

Aim:

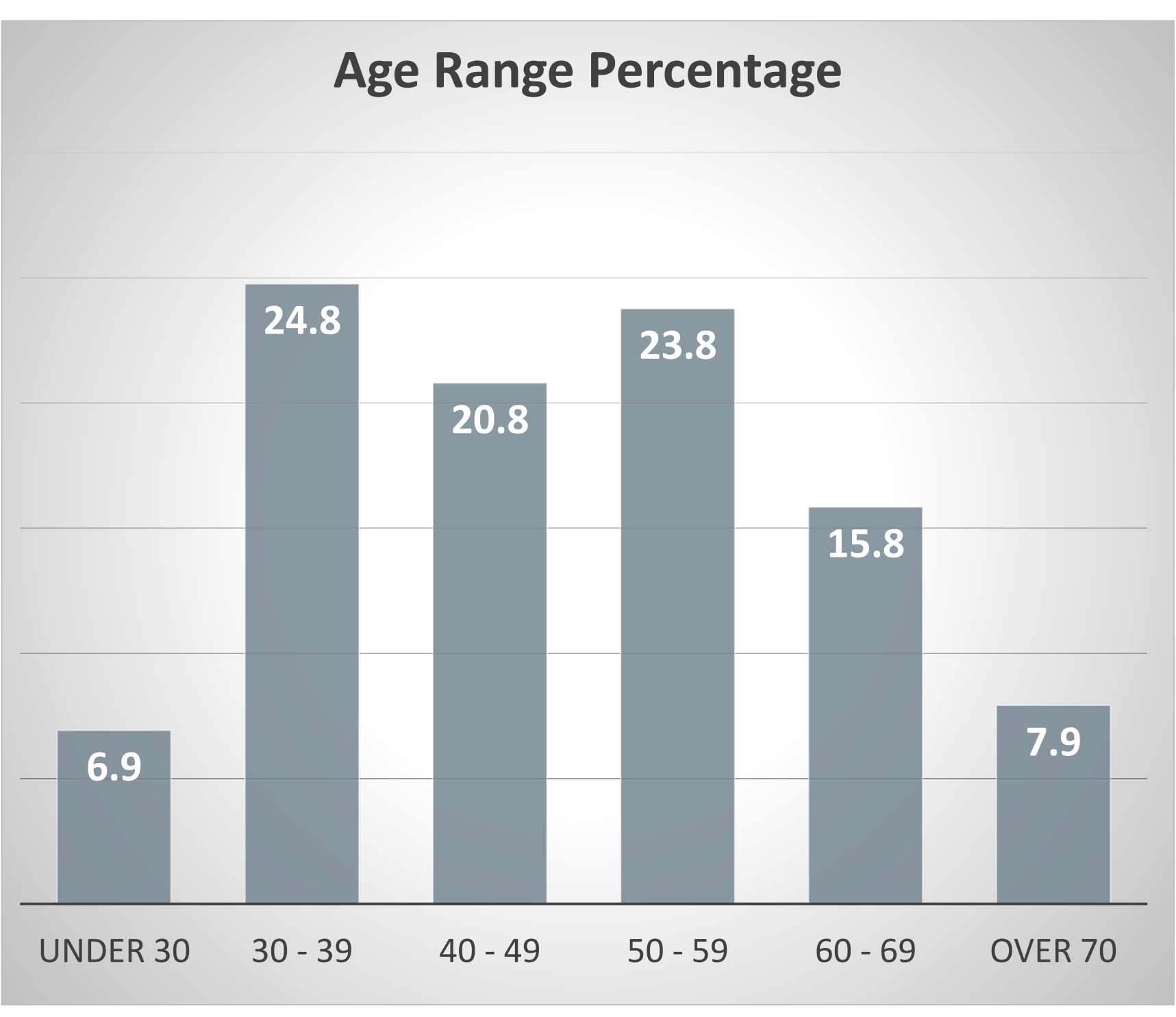
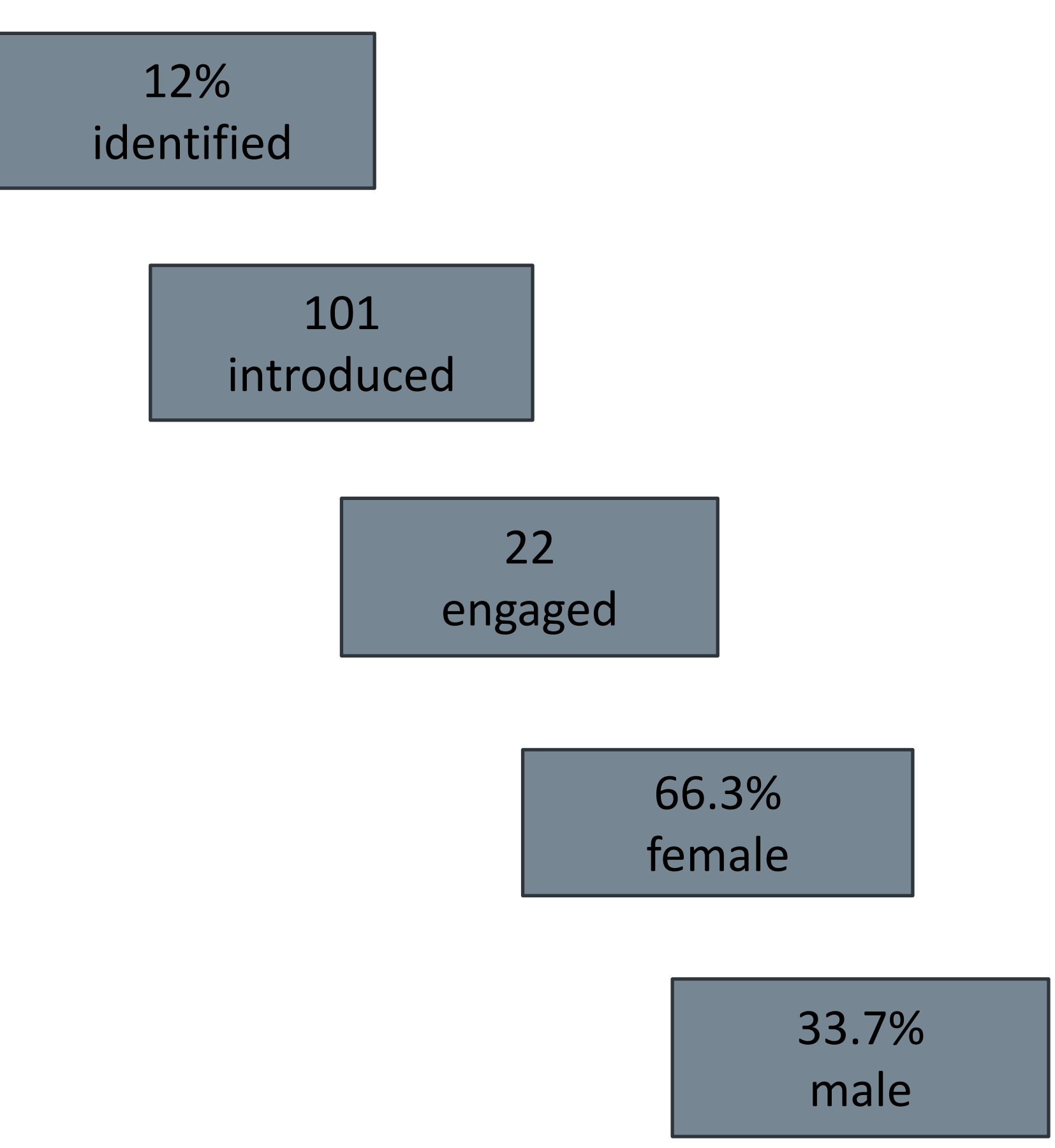
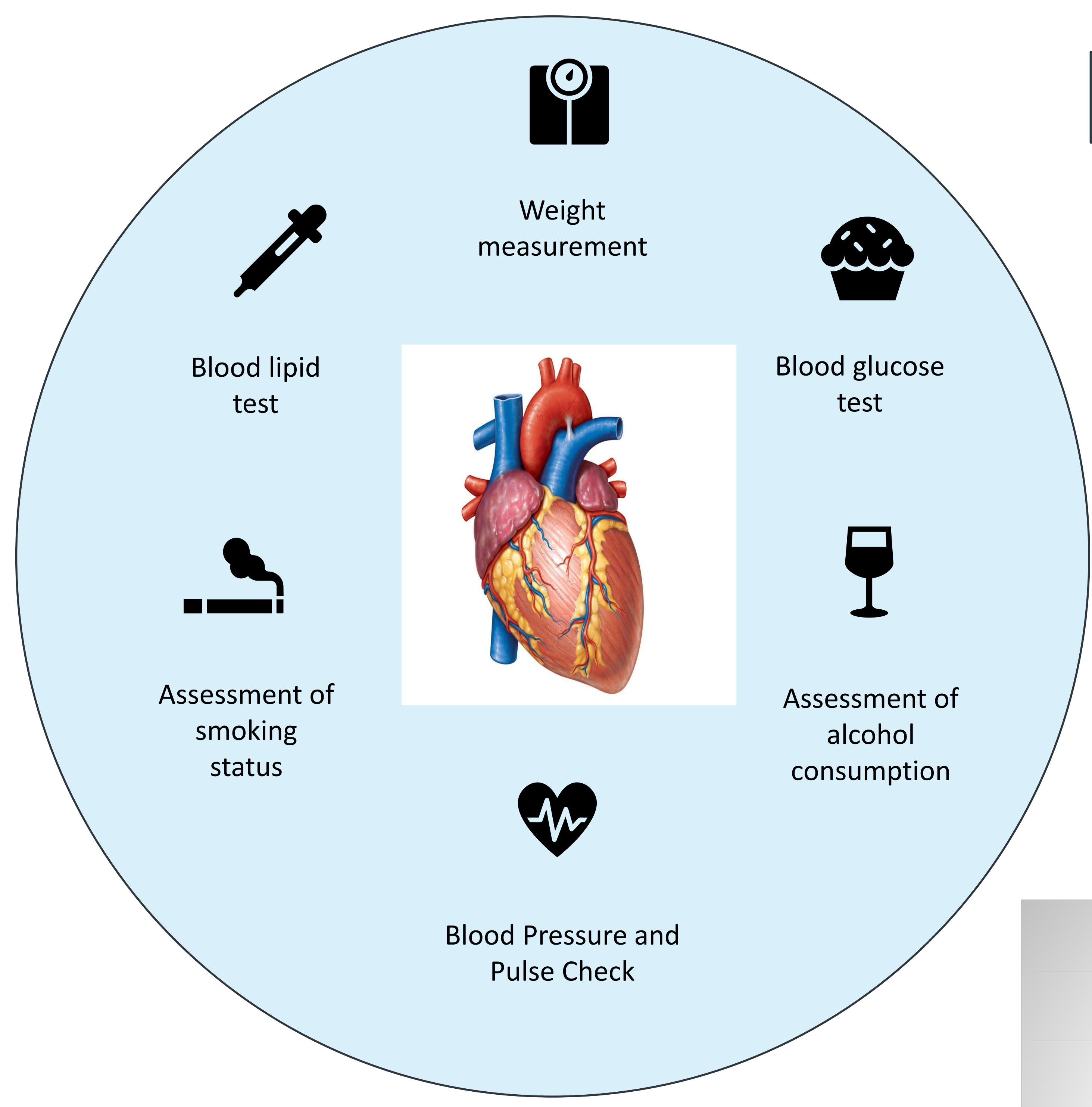
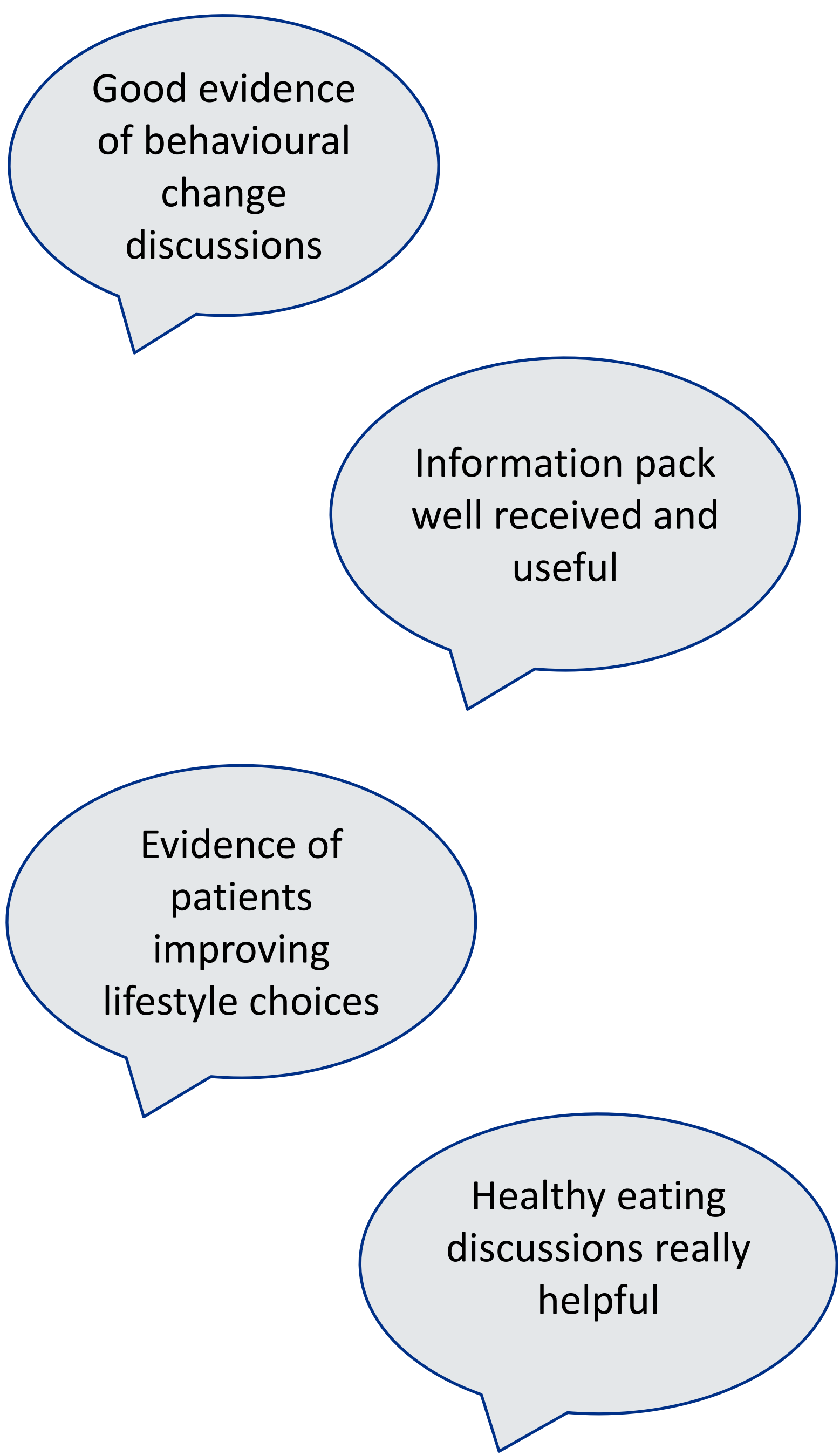
Improve the physical health care for adults living with a severe mental illness through improved physical health checks and supported follow up interventions.

Improvements include increasing engagement, providing advice, support and guidance to help them make better informed lifestyle choices and to access wider support to improve their health and wellbeing.

NHS Core Physical Health Check
'healthy body, healthy mind'

Methodology and Implementation :

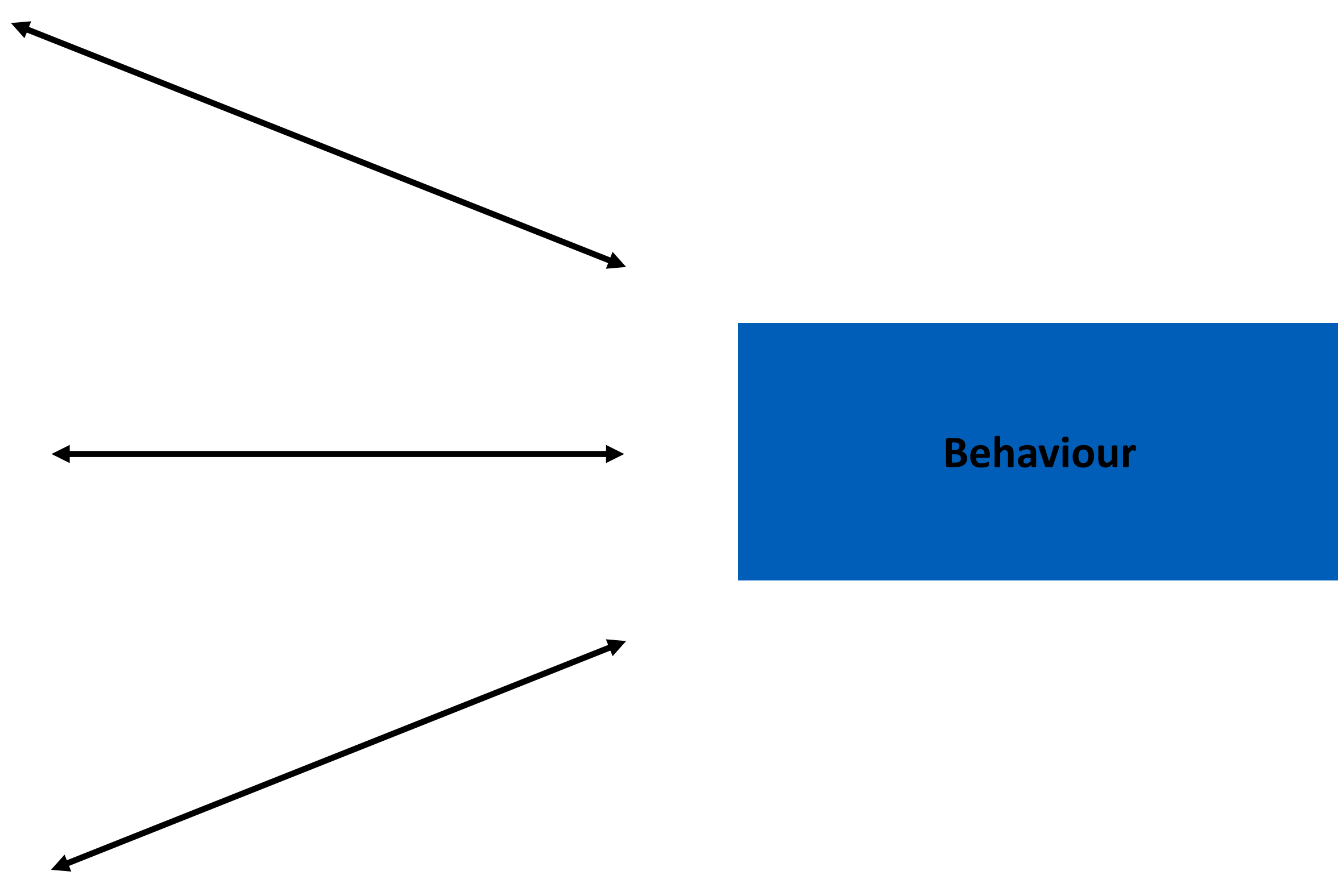
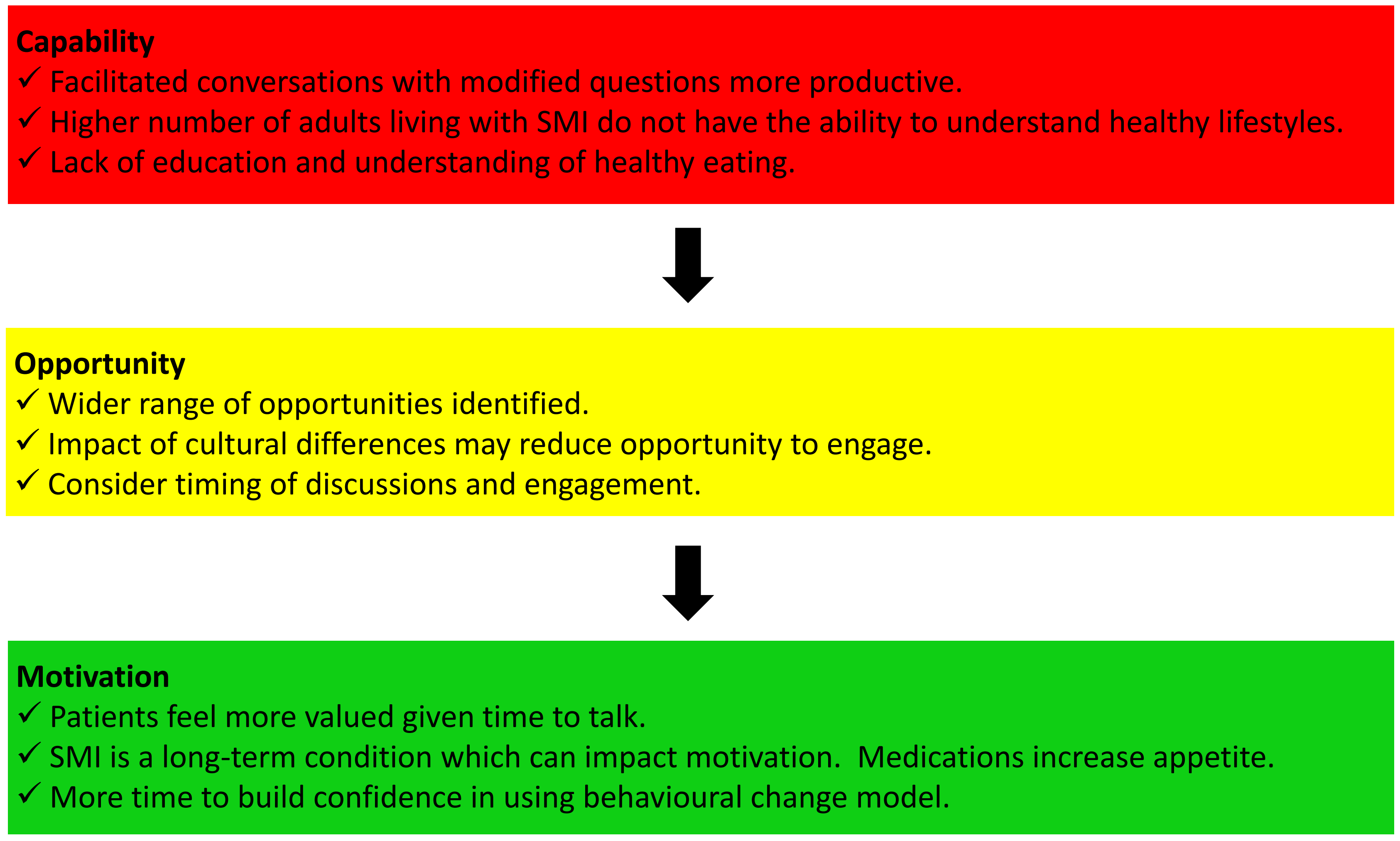
- Review of population health and physical health check data in East Kent.
- High prevalence of obesity in adults living with SMI. Focus on BMI over 28.
- Physical health check assessment using COMB model. Supported programme.
- Pack of key information developed and given to each patient.



NHS Long Term Plan – 390,000 adults living with SMI to receive an annual physical health check.

Reducing premature mortality of adults living with SMI is a key priority in Kent and Medway ICS.

Impact / Learning:



Conclusion / Implications for Practice:

- ❖ Team approach using the COMB model to benefit patients and improve health outcomes. Further use of the model and tools to enhance skills and knowledge.
- ❖ Annual review of plan for those engaged in COMB to evidence longer term impact.
- ❖ Consider new ways of working with investment in time and opportunity to focus on behavioural change.
- ❖ Working collaboratively, raise awareness of COMB model to enable partners to apply behaviour change approach to increase engagement in physical health checks.