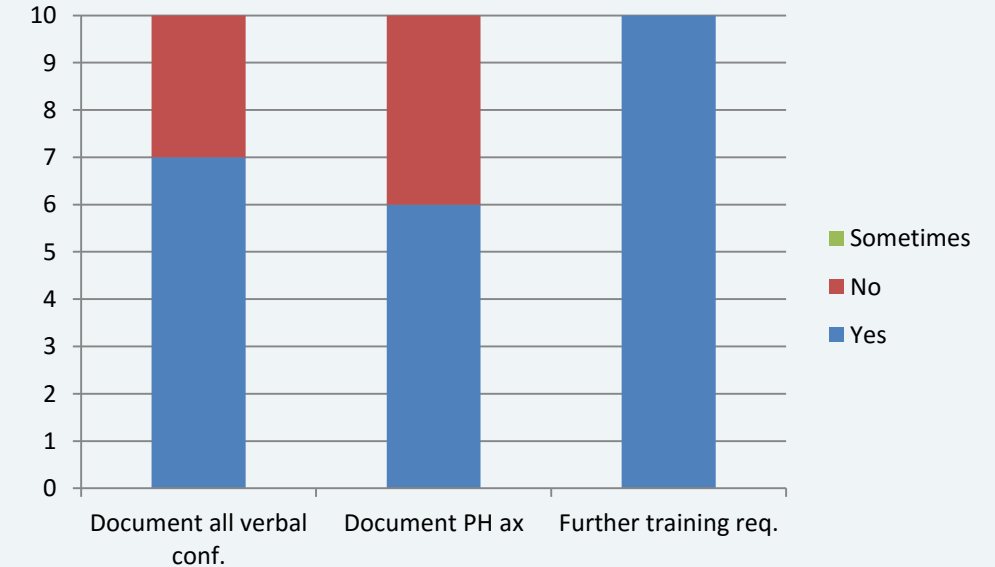
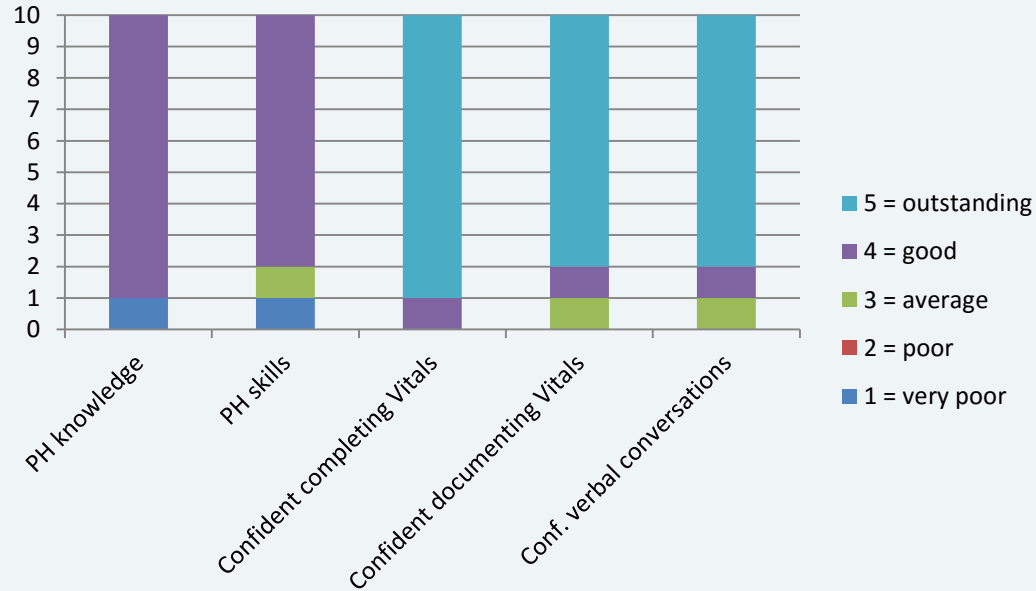
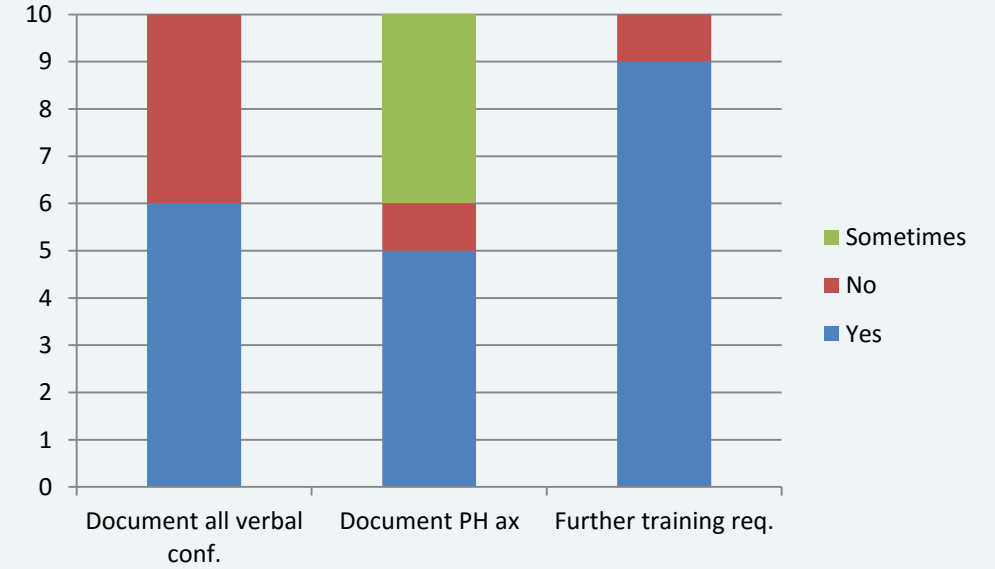


Data of staff knowledge- Pre/Post Groups

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'Not all conversations
are relevant to
report'

'Lack of right
kind of
knowledge'

'Need help to
explain things
clearly to service
users'

'Feeling more
confident on sleep
hygiene, diet and
lifestyle'

'Very helpful
for the MDT'

'Refreshers are
helpful'

Outcomes

- ❖ Good learning resources available for groups
- ❖ Engaged patients
- ❖ Therapeutic learning environment
- ❖ Confident staff
- ❖ Extra psycho-education sessions for staff
- ❖ Long term results
- ❖ Further groups to commence



Questions

Activity

Think of ways to influence physical health monitoring & interventions within your environment - be creative!

1. Blood Pressure
2. BMI
3. Blood Lipids
4. Blood Glucose
5. Smoking
6. Lifestyle - Diet/ Exercise/ Alcohol/ Drugs (can focus on one that will make the most difference or is most challenging!)

Present back to group

Thank you!

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References

- http://www.institute.nhs.uk/world_class_commissioning/pct_portal/cquin.html 04/08/16
- <https://www.england.nhs.uk/nhs-standard-contract/cquin/> 04/08/16
- <http://www.slam.nhs.uk/about-us> 27/07/16